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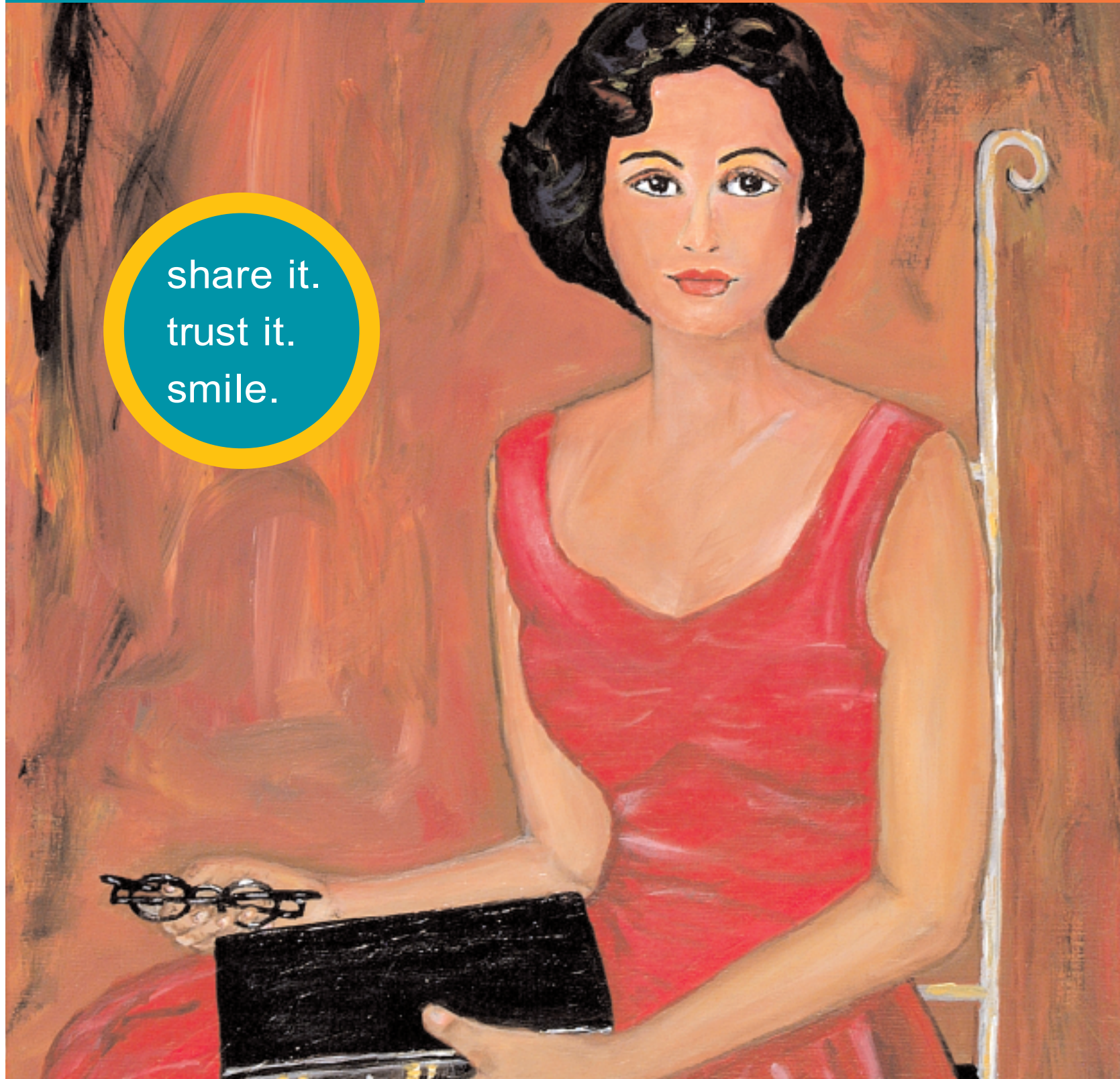
she

Shines™

PREMIERE ISSUE

a magazine celebrating the aspirations and accomplishments of women

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smile.



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FREE

in this issue nontraditional occupations feminine by design
heart truth elements of life ywca women of achievement

yes! you are in the right place.

So glad you found us. Come and join friends, associates and family. And if you don't see them here, please invite them along. This is for all of us. What is this? She Shines™ is a place for us to be true to ourselves and shape our voices. By speaking with you along with local, national and worldwide women's organizations, together we will explore the issues affecting women today. We will give you facts, ask your thoughts, and point you to information.

Who shines? With so much going on in the world, it's hard to find ourselves and our issues in today's media. We'll put us on the front page and every page. She Shines™ is now an open canvas. It is about our dreams and how to achieve them. So let us speed forward and strut our stuff. And along the way we will high-five.

calendar



september 20th

Women of Achievement recognized at Tools of the Trade Luncheon.

11:30am - 1:30pm

Kirkbrae Country Club, Lincoln, RI

For more information visit WomenOfAchievementRI.org.

september 30th

27th Annual Take Back the Night March to stop violence against women.

Local composer Kim Trusty combines soul and jazz at this free event.

March: 6:30pm
Performance: 8:30pm

Paff Auditorium
80 Washington Street,
Providence, RI

Contact URI
at 277-5206
for more details.



october 18th

8th Annual March to End the Silence honoring victims of homicide.

Contact Melanie Martin
Lawhead at mm538@cox.net
for more information.

looking ahead november 6th

Feminine By Design
art sale.

11am - 4pm

Providence Marriott
One Orms Street,
Providence, RI

Free Admission

For more information visit
femininebydesignri.org.



sights and sounds for the *she spirit*

Kim Trusty is a blues and jazz musician. Music samples from her new CD, Sweet Novena, are available at www.kimtrusty.com. This work was inspired by and honors her mother and her grandmother and their battles with cancer and elder abuse.



she Shines™

a magazine celebrating
the aspirations and
accomplishments of women
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how to

contribute. She Shines™ welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Please contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. A self addressed, stamped envelope must accompany all unsolicited material. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, email address, and phone number. Images provided electronically must be high-resolution.

submit cover art. The covers are reserved as a gallery of art in keeping with the theme of She Shines™. For consideration, please send in a photo by email attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the Artist Canvas section of She Shines™.

advertise. Visit www.sheshines.org to view the advertising media kit. She Shines™ reserves the right to refuse to sell space for any advertisement the staff deems inappropriate for the publication.

receive the magazine. She Shines™ is a free publication mailed to members and friends of YWCA Northern Rhode Island. To be added to the mailing list, a subscription form is available on this page and on the website www.sheshines.org. The magazine is also distributed to various sites throughout the area. Visit the website for a complete listing of these available locations.

