

she

Shines™

WINTER 2006/07 • FREE

celebrating the aspirations and accomplishments of women

# time, talent, treasure

getting people to care

women ending hunger

students and  
community service

women of the year

*special insert*

• ywca winter II programs

share it  
trust it  
smile

volume 2, no. 5  
[www.sheshines.org](http://www.sheshines.org)

## december

- **Dec. 26-30, Audubon Environmental Education Center:** activities planned for school vacation week. Call 245-7500 for a daily schedule. [asri.org](http://asri.org)
- **Dec. 26-31, Holly Days:** week of holiday fun. Festivities planned from 11am-3pm at the 19th century site of Slater Mill in Pawtucket. Admission \$9 for adults, \$8 for seniors, \$7 for children 6-12, and free for children under 6. Call 725-8638. [slatermill.org](http://slatermill.org)
- **Dec. 28, Diane Postoian at Providence Children's Museum:** storyteller performs "Diaries of a Frog," a set of earth stories that include the animated voices of each animal character. From 1-2pm for ages 3-11. Program is free with admission, \$6.50. Call 273-KIDS or visit [childrensmuseum.org](http://childrensmuseum.org) for details.
- **Dec. 28, Blood Drive:** at the Dunkin Donuts on Social Street in Woonsocket from 4-8pm. All donors receive a free pound of Dunkin Donuts coffee. Visit [ribc.org](http://ribc.org) for additional dates and locations.
- **Dec. 31, First Night Newport:** a non-alcoholic, family-oriented celebration of arts and culture. Location is citywide in Newport. Call 800-976-5122. [firstnightnewport.org](http://firstnightnewport.org)
- **Dec. 31, Bright Night Providence:** artist-run, arts oriented New Year's Eve celebration. Location is at various sites throughout Providence. Call 621-6123. [brightnight.org](http://brightnight.org)

## january

- **Jan. 1, New Year's at the Zoo:** a winter experience at Roger Williams Park Zoo. Free admission on New Year's Day. Call 785-3510. [rogerwilliamsarkzoo.org](http://rogerwilliamsarkzoo.org)
- **Jan. 1, Newport Polar Bear Plunge:** at noon the Newport Polar Bears take a plunge into the ocean. This year "A Wish Come True" is the charity. All welcome at Easton's Beach and join the after swim party at Atlantic Beach Club. Call 846-0028. [users.ids.net/~cwwright/](http://users.ids.net/~cwwright/)
- **Jan. 3-21, Wicked:** a new musical at the Providence Performing Arts Center. Long before the girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. Tickets \$51-78. Call 421-2997. [ppac.org](http://ppac.org)
- **Jan. 7, Foundling 2nd Concert of the Season:** Vivaldi Gloria. Begins at 3:30pm at

## sights and sounds for the she spirit

glorious concerts  
Venice inspired, Providence performed

Grace Church in Providence. Audience members invited to bring diapers, personal hygiene and personal care items for women in shelters. [foundling.org](http://foundling.org)

- **Jan. 8, 15, 22, 29 and Feb. 5, 12 Adult Weight Management:** Six week adult weight loss and fitness program helps with low fat food choices, quick and healthy recipes, label reading, and ways to burn calories. From 6-7:30pm. Fee is \$72. Contact Memorial Hospital of RI at 729-2574 to register.

- **Jan. 16, Getting (Financially) Even:** Leading Women event at Chelo's Restaurant Banquet Hall in Warwick. From 8-9:30am. Eveyln Murphy, author of Getting Even, will shake you up and get you acting. Tickets are \$40. Call 439-6107. [leadingwomen.biz](http://leadingwomen.biz)

- **Jan. 18, RI Women Veterans Benefits Briefing:** at 6pm in the VA Medical Center in Providence, 5th floor. Open to all RI women veterans. Contact Jeannie Vachon, 275-4208.

- **Jan. 20, Big Sisters Clothing Drive:** (any gender or size) and cloth of any kind – linens, blankets, afghans, winter coats, comforters. From 8am-1pm at the Donation Center on 40 Webb Street in Cranston. Clothing must be in bags. Refreshments available and tax receipts provided for donations. Door prize available for first 25 donors. [bigsistersfund.org](http://bigsistersfund.org)

- **Jan 21, Winter Concert by Atwater and Donnelly:** performance of Appalachian, Celtic, and original folk music with vocals

and array of unusual instruments. Concert at Westerly Armory beginning at 2pm. Call 596-8554. [westerlyarmory.com](http://westerlyarmory.com)

- **Jan. 26-28, Women's Wilderness Weekend of RI:** great food, heated cabins, classes, and entertainment. Located at W. Alton Jones Campus at URI. [womenswildernessri.com](http://womenswildernessri.com)

- **Jan. 28, Storytelling Moon 2007:** traditional Narragansett Indian storytelling by Narragansett storytellers. Share in oral traditions at Tomaquag Museum in Exeter from 1 to 4pm. Tickets \$4 adults and \$2 for children. Call 491-9063. [tomaquagmuseum.com](http://tomaquagmuseum.com)

## february

- **Feb. 8-11, Love Notes:** evening of love-inspired one act comedies and Broadway hit songs, staged at Academy's original home, Swift Gym in East Greenwich. Call 885-6910. [academyplayers.org](http://academyplayers.org)

- **Feb. 9-11, Winter Passion:** El Amor Brujo – world premiere at VMA Arts and Cultural Center in Providence. Tickets from \$17 to \$62, call 800-919-6272. For performance details visit [festivalballet.com](http://festivalballet.com).