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subscription form

She Shines™ is a free publication in RI and southeastern MA. However a donation of \$25 or more is appreciated; helping to support this women's issues magazine. To receive a subscription, please fill in the form below.

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COMPLIMENTARY PARKING.



from the editor

She Shines™ wants to hear from you!

Dear Readers,
Welcome to She Shines™. This is a magazine that celebrates women, features heroines of the past and present, and lends to the discovery or rediscovery of spirit. For the next issue of She Shines™, *To The Editor* will be added and I eagerly await your letters.

Introduction. In order to start the dialogue, I will bare some truths about myself. Here are the basics: I am a daughter, sister, mother, niece and aunt. I have been a full-time student, career woman, stay-at-home mom, and now a working single parent. Honestly reflecting on my own life's journey . . . I have gladly helped others, humbly asked for help, and courageously helped myself.

When I am among friends I laugh the most. You will see me smiling brightest while I play with my children. Relaxing is usually done with my own eccentric version of yoga. And at leisure, I enjoy an occasional boat ride on Narragansett Bay.

Okay. I have also marched for women's lives in Washington D.C., attended Revolutionary Women in Boston, and continue to be a member of YWCA Northern Rhode Island. Of personal importance, I have advocated for special educational accommodations for my son, made lots of noise encouraging the government to reconsider routing a major highway through rural farmland, and organized a small community to raise funds for safe, playground equipment for all children's abilities.

Sure, I do have a voice. And I am sure you do as well.

When I watch my 4-year-old daughter plant foot, place hand on hip, look me square in the eye and use her words with conviction, inside I'm equally frustrated and proud. This may not be easy behavior to deal with now, but I believe spunk is good. At a young age, she already has a voice and isn't afraid to use it.

In She Shines™: Our cover artist portrays her creative flair in art and words, all extensions of her path from the Bronx. *Elements of Life/Elementos de Vida* poetically demonstrates that we have choices and experiences that continually shape us.

This issue salutes women in nontraditional roles. Beyond finding a career that matches desire, there are some sound economic perks to some of these professions. We'll get perspectives from a youth group (*Students Speak*), look at the upsides (*Talking Points – Nontraditional Occupations*), and hear directly from our YWCA *Women of Achievement* award winners who are indeed breaking barriers.

Honoring Women. Attending the summer performance of *La Luz De La Vida/The Light of Life*, with my daughter and thank goodness open-minded mother, was a good way for me to embrace being female. For the many other women that attended this event, you probably have a clear image when I say, "Enter this sacred space. Let all who are women in." For all others, I strongly urge you to check out www.roseweaver.com and attend a Rose Weaver Production. It is a worthwhile experience to honor the women from which we came, ourselves, and the other females in our lives.

Borrowing my friend's 5 lb. *Webster's New Dictionary*, I looked up that ominous F word. Feminism (definition 1): a doctrine advocating political, economic and social equality of the sexes. Saving the whole of this subject for issues to come, I think it is important to set the record straight. The guys in our lives are also special and important. That said, as gals how wonderful for us to celebrate our commonality and successes. She Shines™ is an organized activity on behalf of women's rights and interests (definition 2).

Please share your experiences and thoughts. You will help shape the tone of She Shines™. With our collective voices, we are launching off.

With abundance of appreciation, thank you to the many women (and men) who contributed ideas and encouragement. This issue is dedicated to you!

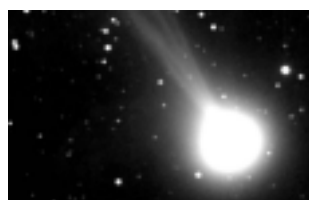
With Sincerity, *Lisa*

artist canvas



Rebecca Flores-Amado is a Rhode Island based artist, born in New York City to first-generation Puerto Rican parents of Indian and Spanish descent. A self-taught artist, she began painting murals of women at the age of 10. This acrylic painting is entitled *Lydia's Law of Life*, after Rebecca's mother whom she credits for giving her strength and determination.

Experience a sample of Rebecca's poetry on page 11, *Woman of Excellence/Mujer De Excelencia*.



a quote from herstory

"We especially need imagination in science. It is not all mathematics, nor all logic, but is somewhat beauty and poetry."

Taught by her astronomer father, Maria Mitchell was the first professional woman astronomer in the United States and became a professor of astronomy at Vassar College (1865-1881). She was the first female member of the American Academy of Arts and Sciences (1848), and was president of the American Association for the Advancement of Science. On October 1, 1847, she spotted a comet, for which she was given credit as the discoverer. She was also involved in the anti-slavery movement. She refused to wear cotton because of its connection with slavery in the South, a commitment she continued after the Civil War ended. She also supported women's rights efforts and traveled in Europe.

Jone Johnson Lewis. "Maria Mitchell Quotations." About Women's History. URL: womenshistory.about.com/library/qu/blqstan.htm Date: 4/1/05

Maria Mitchell was born in Nantucket, Mass. on August 1, 1818 and died in Lynn, Mass. on June 28, 1889.

just my opinion

deborah I. perry



Why would anyone want to start another women's magazine?

That's what people keep saying.

I keep hearing about all the great magazines.

Filled with swimsuits, diet trends, how to stop aging and of course who's dating who in Hollywood.



Exactly my point.

Why don't we have a local magazine for the masses about issues that are important to women?

...childcare, social security, career options, female athletes, women who are doing amazing things...

certainly those other magazines have their place...



good dog, mollie!
good dog!

just my opinion fact

A study comparing coverage of women's athletics in newspapers in 1989 and 1999 showed that girls and women received just 2.2 percent of all sports coverage in 1989. Ten years later, when females comprised nearly 40 percent of all high school, collegiate, and Olympic athletes, women received 6.7 percent of the coverage.