- **Feb. 14, Go Red for Women Breakfast:** 4th annual event to bring together Rhode Island women for a morning of education of women's #1 killer – heart disease. Participants wear red, enjoy a heart healthy breakfast, receive information materials, listen to guest speakers, and take part in a raffle. From 7:30-9:30am at Crowne Plaza Hotel in Warwick.

**F**oundling is a period-instrument ensemble dedicated to the string music of the Baroque era and a women's advocacy project.

"The ensemble produces an elegant and refined reading of the third Brandenburg concerto," said Channing Gray, an arts writer from The Providence Journal after a recent performance. Gray described Foundling as an all-female string orchestra that dresses in jeans and plays up a storm.

Their inspiration, the women of l'Ospedale della Pietà, the 18th century Venetian foundling home where Vivaldi worked as a music teacher. It was home to the city's orphaned and abandoned girl children. Given an honored place in civic life through an arts program, they performed throughout Venice. Their musical work supported the orphanage and attracted the attention and acclaim of all of Europe.

"Our hope is that Foundling, too, will achieve significant artistic stature while working to foster public awareness, private and corporate generosity, and civic responsibility and pride."

To assist with the issues, needs, and concerns of women and children in the Rhode Island community, this season they are working in partnership with the Rhode Island Coalition Against Domestic Violence.

Two concerts remain in their third season: January 7th - Vivaldi Gloria and on March 25th - Glorious Naples, Glorious Rome. See further details in the calendar or visit [foundling.org](http://foundling.org) for ticket information. photo courtesy of Foundling

Call Sheniqua Brown at 330-1724.

- **Feb. 18, Adams Piano Recital Series:** Ursula Oppens has won renown as a persuasive interpreter of classical repertoire and a timeless champion of contemporary music. Begins at 2:30pm. Contact Performing Arts Series at Rhode Island College for ticket sales and information, 456-8144. [ric.edu/pfa](http://ric.edu/pfa)

- **Feb. 21, 2nd Taste of the Flower Show Preview Party:** combines beauty of flower show and food of Rhode Island's greatest chefs at Rhode Island Convention Center. Benefits the Rhode Island Food Bank. Tickets are \$75. Call Guy Abelson at 942-6325 x270. [rifoodbank.org](http://rifoodbank.org)

- **Feb. 24, The Vagina Monologues:** coming to Newport as a fundraiser for Silent Witnesses of Rhode Island. For information or to purchase tickets call 714-2388. [rafiproductions.com](http://rafiproductions.com)

*Events are listed in the calendar as space allows. Submissions for the calendar may be e-mailed to [sheshines@mac.com](mailto:sheshines@mac.com), faxed to 769-7454, or mailed to She Shines, 514 Blackstone Street, Woonsocket, RI 02895.*

## a peek ahead

- **March 8, International Women's Day:** hosted by Lincoln School in Providence. [lincolnschool.org](http://lincolnschool.org)



more for girls  
does not equal  
less for boys.

eliminating racism  
empowering women  
**ywca**

To help or be helped, contact  
YWCA Northern Rhode Island at  
769-7450. Or visit [sheshines.org](http://sheshines.org).

*She Shines* is published five times a year and distributed free throughout Rhode Island and Southeastern Massachusetts. All stated opinions are those of the individual authors and not of the publication as a whole. All magazine content, including the articles, advertisements, art, photographs and design is copyright © 2006, *She Shines*, all rights reserved. No portion of this magazine may be copied or reprinted without the written permission of the publisher. *She Shines* is a trademark of YWCA Northern Rhode Island. The circulation is 8,000 printed copies.

**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, e-mail, address, and phone number. Images provided electronically must be high-resolution.

**submit cover art.** The cover is reserved as a gallery of art in keeping with the theme of *She Shines*. For consideration, please send in a photo by e-mail 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 available at YWCA Northern Rhode Island and at various special events.

# contents

## time talent treasure

- 2 calendar/she spirit**  
**into the new year:**  
experience a string orchestra
- 5 to/from the editor**  
**gifts:** *She Shines* inspired poetry and appreciating *The Giving Tree*
- 6 artist canvas**  
**imagination:** with mentor Carrie Sandman
- 7 health for her**  
**connecting:** to end hunger, the RI Food Bank
- 8 on the campaign trail**  
**cusp of inauguration:** Lt. Governor-elect Elizabeth Roberts
- 9 sense ability**  
**survey results:** of local women's concerns  
**wishing:** for world peace
- 10 on the rhode**  
**public spaces:** that honor women
- 12 students speak**  
**community service:** at Lincoln School with Carlene Ferreira and Jenna Musco  
**volunteers:** at URI, build "house in a box" for Katrina
- 15 let's talk shop**  
**Cause & Effect:** with consultant Gayle Gifford
- 17 a quote from herstory**  
**Mother Teresa:** encourages care
- 23 shining with**  
**Kim Garneau:** "find a passion and turn it into service, it's amazing what you'll get back."



**special insert**  
**YWCA Northern Rhode Island:**  
winter II programs



Mary Flynn donates her time and talent to the Rhode Island Food Bank. See her recipe on how to eat healthy on a limited budget, page 7. photo by Agapao Productions

### she shines interviews

- 13 Anna Cano-Morales:** improving education in Central Falls
  - 14 Ruth and Kathy Jellison:** mother and daughter recognized as Rhode Island women of the year - in '71 and '06
- ### in her words
- 11 Jane Lancaster:** Brown University archives consultant discovers Christiana Bannister
  - 16 Lesléa Newman:** poetically asks - "what to write about?"
  - 17 Volunteer Center of Rhode Island:** answers the question - "why volunteer?"
  - 18 Ann Khaddar:** returning contributor takes her walk to heart

## subscription form ✂

*She Shines* is a free publication in RI and southeastern MA. To receive a subscription, fill in the form below. *Donations are appreciated and help to support this local magazine of women's issues.*

Name \_\_\_\_\_ Organization/Company \_\_\_\_\_  
 Title \_\_\_\_\_ Address \_\_\_\_\_  
 Comments \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 \_\_\_\_\_ E-mail \_\_\_\_\_  
 \_\_\_\_\_ Phone \_\_\_\_\_

Mail to:  
*She Shines*  
514 Blackstone Street  
Woonsocket, RI 02895

Optional Donation: \$ \_\_\_\_\_  
Please enclose a check made payable to  
YWCA Northern Rhode Island.

Thank you!



Greetings Lisa,

I hope you're doing well. August 2006, I was inspired to write a poem called "She Shines".

Be Blessed, Cleo

**SHE SHINES**

SHINE

Feel the ground of someone in need

Dig in deep, plant some seeds

SHINE

Touch the earth,

SHINE

Your light in the dark,

Warm a broken heart

SHE SHINES

Every time

There's an opportunity to move

SHINE

Your light

Someone is cold, hungry, scared of

the night

SHE SHINES

Her light moves through

SHE SHINES

Her light bounces off

SHE SHINES

Her light reflects

SHE SHINES

Her light whitens

SHE SHINES

Her light through

SHE SHINES

Her light for you.

Cleo D. Graham  
"Grahams of Healing" © 2006



*Editor's Note:*

Cleo D. Graham received a YWCA 2006 Woman of Achievement award for her work in holistic/natural healing. She was featured in the Fall issue of *She Shines*.

**appreciating *The Giving Tree***

**M**y sister, Christine Arouth, is just a few years younger than I. Growing up, we shared a play room with plenty of toys and books. I even remember the braided rug, marred with some remaining silly putty that I carelessly smushed into the fibers.

Just down the hall was the formal living room, used only for company. Though one thing seemed out of place. In the end table, a children's book called *The Giving Tree*.

Not fully understanding the story, my sister and I enjoyed the black and white pages with simple words and line drawings. Its cover, soft green. Yet the lessons inside grew within us.

This Shel Silverstein book was given to our mother by her long time friend, Diane Santoro. An inscribed message written inside the cover, includes a Bible verse, ". . . for where your treasure is, there will be your heart."

Our mother, Katy Piscatelli, is an active community volunteer. She taught us to care about others. Both my sister and I have spent most of our careers working to make a difference in service oriented organizations. Now we are raising children and trying to pass along the values that we hold dear.

The meaning of *The Giving Tree*, as I now read it to my children, is a story of unending love and friendship. Or is it a story of giving and receiving.

Well I think it is both. It depicts growing up - the responsibility for self, others, and even environment.

This winter issue is all that too, showing the ways women give back to community. There will be examples of time, talent, and treasure.

TIME: You'll meet two young women from a Quaker school in Providence. While community service is required at Lincoln School, these students certainly give their all. Jenna Musco created an after school program and Carlene Ferreira tutors inner-city youth.

TALENT: The women in the Foundling ensemble use their gift of music to perform and support local charities to benefit women and children.

TREASURE: Anna Cano-Morales with The Rhode Island Foundation represents responsible stewardship. Here seen in a new light, she is dedicated to improving public education in Central Falls.

In 2006, The Women's Fund of Rhode Island surveyed women ages 18 to 75. Among their findings, women are committed to volunteering. With the local need so great, that is good news.

So pick your causes again in 2007 and make a difference in your own special way. And know, it is appreciated within the community. ☘☘☘

Happy New Year, Lisa



photo by Agapao Productions

**makes a great gift**

**Nature Nurture Retreat**  
Since 1975

It's time to do this for YOU!

Great food, heated cabins, classes, entertainment, and much more!

**Women's Wilderness Weekend of RI**

Located on 2300 acres W. Alton Jones Campus, URI

Website:  
**WomensWildernessRI.com**

Email: **info@womenswildernessri.com**

Upcoming Weekends:  
Jan. 26 - 28, 2007      May 4 - 6, 2007



# fight against hunger

## women on the frontlines

**M**ore than 4 percent of all Rhode Island households don't have enough food to meet their basic needs and are at risk of going hungry. Women Ending Hunger is an initiative to tap into the economic, social, and personal connection women have to the need for adequate food. This collaboration seeks to provide nutrition awareness, home-budgeting opportunities, and to increase participation in the federal food stamp program.