Source: www.womensportsfoundation.org

women-owned business directory

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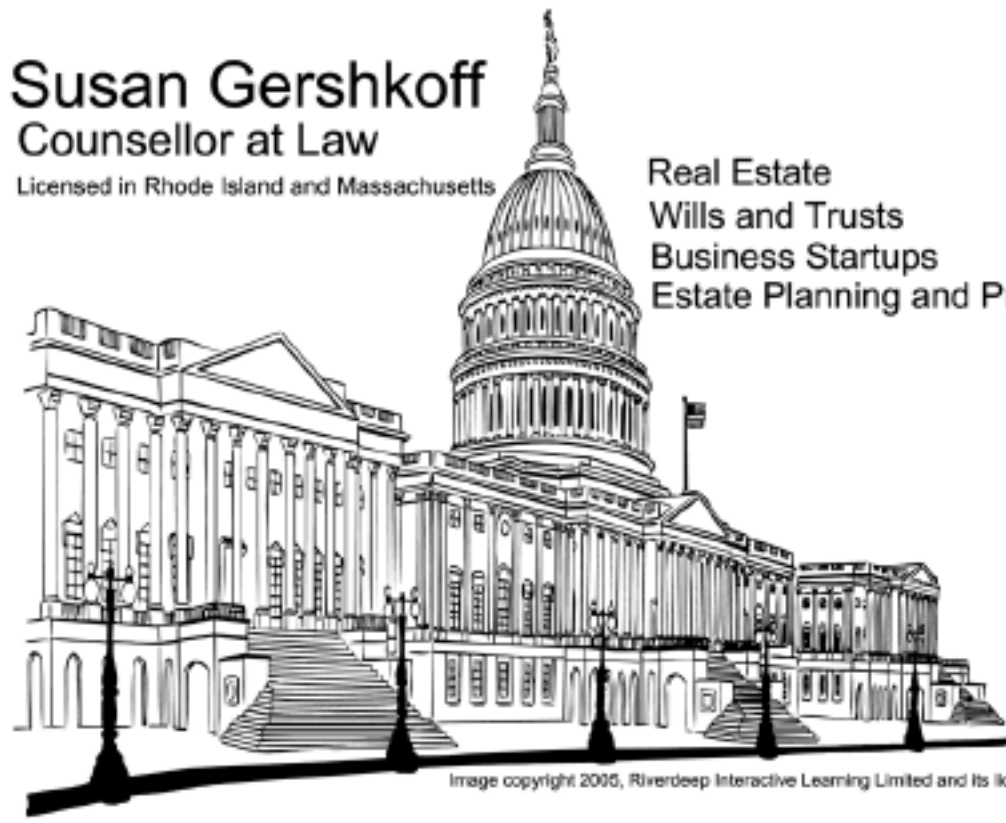


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Women with the demographics often sought out by advertisers are above average magazine readers. Source: MRI Fall 2003

For a media kit visit www.sheshines.org. Call 401-769-7450 to reserve your ad spot in the upcoming Holiday Issue.

ywca honors

- • • women of achievement



Congratulations to the 2005 women of achievement recognized September 20th at the Kirkbrae Country Club in Lincoln, RI. The YWCA Tools of the Trade Luncheon honors women's excellence in nontraditional roles and occupations.

Meet pilots Sue Cowley, Sandy Niles and Lynn Thoma; classic car hobbyist Mary Kuhn; Mayor Susan Menard; sailor Moe Roddy, business executive Christine DeBlois; and children's advocate Ethel Dowdy in this premiere issue of She Shines[™].

Deb Rugeiro, winner of the 2005 Metcalf Award for diversity in broadcasting, served as the luncheon's emcee. For more information, visit WomenOfAchievementRI.org.

Thank you to the underwriters and attendees:

- shining Neighborhood Health Plan of Rhode Island
Kids Klub, Inc.
- sincere Citadel Broadcasting Company
Rhode Island Foster Parents Association
New England Laborers' Labor Management Cooperation Trust
Northern Rhode Island Chamber of Commerce
- sister Woonsocket Professional and Technical Employees, Local 3851
Teamsters Local 251
- sharing Connecting for Children and Families
Business and Profession Women of Rhode Island
- other Awards donated by Swarovski
Musical Performance by Kim Trusty

talking

points

a nontraditional occupation



Photo by Schlobohm Photography.

Captain Lynn Thoma making an inspection of a 9-passenger twin engine Britain Norman Islander at Westerly Airport. See the stories of three female pilots at New England Airlines on page 10.

Women can be found in nearly every aviation occupation today. However, the numbers are small by comparison to men.

- Nontraditional occupations are defined by the U.S. Department of Labor as jobs in which 25 percent or less of the work force is female. The percentage of employed females is 5.1 percent for aircraft pilots and flight engineers.
- Nontraditional occupations are a pathway out of poverty for single parents, welfare recipients, and low-income families as they typically pay 20 to 30 percent more than jobs traditionally held by women.
- Some nontraditional occupations for women are: architects, chefs, machinists, automotive body and related repairers, truck drivers, electricians, and jobs in construction. Read about Mary Kuhn on page 16. She reconditions and shows classic cars.
- As women enter jobs once dominated by men, some are no longer classified as nontraditional. Lawyers are an example of women making strides into nontraditional occupations.

Visit the U.S. Department of Labor Women's Bureau for further information - www.dol.gov.

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sky's the limit

getting a career off the ground



From left, Lynn Thoma, Sandy Niles and Sue Cowley knew from an early age that they would soar. Photo by Schlobohm Photography.

sue cowley found her niche

Although she was tricked into her first lesson aloft, for Sue Cowley, it was love at first flight.

That was 27 years ago. Her brother told her they would visit Montauk, N.Y., but when it was time for takeoff, it was just Cowley and her brother's flight instructor. After the shock wore off, Cowley realized she was enjoying herself.