Stephanie Chafee

Stephanie Chafee, founder of the Rhode Island Free Clinic, is a women leader volunteering with Women Ending Hunger. She splits her time between the issues of food and health. "If people aren't eating well, I see them in my clinic," says Chafee.

Each month, the Food Bank helps 51,000 Rhode Islanders through a network of over 400 certified member agencies. One out of every three people served is a child under the age of 18. For more information on the Rhode Island Community Food Bank and its Women Ending Hunger program, visit [rfoodbank.org](http://rfoodbank.org).



Mary Flynn is an assistant professor of medicine in research at The Miriam Hospital. She volunteers at the Rhode Island Community Food Bank as a board member and committee member for the Women Ending Hunger program. See her tips for eating healthy on a limited budget. Flynn has made the spinach, beans, and whole-wheat pasta recipe at the Rhode Island Free Clinic. photo of Flynn by Agapao Productions. photo of Chafee courtesy of RI Community Food Bank.

### 5 TIPS: EATING HEALTHY ON A LIMITED BUDGET

1. purchase canned or frozen produce vs. fresh (less waste)
2. eat less flesh each day - beef/poultry/seafood
3. use coupons
4. serve appropriate portion sizes (example for starch: 1/2 cup child and 1 - 1 1/2 cup adult)
5. decrease eating out

### spinach, beans, and whole wheat pasta

serves 4  
approx. preparation time: 20 minutes

8 Tablespoons extra virgin olive oil  
2 cloves garlic, pressed  
1 19-ounce can cannellini beans, drained and rinsed well  
1 10-ounce package of frozen chopped spinach, defrosted, drained  
1 14.5 ounce can of "Petite Diced" Tomatoes  
8 ounces whole wheat pasta

optional: fresh herbs (rosemary, basil, thyme), salt and pepper

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta. Heat the olive oil on low. Add the pressed garlic and stir to combine. Heat for 2-3 minutes. Add the drained, rinsed cannellini beans and stir into the oil. Turn the heat up to medium/high and stir in the defrosted, drained spinach. Season with salt and pepper. Heat on medium/high 8-10 minutes, stirring often. Stir in the herbs. Stir in the canned tomatoes. Heat until the pasta is cooked. Toss with cooked pasta and serve.

calories per 1/4th of recipe: 590

approx. cost:  
\$1.20/serving with whole-wheat pasta  
\$.90/serving with white/refined flour pasta



### Join DEB RUGGIERO, host/producer of AMAZING WOMEN

Sunday mornings at 8:30 a.m. on 630WPRO AM and 6:00 a.m. on LITE ROCK 105  
On TV Wednesday nights at 7:30 p.m. on Channel 36, RI PBS

"This is my ministry, to share the stories of so many AMAZING WOMEN in RI who make a difference - when you hear them you'll become inspired, enlightened, and encouraged."

[www.amazingwomenri.com](http://www.amazingwomenri.com)

## The credentials and convenience you want in your neighborhood.



With a Harvard-trained physician and the very latest in radiation therapy technology, the Southern New England Regional Cancer Center provides the highest level of care. And with our convenient northern Rhode Island

location, your patients no longer have to drive to Providence or Boston for high-quality cancer care. Our radiation therapy treatment is performed in a comfortable, private setting. For more information, call 401-356-1701.





1: With Congressman James Langevin visiting the Thundermist Health Center in Wakefield. Thundermist CEO Maria Montanaro is with staff giving the Lieutenant Governor-elect and the Congressman a tour of the facility.

2: Campaigning in Woonsocket during AutumnFest with her friend and former Representative Nancy Benoit.

photos courtesy of Elizabeth Roberts for lieutenant governor

# on the campaign trail

## with Lt. Governer-elect Elizabeth Roberts

**L**t. Governer-elect Elizabeth Roberts will be inaugurated on January 2nd, into the highest statewide elected office ever held by a woman in Rhode Island. She won in 36 out of 39 cities and towns.

The issues campaigned on were quality healthcare families can afford; building our economy and creating jobs; “back-to-basics” education; “peace-of-mind” long term care; “no excuse” emergency preparedness; and protecting and improving Rhode Island’s most important natural resources.

She was endorsed by the Providence Journal, the Providence Business News, as well as the Providence Phoenix. And she received the endorsement of the AFL-CIO, the Rhode Island Manufacturer’s Association, and the Northern Rhode Island Chamber of Commerce.

Roberts has lived in Rhode Island for more than 30 years. Keeping our state healthy and strong has been her work for the last ten years.



3: Looking over a product hot off the press at Mirror Design, a small business owned by Rick Roth (pictured). Roberts launched her “Healthy and Strong Main St. Tour” and visited every city and town in Rhode Island to talk with small business owners.

4: Taking part in Lt. Governor Charlie Fogarty’s “Operation Holiday Cheer” which sends thousands of care packages to our troops serving overseas during the holiday months.

5: Shaking hands at the Newport Avenue Fire Station in Pawtucket.





## women's opinions on politics, volunteering, and their issues

**A** 2006 Women's Fund of Rhode Island survey puts cost of living, health care coverage, and education on top of the list of concerns for Rhode Island women age 18 to 75.

Three-quarters of the women reported that they volunteered during the past year in these activities:

- 44% organizations to help the poor, sick, elderly, or homeless
- 40% church or religious group
- 39% child or youth development programs
- 23% neighborhood, civic, or community group
- 16% arts or cultural organization
- 11% political organizations or candidates
- 8% unions

Contact the Women's Fund of Rhode Island for more information on the Greenberg Quinlan Rosner Research. wfri.org

# her wish list



Copyright © 2006. All rights reserved. Reprinted with the permission of Betsy Streeter, Cartoonist. Visit Brainwaves at [www.betsystreeter.com](http://www.betsystreeter.com).

### ***A Team That Understands.... A Team You Can Trust***

#### **Thundermist Health Center**

offering the finest in obstetrical and gynecological services.

- ◆ Day and evening appointments for your convenience
- ◆ Physicians are on call 24 hours day ~ 7 days a week
- ◆ Discounted rates for uninsured patients who qualify
  - ◆ All insurances are accepted

**We are accepting new patients. Please call for an appointment**

**Thundermist!**  
HEALTH CENTER

450 Clinton Street · Woonsocket, RI · 767-4100  
[www.thundermisthealth.org](http://www.thundermisthealth.org)

### **Susan Gershkoff** Counsellor at Law

Licensed in Rhode Island and Massachusetts

Real Estate  
Wills and Trusts  
Business Startups  
Estate Planning and Probate

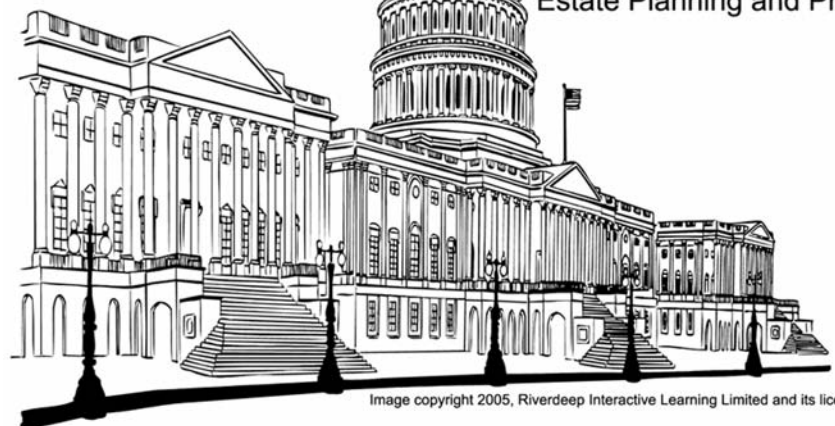


Image copyright 2005, Riverdeep Interactive Learning Limited and its licensors

132 Old River Road, Suite 205, Lincoln, RI 02865  
401-333-3550

Rhode Island does not have a procedure for certification or recognition of specialization by lawyers.

# honoring women in Providence

statues, monuments,  
and structures  
in public spaces

**editor's note:**

For this issue of *She Shines* our intention was to photograph statues of women in outdoor public spaces in Providence. We found plenty of men, our search for female statues continues. ❖❖❖

photos by Deborah L. Perry



**Lady Justice**

Located at the east end of Exchange Place on the steps of Federal District Court. Lady Justice symbolizes the fair and equal administration of the law without corruption, avarice, prejudice or favor.

**Lillian Feinstein Monument**

Located in the westerly corner of City Park is a monument honoring Lillian Feinstein (1905-1998), the mother of Rhode Island philanthropist Alan Shaw Feinstein. Engraved on the monument are the words "She loved all people."



**Carrie Brown Memorial Fountain**

Located in the eastern section of City Park, the fountain was designed by Enid Yandell, erected in 1901. It was the gift of Paul Bajnotti of Turin, Italy, in memory of his wife, Carrie Mathilde Brown. The 'Struggle of Life' is depicted in the figures around the fountain.



**Betsey Williams Cottage**

Located in Roger Williams Park is a frame gambrel-roofed Georgian Colonial house built in 1773 and last occupied by Betsey Williams, a descendant of Roger Williams and donor of the original Roger Williams park land. The house is now used as a museum.

**Carrie Tower**

Located on Brown University campus is a tall square structure of red brick with vertical channeling, surrounded by a gold dome cupola. The black-faced clock, with its gold hands and numerals, strikes the hours. It was designed by Guy Lowell and erected in 1904 as another memorial to Carrie Mathilde Brown.



**Johnson & Wales University**

Located adjacent to Weybosset Street are gates to the Main Campus of Johnson and Wales University. The university was founded as a business school in 1914 by Gertrude I. Johnson and Mary T. Wales.



eliminating racism  
empowering women  
**ywca**

**winter II session 2007** northern rhode island



**NEW CLASS**

**BELLYDANCING**

Bellydancing is quickly becoming one of the hottest forms of exercise today. The combination of fun, technique, allure and mystery make this dance interesting.

Classes will properly and effectively teach bellydancing as a form of exercise, expression, and female freedom. Many women gain self-confidence of themselves and their bodies through this dance.