In the early 1980s, the former Waterford (Conn.) Airport was "an old-time airport" with lots of small planes and many pilots who encouraged just about anyone to get into flying, Cowley says. "You could cut the grass or work the desk in trade for flight time," she remembers.

After clocking the hours required by the Federal Aviation Administration, she worked for Yankee Airways as a charter pilot. Work meant more than flying. It meant you pitched in and did whatever job needed to be done, answering phones, scheduling flights, cleaning the office, painting, doing paperwork. Cowley credits the encouraging atmosphere to the owner of the airport, Laurie Reeves, one of the first female pilots in the country.

Cowley next took a job as a pilot for a commuter airline based in Groton, Conn., and then moved to New England Airlines, in Westerly, where she is a chief pilot. Today, there are many more women in aviation than when she started, Cowley says, at 47. A full-time pilot's life can mean days away from home, but then it can also mean several days off in a row. At the commuter level, pilots usually fly day trips and can be home every night, if on the late side.

And that's Cowley's niche. The schedule is right for her family, she says. She works part-time at a job she loves, and spends the rest of her days at another challenging job she loves: being a full-time mom.

sandy niles heard the call of the sky

She sings, she skis, she bikes, hikes and skates. She's a whiz on the Web and can paint like a pro. But she loves to fly.

Sandy Niles thinks some people are just built differently. "I do believe there is something innate that calls some of us to the sky," she says.

Niles heard that calling very young. She knew in preschool that she just had to get off the ground. Back then, she wanted to be an astronaut.

While her sights were set high from an early age, her vision wasn't 20-20, literally, which she thought was a requirement for becoming any kind of pilot. In the early 1980s, Niles knew an acquaintance who owned an airplane and flew just for fun, which offered Niles two important pieces toward getting off the ground: she learned flying is not strictly for the rich; and she learned pilots did not have to have perfect vision if they could safely operate an aircraft with corrective lenses.

An introductory flying lesson led her to save for weekly lessons, which eventually led to a private pilot's license in 1985 and an instrument rating a year later, so she could fly in weather conditions of poor visibility. Niles also bought a plane, and leased it to the flight school to make owning the aircraft more affordable. A scholarship from the Aero Club of New England made it possible for Niles to earn her commercial pilot's certificate and multi-engine rating. Niles flew her plane across the country, from Westerly to Washington State to visit a friend, the most memorable adventure in her own plane, by far, she says.

In the mid 1990s, Niles sold her plane and began working on as-needed basis for New England Airlines, a small scheduled airline and air taxi company based in Westerly and Block Island.

Why not fly full-time? 2001 answered that question for Niles. She was diagnosed with breast cancer in March of that year, and Sept. 11 damaged the airline industry to the extent that a major airline hiring a pilot with Niles' limited experience unlikely. Luckily, Niles' prognosis is great and she regained her pilot medical certificate in 2002.

Today Captain Sandy Niles, 49, finds herself balancing a full-time graphics career with part-time work as a professional pilot. She's been flying for 20 years and has been married for 23, so she's also a wife, and a mother and grandmother to her husband's family.

"I wanted to fly all the time. . . . For years, I suppressed my desire to fly, thinking it impossible to fulfill. But it was always there."

lynn thoma flies for a living

As a teenager, Lynn Thoma flew a plane solo before she drove a car. "I knew what I wanted to do for a living: fly!"

Growing up one of four closely spaced children, she says, if she took off her shoes at the door, cleaned

up after herself, brushed her teeth, and went to bed without a fuss, her parents were happy. That left a lot of room for her to explore "nontraditional things for a little lady to do," including rough housing, playing with bugs and climbing trees.

She helped her father repair engines and small appliances and with carpentry jobs, taking pride in developing her physical strength to the point that in high school, she entered weight training programs and body building competitions. Thoma credits her parents' support of her academic pursuits: favorites included mathematics and chess.

In fact, Thoma says they deserve most of the credit for her becoming a pilot. Growing up, Thoma used all her babysitting money to help rent a plane with a family friend who would take her flying. She rode a bicycle to and from work so she could save as much as possible to pay for lessons.

Later, as a flight instructor, Thoma says she especially enjoyed teaching and encouraging her female students. "They were still unsure if being a pilot was something they could do. I would let them know, if I can do it, you can do it too."

With a powerful handshake and a long braid down her back, Thoma, 40, uses the skills she developed as a young person in the work she has chosen as an adult. During an interview at Westerly Airport this summer, as she easily hopped on top of a plane, walked over to the wing and checked the fuel level, she said "Flying looks like it is insurmountable, but it's like a large puzzle: one piece at a time. You just need basic math skills."

She says she enjoys many aspects of her full-time job as a captain and instructor with New England Airlines. She meets all kinds of people. She visits places she's never been. She takes in some spectacular views. And she likes the challenge of providing her passengers with the smoothest flights and landings possible, even in strong nor'easters.

"It's like when you find a great restaurant and want to tell all your friends," Thoma says. "Being a pilot is very fulfilling and fun."

See page 16 for other women of achievement stories.

rebecca flores-amado

Woman of Excellence Mujer De Excelencia



To be what I want to live.
Breathe what I like and love.
Not to exist perfect,
but a woman of excellence.
To be remembered as who I am
and of what I consist.
Leaving tracks of good
presence with an increment
of enduring kindness.
To be able to live,
no matter what the circumstances.
To live clever enough
to realize that I hold
the key to my strength,
and the secrets of my hidden treasures.
Let no one unlock the door
and see what's inside
to what holds the will
that keeps me ticking.
No one will ever misunderstand me.
I won't allow anyone the
opportunity to underestimate the
woman of excellence.



Ser lo que quiero vivir.
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No existir perfecta,
pero una mujer de excelencia.
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y por lo que consisto.
Dejando huellas de buena
presencia con un incremento
de bondad persistente.
Ser capaz de vivir,
sin importar las circunstancias.
Vivir ingeniosamente
para darme cuenta que tengo
la llave para mi fortaleza
y los secretos de mi tesoro escondido.
No dejar que nadie abra la puerta
y vea lo que hay dentro,
lo que guarda el deseo
que me mantiene corriendo.
Nadie nunca me malentenderá.
Nadie tendrá la
oportunidad de subestimar
la mujer de excelencia.