The class will consist of:

- Stretching and warming up, loosening muscles, freeing the mind and warming up the body.

- Technique and dance instruction, including a detailed breakdown of movements, step by step.

- Cooling down period.

- "Free time" in which students can dance as they wish to interpret their feelings of the music, or for those who wish to showcase what they are learning in the performance mode.

Props such as veils and cymbals are available for those who wish to use them.

Various bellydancing moves will be taught including hip drops, figure eights, shoulder shimmy and rolls, hip shimmies, undulations, turns, spins, chest isolations, footwork, and combinations.

**17+ years old**

**BELLYDANCING BY DAHEERA**

Classes are held Tuesday evenings from 7-8:30pm. \$68/9 wks

**HEALTH PROGRAMS**

**ENCOREplus®**

*ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education and control. Through this initiative the YWCA currently offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. The YWCA also offers support during diagnosis and treatment.*

Note: If you are over the age of 40 and have no health insurance, or your insurance does not cover breast and cervical screenings every year, you may qualify for free services. The RI Dept. of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, Pap smear, mammogram, and follow-up services.

For more information about ENCOREplus®, please call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555 for more information on Cancer Screening Program.

**16+ years old**

**AEROBIC DANCE IN MOTION**

*Fees reflect member rates, non members pay an additional \$20.*

Collette Doura  
Mon./Wed., 7:15-8:15pm \$53/8wks

Carol Goodier  
Tue./Thurs., 7:15-8:15pm \$53/8wks

**17+ years old**

**WOMEN'S WORKOUT ROOM**

*Enjoy the privacy of a women's only facility with: a four stack universal*

*machine, bikes, free weights, treadmill and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use the room. A YWCA adult female membership is required.*

**Adults and older teens**

**YOGA**

*Flexibility and stress reduction are crucial for dealing with day-to-day life. Take time to learn an art of movement that will promote wellness and well being.*

Kathy Hopkins

Wed. 7-8:30pm \$68/9wks

**ART CLASSES**

*New and returning students are welcome; every session covers new artists and projects.*

**5 to 7 years old**

**ART FOR CHILDREN**

*If you love drawing then this class is for you. Learn the basics of art through drawing, painting, sculpting and creativity games. Please bring a smock or junky t-shirt and a smile. An art material fee of \$5 is included in the session fee.*

Missie St. Sauveur  
Thurs. 5-6:30pm \$66/9wks

**8 to 14 years old**

**MODERN ART FOR YOUNG PEOPLE**

*We will cover "modern art" from the 20th century. The students will learn about some of the most famous names in art. Learn how art can be about more than just painting a house that looks like a house. Educational and very fun projects. An art material fee of \$10 is included in the session fee.*

Missie St. Sauveur  
Tues. 5:30-7pm \$89/9wks

**13 to 18 years old**

**ART FOR TEENS: THE IMPRESSIONISTS**

*Particularly appropriate for those who have taken Modern Art for Young People, but all students are welcome. We will delve into more advanced techniques as we learn about the Impressionists and Post-impressionists. We'll also explore exciting new media, including oil pastel and gouache. An art material fee of \$10 is included in the session fee.*

Missie St. Sauveur  
Mon. 5-6:30pm \$71/7wks

**Adults and teens\***

**FEARLESS ART FOR ADULT BEGINNERS**

*Have you always itched to try your hand at painting, sketching, or sculpting, but don't know where to start? Wish you knew the difference between Manet and Monet? In this class, adults can get an introduction to art-making, as well as a little art history along the way, in a relaxed, non-judgmental atmosphere. No talent or experience required. Come have fun with us. You may be surprised by what you can create. An art material fee of \$10 is included in the session fee. \*Teens are welcome if accompanied by an adult.*

Missie St. Sauveur  
Mon. 7-8:30pm \$71/7wks

**SHE SHINES™**

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women.

The spring session brochure will appear in the next issue of *She Shines*. Call 769-7450 to receive a free subscription or visit sheshines.org to view the online version.

The upcoming issue will be themed - women's history. To inquire about ad rates or to reserve ad space, contact Lisa Piscatelli at 769-7450.

**Registration for all classes begins Dec. 26th.** Classes begin the week of Jan. 7th and end the week of March 4th. No classes Jan. 15th and Feb. 19th.

## SPECIAL INTEREST PROGRAMS

### RHODE ISLAND CLOTHESLINE PROJECT

A visual exhibit which bears witness to the victims and survivors of acts of violence against women. The RI Clothesline Project is currently housed at YWCA Northern Rhode Island.

### RHODE ISLAND FEMINIST RESOURCES NETWORK

A collective network of feminists and feminist organizations in Rhode Island dedicated to enhancing communication that links our efforts to achieve a common goal of equality for all. Visit the web site at [rifrn.net](http://rifrn.net).

### SHE SHINES™

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women. Call 769-7450 to receive a free subscription or visit [sheshines.org](http://sheshines.org) to view the on-line version.

### SILENT WITNESSES OF RHODE ISLAND

A traveling memorial honoring women and children of Rhode Island who were murdered in acts of domestic violence. Learn more at [silentwitness.net](http://silentwitness.net).

### BABY SITTING

10 to 13 years old

#### BABY SITTING CLINIC

Child and infant care training including safety and first aid basics. Classes run Jan. 22, 29, Feb. 5, 12, and 26.

Deb Smith, RN

Mon. 3:30-4:45pm \$38/5wks



### PARENTING

16 to 21 years old

#### PARENTING IN PROGRESS

An alternative education program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and Family Resources Community Action, Inc. Eligible applicants must live in Woonsocket and be a pregnant or parenting young woman under 21 years old.

Class meets Mon. - Fri., 9am to 1pm.

For more information, please call Deb Smith, Parenting in Progress Site Coordinator, at 769-7450.

### CHILD CARE

#### INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, which parents can rely upon throughout the year. Our program encourages healthy social, emotional, physical, and cognitive develop-

ment. Licensed by the Rhode Island Department of Children, Youth and Families.

For more details or an appointment, please call Kleo Perkins-Becker, Child Care Coordinator, at 769-7450.

#### YOUTH ENRICHMENT PROGRAMS

Our philosophy for youth enrichment is to provide a developmentally appropriate program for children in Kindergarten to 15 years that focuses on a youth's individual needs. We provide a safe, nurturing, and enriching program, which parents can rely upon throughout the year, especially after school, school vacations, and during the summer. Program encourages healthy social, emotional, physical, and cognitive development. Licensed by the Rhode Island Department of Children, Youth and Families.

#### AFTER SCHOOL

For Woonsocket Public and Catholic Elementary Schools and the Woonsocket Middle School students, this program is offered Mon.-Fri., 2-6pm. Transportation is provided from the school to the YWCA. Students from surrounding elementary and middle schools are welcome, but need to provide your own transportation.

For more details or an appointment, please call Melissa Flaherty, Youth Enrichment Program Director, at 769-7450.

### PRESCHOOL PROGRAMS

#### PRESCHOOL

The YWCA preschool is a developmental program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment, and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful, and enriching. Two, three, and five-day programs with morning, afternoon, or full day options are available.

### PRESCHOOL STEPPING STONES

A unique transitional program for children whose parents are postponing Kindergarten entrance. The YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. This program meets Mon.-Fri., 9am-noon or 1-4pm. Licensed by the Rhode Island Department of Education.

For more details or an appointment, please call Mary Anne Deslauriers, Director of Early Childhood Education, at 769-7450.

### EXTENDED DAY PRESCHOOL

The YWCA offers several extended day programs to help accommodate a parent or guardians' schedule. The price is \$5 per day for each program.

#### EARLY BIRDS

Children enjoy morning activities in a classroom environment from 8-9am and then are escorted to their perspective classrooms.

#### LUNCH BUNCH

Children eat lunch in a social environment then are offered center activities to enjoy from noon-1pm. Lunches are brought from home.

### GYM PROGRAMS

Walking to 3 years old

#### JUMPING BEANS

Gymnastics play with parent.

Debbie Fay/M. Martineau

Tues. 9-10am \$50/9wks

Thurs. 10-11am \$50/9wks

#### HALFTIME PLUS SPORTS

Great fun while building independent skills for 2 to 3 year old. Parents participate during first half of class in the gym for sports and parachute play. Children later move into classroom for crafts and playtime.

Debbie Fay/Debbie Nault

Wed. 9-10:15am \$65/9wks

2 1/2 to 3 1/2 years old

#### TUMBLE 'N RUN

Fitness, games, and gymnastics instruction.

Debbie Fay/M. Martineau

Thurs. 9-10am \$56/9wks

#### SMALL WORLD I, II & III

Socialization and play groups; this is an excellent introduction program.



#### SMALL WORLD I - 1HR

Debbie Nault

Tues. 9-10am \$56/9wks

#### SMALL WORLD II - 2HRS

Debbie Nault

Tues. 10:00am-noon \$77/9wks

Wed. 10:15am-12:15pm \$77/9wks

#### SMALL WORLD III - 3HRS

Debbie Nault

Mon. 9am-12noon \$77/7wks

Thurs. 9am-12noon \$99/9wks

Fri. 9am-12noon \$99/9wks

3 to 7 years old

#### BREAKFAST SPECIAL

Fun and breakfast for 3 to 5 year olds. Please wear sneakers. Sports, obstacle courses, etc.

Debbie Fay/M. Martineau

Mon. 9-11am \$65/7wks

#### SPORTSTASTIC

A new sport every week, socialization, and lunch making for your 3 to 5 year old.

Debbie Fay/Debbie Nault

Wed. 12:15-2:15pm \$83/9wks

#### INSIDE/OUTSIDE ADVENTURES

Nice weather we will spend time outside on the playground collecting bugs, bird watching, and more. Bad weather we will play games in the gym. All activities followed by lunch.

Debbie Fay/Debbie Nault

Mon. noon-2:00pm \$65/7wks

#### TUMBLING CRAFTY COOKS

Beginner gymnastics skills training for 3 to 5 year olds combined with cooking and eating.