Elements of Life

Elementos de Vida

Off the shelf: A Puerto Rican-American story in poetry

Rebecca Flores-Amado's first book *Elements of Life/Elementos de Vida* is an autobiographical collection of poetry. The artwork, design, and layout of each page was created by the author arranging the poems with both the English and Spanish versions side by side, and sometimes twisted together. "Spanish is such a romantic language. Even if you don't understand it, you still can feel the warmth and rhythm of its flow. I dream, think, write and speak in both English and Spanish. I cannot be one without the other. For you, there are both."

Her parents struggled with the English language. Their children were challenged to remain Puerto Rican and also be American. She grew up in-between worlds. "To be raised in the Bronx gave me courage to meet the unexpected. Who I am today is rooted in urban concrete. Life was tough and simultaneously wonderfully enchanting."

Our cover artist admits to being a born communicator and also leads motivational workshops. "My aim in life is to inspire every age, especially the young, to embrace life". Rebecca is the founder of Nattie's Galleria, Inc. in Cranston, and an art gallery in Onset, Mass. She owns and operates RFA Publications and hosts a public television show called *Now's the Time*. Rebecca is also a member of the Governors Commission on Hispanic Affairs, Rhode Island Commission on Women's Cultural Pluralism, and participates in many other community organizations. She has received countless awards including the Rhode Island Senate - Outstanding Commitment & Community Service.

A portion of the proceeds from Rebecca's book will go directly to a scholarship fund benefiting high school seniors who are first generation college-bound. You can purchase *Elements of Life/Elementos de Vida* by sending \$23 along with your name and address to Nattie's Galleria, Inc., PO Box 8902, Cranston, RI 02920.

let's talk shop



Feminine by Design:
A Festival of Women Artisans

Sunday, November 6th
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Providence Marriott,
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Showcasing the works of more than 25 female artists, Feminine by Design is the perfect place to shop for that special holiday gift or just for fun! Browse through the wonderful selections of paintings, hand-made jewelry, artwork, furniture, candles, pottery, sculptures, and more.

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For more information, visit
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a participating artist



Photo by Schlobohm Photography.

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Artwork includes watercolor, oil, knife-cut silkscreen paper collage and black and white photography.

An artist, freelance writer and speaker, GiGi seeks to share her experiences traveling and being actively involved in issues regarding women and poverty in developing nations in order to create poverty awareness and inter cultural understanding.

health for her

the heart truth



Heart disease is the No. 1 killer of women in America.

If Moe Roddy of Red Dress Racing was able to sail alone from Newport to Bermuda, then you can certainly put your own health as a top priority! She even had to cross the Bermuda Triangle.

Leading a healthy lifestyle can lower your risk of heart disease by as much as 82 percent.

- See your doctor for a thorough checkup.
- Kick the Smoking Habit. Become aware of your personal smoking "triggers" and replace them with new activities.
- Exercise. Start walking - try 10 minutes and add time gradually to get 30 minutes a day.
- Eat for heart health and remember calories count. To get you started, check out the healthy recipe suggestion on this page. You don't have to lose flavor to gain health.

For more suggestions and statistics, visit the National Heart, Lung, and Blood Institute's Heart Truth Web pages at www.hearttruth.gov. The above information was obtained from the National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services. The Red Dress Logo is courtesy of The Heart Truth, National Heart, Lung, and Blood Institute.



Registered nurse, Moe Roddy, sails and spreads her message about heart health. See story on page 18. Photo by Schlobohm Photography.

Zucchini Lasagna

Say "cheese," because this healthy version of a favorite comfort food will leave you smiling.

- 1/2 lb lasagna noodles, cooked in unsalted water
- 3/4 c mozzarella cheese, part-skim, grated
- 1 1/2 c cottage cheese*, fat free
- 1/4 c Parmesan cheese, grated
- 1 1/2 c zucchini, raw, sliced
- 2 1/2 c tomato sauce, no salt added
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1/4 c onion, chopped
- 1 clove garlic
- 1/8 tsp black pepper

fold here

1. Preheat oven to 350° F. Lightly spray 9- x 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8-cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering.
6. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
7. Bake for 30-40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions

Yield: 6 servings	Each serving provides:	Potassium: 561 mg
	Calories: 276	Total fat: 5 g
	Saturated fat: 2 g	Cholesterol: 11 mg
	Sodium: 380 mg	Total fiber: 5 g
	Protein: 19 g	Carbohydrates: 41 g

* Use unsalted cottage cheese to reduce the sodium content to 196 mg per serving.

students speak



left to right: holly marecheau, alicia leonard, masharee marie hopkins. photo by deborah l. perry.

ywca's teen leaders are thinking about career choices

Masharee Marie Hopkins and Holly Marecheau – grade 7. Alicia Leonard – grade 8. These students spent their summer in the YWCA teen leadership program. They participated in a weekly field trip; learned basic first aid, motivational/leadership strategies, job skills and team building; and assisted camp counselors.

Think of a job that you would consider doing that is nontraditional. Why would you like this job?

masharee "Pro-football . . . everyone believes football is only for boys."

holly "Lawyer. I don't care what anybody thinks, as long as I make my customers happy. I'm in my own little world!"

Do you think you could do the job just as well as a man?

masharee "Yes, because I have more experience in football than some other boys who have to be trained."

holly "I can do anything I set my heart and I'm a living example. I've maintained a black belt in Kempo Karate."

alicia ". . . now a days a lot of women might want to join the Army to help people."

There are people who feel that some jobs are for men and some are for women. How does this make you feel? Would this ever make you consider picking a different job?

masharee "It makes me feel sad because women can be just as good. No, because I really wouldn't care what they think about my choice."

holly "The people that say that are the people who had the opportunity to get their dream job (a masculine job). It makes me feel like I must succeed in that job. I would never ever pick another job. It's my career!"

alicia "It makes me feel upset. I wouldn't reconsider going into the Army. Just because someone thinks something doesn't mean I have to think the same way."

Is there anybody that you know who does a nontraditional job? Tell about them and the job

that they do. Do you feel that they are able to do the job well even though it is nontraditional?

masharee "Yes, my cousin Sharon is a construction worker. Well she has broken bones but she loves building things (she helped build her house and a mansion). Yes, she does her job well because she is the top worker and has been employee of the month seven times more than any guy."

holly "My dad is a C.N.A. (Certified Nursing Assistant). He works in a hospital and he's an assistant to a nurse. Your gender has nothing absolutely nothing to do with your job! If there are people out there that think that, it's the 21st century buddy - deal with it!"

alicia "Both my parents were in the Army and I respect them both very much. Not only because they are my parents, but because they did a lot to help our country."

students speak fact

Girls are five times less likely to consider technology-related studies in college or tech-related careers. Both were interviewed in a study commissioned by the Arthur Anderson GROW (Growth and Retention of Women) Project. While the girls and boys were equally computer literate, and the girls said they understood the importance of computers to their future employment, they were anticipating careers in areas such as health services, teaching, art or music – not in the technology industry.

Source: Arthur Anderson GROW Project.



woman of achievement
guiding light award winner



In her Barrington driveway, Mary Kuhn next to her 1970 Rebel. Photo by Schlobohm Photography.



woman of achievement
luminary award winner



At the municipal level in RI, only 16 percent of town chief officials are women. Currently, there is only one woman mayor – Mayor Susan D. Menard. Photo by Schlobohm Photography.

just reach in

••••• mary kuhn gets her hands dirty

The decision to leave nursing to stay home and raise her children was chiefly a practical one for Mary Kuhn. It ended up taking her from a profession where the expertise of women is the standard, to a hobby where she found herself a reluctant pioneer: the restoration and detailing of classic and antique cars.

At cruise nights and car shows, Kuhn says she was ignored by many of her male peers. In a field where much of the problem-solving and collective wisdom gets around by word of mouth, Kuhn says when she tried to tap into that knowledge base to add to what she was learning, she hit roadblocks.

“At first, I detested that other hobbyists, predominantly male, would ignore me and the knowledge I had

gained as I sought to be more informed about the hobby in general and my vehicle in particular . . . I was invisible to them. Didn’t have the right body parts.”

She decided not to take no for an answer, and began looking over the shoulder of the man who did her mechanical work at the time. She asked questions, and he explained what he was doing, and why. She began assisting him and gradually took on more of the routine maintenance of her cars.

“The very fine, meticulous effort involved in detailing my vehicle was, and still is, a soothing activity for me. And though the mechanical repair and maintenance aspect of the hobby is more complicated and time-consuming, the rewards are great.”

She and her husband founded Kuhn’s Klassics, and

the restoration and sale of one antique car has led to the purchase and restoration and sale of the next. That work has also led to increasing recognition on the classic car circuit. Armed with 10 years of experience and the awards to show for it, Kuhn says, she is starting to notice some acceptance from her male counterparts.

To other women who say they are inspired by her accomplishments but are unsure how to get there themselves, the 51-year-old mother of six says, “What are you waiting for? Just reach in.”

A female high school student recently asked Mary Kuhn if she would be her mentor for her senior project in Kuhn’s area of expertise. Kuhn emphatically said Yes! “There’s a lot to learn. Respect for these things. First is always safety.”

peerless leader

••••• mayor susan d. menard has stuck to her guns

On one busy day in the busy life of the state’s only female mayor, Woonsocket’s Susan D. Menard pulls no punches. A political veteran, would she do it all again? “I don’t know.”

She’s been mayor for 10 years. She served on the City Council for a decade before that, three years as its president. She started her career in politics with five years on the city’s School Committee. Her formula for success accepts no substitutes. “Know your constituents. Know the issues,” she says. “It is a men’s game. Understand the process.”

As mayor, Menard, 56, has worked to balance her economic goals for the city with its social needs. She counts among her achievements shepherding the city’s fiscal stability while overseeing new school construc-

tion, roadway and utility improvements, wastewater upgrades, library expansion, landfill capping and recreation upgrades. And she’s worked to fill the city’s industrial park, to expand job opportunities for the city’s residents, as well as the city’s tax base.

Woonsocket’s Human Services director Owen T. Bebeau says Menard’s determination and initiative characterize her achievements as mayor. Whether it’s working with state agencies to enclose Crookfall Brook and protect the water supply, or collaborating to save projects planned around the state’s 30 percent historic tax credit, which the legislature had considered suspending, Menard’s creative problem solving and vision have prevailed.

In June, Menard responded to a critical independent report and calls from concerned teachers and parents, asking the state to immediately appoint a master to oversee troubled Woonsocket Middle School. The state responded and state and city education officials worked through the summer to devise solutions.

At her desk before carefully arranged photos of her children and grandchildren, Menard distills a measure of what she’s learned as one of the few women ever to lead a municipality in Rhode Island. “Have thick skin,” she says, “and stick to your guns.”

“And use what every woman knows: common sense.”



woman of achievement
guiding light award winner



Aboard the Red Dress, Moe Roddy in Narragansett Bay. Photo by Schlobohm Photography.



woman of achievement
golden bellwether award winner



Christine DeBlois in the model making area of Tiffany & Co., Cumberland, Rhode Island. Seated is Anthony Paolino. Photo by Schlobohm Photography.

uncharted territory

••••• maureen 'moe' rodny sets sail with a message

Maureen McDonough-Roddy misses her mother. In 1984, she lost her to breast cancer.

A registered nurse, Roddy had always believed that disease was the leading killer of women in the United States. She was astonished when she looked at the numbers. While breast cancer kills 40,000 American women annually, heart disease claims nearly 500,000.

"In my mind, that statistic borders on catastrophic," she says. What's more, most cardiac disease - 82 percent - is greatly influenced by lifestyle. Or as Roddy does the math, with some gutsy changes in lifestyle - eating right, exercising, quitting smoking - the families of some 400,000 mothers, sisters, aunts, wives and friends could look forward to having their loved ones around for a long time. She just had to get the message out.

pure magic

Something else Roddy is passionate about is sailing. She got hooked while she was still in college. The man she would marry took her cruising all over the British and U.S. Virgin Islands in a little 22-foot boat, and that was all it took. "It was a time of pure magic in my life and I was exposed to a lifestyle that I took to, well, like a duck to water," Roddy says.

When the marriage ended, Roddy knew she would have to chart her own course if she wanted to keep sailing. And she knew she wanted to keep sailing. So the crew set out to become a skipper. She learned to navigate by the sun and the stars, learned to read the weather. Roddy says she took every opportunity to improve her seamanship skills.

The words of astronaut Neil Armstrong rang through her mind: Take the word impossible out of your

vocabulary and dream big. "To me, to sail alone was just that, impossible," Roddy recalls.

But she moved to Newport and found that her dream, to sail the world under her expertise alone, began to focus around a race called the Bermuda 1-2, a 635-mile, single-handed race from Newport across the Gulf Stream to Bermuda, and a double-handed race back to Newport.

That's big.

She needed a boat she could afford that could make the trip. She also needed to get out of her own way.

"I had a lot of fear and insecurity about myself and my ability. . . . When my marriage ended, my husband said I could do nothing without him. Over the course of the marriage, I believed him. It took a lot of effort to believe in myself again."

the red dress

She won, she says, when she got to the starting line.

It takes six days to get to Bermuda by yourself in a 35-foot boat. She slept in 15-minute catnaps while the boat was on autopilot, once sleeping more than 2 hours and waking with a start.

Roddy says she felt most vulnerable when, 600 miles east of anything, she came upon a pod of sperm whales, the biggest whales there are, splashing around, their giant tails crashing into the water. The bull whale came behind her and followed her for a bit, watching her with its large eye. He was bigger than her boat, she says.

Even with some sizeable fellow travelers, there's a lot of time to think on a boat by yourself for a week. Roddy's thoughts turned to her mother. "I remembered what her voice sounds like," she said.

In the end, Roddy, racing under number 51, for her age, finished with the pack, sixth or seventh in her class, she never looked to see.

During the two years it took to put all the pieces in place for the race, Roddy began working in the operating room at Miriam Hospital, where her education about cardiac disease began. She says she named her boat The Red Dress, the symbol adopted nationwide in 2002 to represent awareness about cardiac disease in women, because of the opportunity it would give her to talk to people on the dock who inevitably would ask about the name.

Miriam's cardiac center director, Dr. Barbara Roberts, and Swarovski's Melissa Camden both contributed time and support to Red Dress Racing. They organized an April fundraiser and bought all new racing sails for the Red Dress. "It takes a special kind of courage to brave the open ocean - and the Bermuda Triangle - alone, in a small sailboat," Roberts said. "To do so to raise awareness about women and heart disease makes her feat even more special."

Roddy's greatest hope is that women will recognize themselves in her and be inspired to make changes in their own lives as she has, facing down fears and making healthier choices. "It has taken an enormous effort for me to believe in myself and not let fear stand in the way of my dream. It takes the same effort for someone to make any change in their lives. More than anything, we have to believe we can make the changes. We can eat right and exercise. We can quit smoking . . ."

"We can live long and healthy lives, nothing is impossible. I think I proved that!"

Roddy is out to do nothing less than catch the attention of all 400,000 of those women every year who can save their own lives by choosing to live more healthfully. Imagine, she says, how happy that would make their children.

team leader

••••• christine deblois is making the journey enjoyable

Although she hasn't been at Tiffany & Co. for long, her progress on behalf of the company, her employees, and herself, has been remarkable. When it comes to her accomplishments, the dry language of business barely scratches the surface: 97 percent on-time delivery, 6 percent productivity improvement, \$9 million decrease in inventory levels. It's the words of her colleagues that begin to tell the story.

As director of operations for the Cumberland-based Forest Hill Manufacturing, Christine DeBlois, 39, "has grown from a new manager to a seasoned and well respected director . . . in a very short period of time." That from Thomas J. Dixon, group director of Supply Chain Management.

The 1990 Bryant College graduate puts her degree in business administration to good use regularly. Her success has come as she has elevated the performance

of her employees. Working with the staff she has, and making some good hiring decisions, DeBlois has built a strong team. By developing a marginal manager into one of the company's better employees, DeBlois touched off an immediate change in the unit's performance.

Where department members had been dissatisfied, they now smile and lead employee initiatives, and the unit's performance has improved 25 percent in six months, according to Michael Kane, manufacturing vice president. DeBlois' winning leadership style, Kane says, "is to communicate very high expectations for performance, assist employees in attaining the expectations, and making the journey enjoyable."

"Christine is able to collaboratively set the strategic vision to shape the business for future success, and also be caring and nurturing with people at the same time," says director of manufacturing Lorie Welker. "I thoroughly enjoy working with Christine."

DeBlois credits her parents with her success. The first female member of either side of her family to attend college, DeBlois says her mother and father pushed her hard. "My parents always taught me to work hard and you could be anything you want to be. . . . Really, they were true role models for me."

DeBlois says she hits the gym to relax. It "helps with the balance of home and work."

She spends her down time outside. "I've hiked the Presidential (mountain) Range in New Hampshire, hut to hut." No small feat. In the summer, she's in the water, kayaking in Narragansett and Wickford. In the winter, it's cross-country skiing.

Long-term, she has one goal in mind. "Although my boss probably wouldn't like to hear, I aspire to own my own business."



front from left: Anthony Dowdy (son), Ethel Dowdy, Edward Dowdy (son).
back from left: Jackie Dowdy (daughter) holding Maya Dowdy (granddaughter),
Janae (foster child), Dot Chapin (nominator), John Dowdy (son).
Photo by Schlobohm Photography.

when called, she says 'yes'

• • • • • ethel m. (dandy) dowdy bridges barriers for foster children

In 1988, Ethel Dowdy was asked to foster a child, the baby of a teenager in a shelter at the Department of Children, Youth and Families. The infant wasn't the first child Dowdy stepped up to help, nor would she be the last. Dowdy took in the baby girl and after three years, when the child became available for adoption, sought to make her place in the Dowdy home permanent and legal.

When Dowdy approached DCYF about adopting the child, she was turned down because the child was white. No one could explain why she could foster the baby but could not adopt her outright. Dowdy argued that her family was the only home the little girl had ever known. She was appalled that DCYF planned to place the child elsewhere based on skin color.

The situation at times looked impossible. Fortunately Dowdy had faced down the impossible before. She had experience in these things.

child of the south

The daughter of a sharecropper, Ethel M. Dandy was born the fifth of 16 children in Chappels, S.C., in the years between the great depression and the run-up to World War II. Farm foreclosures and bank failures were not unusual in the area during the economic hardships of the time. Her father, John Dandy, took a job away from the farm, and the family needed every available hand to work the fields, including young Ethel. Work was at its most intense during the harvest season, from July to October, and days picking cotton from sunup to sun-down set the pattern for the tenacious work ethic that would become the hallmark of the life she and John Dowdy Jr. built after marrying and coming to Woonsocket in search of a better life.

It was 1953 when they arrived here, following her older sister who helped start the city's first African-

American Church, today St. James Baptist Church. It was a natural for Dowdy to join in this process, and she became and remains to this day an active member. Among the church efforts to which she would dedicate several decades are its choir, and the scholarship, missionary, usher, young women's and Sunday school boards. As friend Dorothy Chaplin says, "When her church called for her in service, her answer has always been 'Yes.'"

Active in the community and facing growing racism and discrimination as the community grew, Dowdy, with others, helped to bring to Woonsocket the city's first branch of the NAACP. She has been a member for more than 40 years, and has served in leadership positions including chairwoman of the Freedom Fund, youth branch and membership boards.

life's work

But the life's work of the woman who always said yes and who stands up when faced with injustice has been a fierce advocacy for children.

She first received a call about a child in need in 1957, and opened her heart and her home to a young man who today is 53 and regularly calls to thank her for giving him a chance. Over the years, Dowdy and her family have fostered nearly 80 children. Her work with DCYF and Rhode Island Foster Parents Association has taken her across the state, recruiting foster parents. Her sister, daughter, and several nieces are foster parents as well.

Lisa Gillette, executive director of Rhode Island Foster Parents Association, of Cranston, says Dowdy's "avocation strengthens community, and promotes universal acceptance across lines of race, culture and socioeconomic. Her civic activism and uncanny sense of dedication and compassion inspire positive change daily."

A foster mother to many, Dowdy and her husband had seven children of their own. When she first arrived

in Woonsocket, she sought work at the city's factories to help support her family here and in South Carolina.

Years later, she agreed to become caretaker of a Mendon, Mass., family. On a daily basis, Dowdy would get her own family off to school, work, etc., and then head to Mendon to cook and clean and help a widower rear his 10 children. At day's end, she would return home, prepare a meal, get the family settled, catch a nap and then head to her night job as a nursing assistant. She maintained this pace over a 22-year period, retiring from the Woonsocket Health Center in 1999 and continuing to work part-time with the elderly for VNA of Greater Woonsocket.

a women of faith

It is her faith, Dowdy says, that fuels her commitment to children. She cites the Bible when people ask her what enables her to speak up for those too young to advocate for themselves. "For Jesus said, suffer the children, and forbid them not, to come unto me: for to such belongeth the kingdom of heaven."

Dowdy's faith that she - personally - could do a great deal to make the world a better place for individual children has built bridges, has forged solutions.

After a long battle, Ethel Dowdy and her family were able to adopt the little girl who had spent most of her young life in their home. That was almost 17 years ago. Tiffany graduated high school this year, a member of the Class of 2005. She is starting college as this edition goes to press.

Dowdy, 72, can point to a lifetime of making the impossible possible, bridging the barriers faced by society's neediest. Her vision is her legacy.

"Be strong and stand up for what is right," she says. "Love one another and help each other. When someone is down, lift them up. You get their needs met."

Our True Woman of Achievement Ethel M. Dowdy



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shining

with sheila "skip" nowell



photo by agapao productions.

fun

Car you drive?

"BMW 7 Series."

What have you always wanted to do?

"Something' totally impractical
without negative consequences."
Skip has done most of everything
she wanted. She might go to China
some day, if she can travel first class.

Favorite book?

"Alice in Wonderland." "Incredible."
She further explains that as a child
it is enjoyed in its own way. Read as
an adult, it is a political statement that
still holds true today.

How long can you sustain a goldfish?

"Never had one." She does have a
blue-eyed cat named P.B., pretty boy.

What is your passion?

"Designing voluntary projects and
working through to a successful
outcome." Skip is currently working
with a small volunteer committee,
bringing five concerts of chamber
music to Goff Hall, Rehoboth, Mass.

A woman you most admire?

"I admire most women."

Georgia O'Keeffe or Frida Kahlo?

"Both"

Most important issue for
women today?

"Universal access to
self-determination."

Madeleine Albright or
Condelessa Rice?

"Neither - both are expert at deceit."

Words of wisdom?

"Try not to pontificate." Spoken from
a woman who will be 80 years
young in October.

female

favorites

Boxers or Briefs?

"For men or women?"

Salad or Steak?

"Both."

Sun or Moon?

"Rising moon and setting sun."

Where do you find your solitude?

"Playing the piano for my pleasure
and continuing to study the reper-
toire." Skip completed her education
at The Juilliard School.

Favorite place to vacation?

"Home." She lives in Rehoboth,
Mass. with her husband John (mar-
ried 59 years). They built their house
(style of Frank Lloyd Wright) with
their own hands. Park-like grounds
were created over the years.

What is your favorite flower?

"Like my children, I love them all."
Skip has four children - Sharon, Greg,
Peter, and Richard. She also has a
"heart garden" naturally shaped by
rocks, filled with plants and cut-
tings that were all given to her
as gifts.

family

Skip is a consultant for the YWCA Retirement Fund. She served as the executive
director of YWCA Northern Rhode Island for 20 years (1973-1993).

*Once upon a time in America,
The Woman Suffrage Amendment passed.
The Civil Rights Act passed.
And the Voting Rights Act passed.
The end? Not hardly.*



**eliminating racism
empowering women
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