Debbie Fay/Debbie Nault

Tues. noon-2:00pm \$83/9wks

Thurs. noon-2:00pm \$83/9wks

#### GYMNASTIC FANTASTIC

A fantastic activity packed class for 3 1/2 to 5 year olds. One hour of gymnastics followed by lunch, craft, and playtime.

Debbie Fay/Debbie Nault

Fri. 12noon-2:30pm \$104/9wks

## GYM PROGRAMS CONTINUED

### KIDS IN MOTION

Get fit and running, play different sports, and games weekly. Sports include soccer, t-ball, hockey, golf, and more. For 4 to 6 year olds.

Debbie Fay

Mon. 3:30-4:45pm \$40/7wks

### BEGINNER GYMNASTICS

Beginner gymnastics skills training for 3 to 5 year old boys and girls.

Debbie Fay/M. Martineau

Tues. 10-11am \$63/9wk

### 6 to 9 years old

### SPORTS SUPPERTASTIC

Half hour of sports followed by preparation of supper in the kitchen for 6 to 9 year old girls and boys.

Debbie Fay

Wed. 3:30-5pm \$83/9wks



## GYMNASTICS

### BASIC PROGRAMS

#### 3 1/2 to 5 years old

### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program for 3 1/2 to 5 year old boys and girls. Preschoolers have the opportunity to advance to higher levels.

Debbie Fay/Shelby Lawson/Lisa Salois

Fri. 3:30-4:30pm \$63/9wks

#### 5 1/2 to 12 years old

### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.

Debbie Fay/Deb Nault/Hailey

Franklin

Thurs. 4:30-5:45pm \$68/9wks

Shelby Lawson/Lauren Anastasides/Lisa Salois

Sat. 10:15-11:30am \$67/9wks

### PRE-TEEN GYMNASTICS

Gymnastics program designed specifically for 10 to 12 year old boys and girls.

Shelby Lawson

Sat. 11:30am-12:45pm \$67/9wks

#### 10 to 15 years old

### TUMBLING

Floor, tumble track, and trampoline gymnastics instruction.

Shelby Lawson/Lisa Salois

Fri. 3:30-4:30pm \$54/9wks

#### 13 to 18 years old

### TEEN GYMNASTICS & CONDITIONING

Gymnastics program designed specifically for teenagers.

Shelby Lawson

Sat. 1:15-2:30pm \$67/9wks

## CONTINUING PROGRAMS

All classes listed below require permission from instructor for participation. Please call Jennie Graham or Debbie Fay at 769-7450.

#### 4 to 7 years old

### ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Deb Nault/Lisa Salois/Hailey Franklin/Deb Fay

Thurs. 3:30-4:30pm \$54/9wks

#### 5 to 12 years old

### INTERMEDIATE GYMNASTICS

Lisa Salois/Deb Nault/Elizabeth Garceau

Tues. 4:45-6pm \$67/9wks

Shelby Lawson/Lauren Anastasiades/Lisa Salois

Sat. 9-10:15am \$67/9wks

### ADVANCED

Debbie Fay/Lisa Salois/Elizabeth Garceau/Liane Barnett

Tues. 3:30-4:45pm \$67/9wks

### PRE TEAM

Heather Martinelli

Sat. 1:30-3pm \$67/9wks

## COMPETITIVE TEAM

Monthly fee for all competitive teams:

One day a week \$44/month

Two days a week \$86/month

Three days a week \$100/month

Jennie Graham, Head Coach

Breonna Gentes, Assistant Coach

### HOT SHOTS 4 to 9 years old

Sat. 9-11am

### TEAM A 8 to 16 years old

Sat. 11am-1pm

### TEAM B 8 to 16 years old

Thurs. 4:30-6:30pm

Sat. 3:30-5:30pm

### TEAM C 8 to 16 years old

Tues. 4-6:30pm

Sat. 1:30-3:30pm

### TEAM D 9 to 18 years old

Thurs. 4-6:30pm

Fri. 4:30-6:30pm

Sat. 1:30-3:30pm

## VOLLEYBALL PROGRAMS

### ADULT VOLLEYBALL LEAGUES

League Director: Debbie Fay

If you play in more than one volleyball league you receive a discount for 2nd or 3rd league. Sign up for two or more leagues today. Volleyball teams are picked by draft. Come prepared to play on organizational nights. Dates are subject to change due to weather or other uncontrollable circumstances. To verify times/dates, please call Debbie Fay, Physical Ed. Director, at 769-7450.

### NEW! (for Sunday league only)

Bring in your own team. If you don't have a team, please attend organizational night and we will help you make a team. 12 wk league plus playoffs.



### INTERMEDIATE MIXED CO-ED

Sundays

Organizational night will be held January 7th from 6-8pm. League play begins January 14th.

\$68/12 wks & playoffs/plus membership fee.

### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesdays

Intermediate or above players only. Organizational night will be held January 9th from 6:45-8pm. League play begins January 16th.

\$56/10 wks & playoffs/plus membership fee.

### INTERMEDIATE CO-ED

Wednesdays

Intermediate or above players only. Organizational night will be held January 3rd from 6:30-8pm. League play begins January 10th.

\$56/10 wks & playoffs/plus membership fee.

### RECREATIONAL CO-ED

Thursdays

Any level player welcome. Organizational night will be held January 11th from 6:30-8pm. League play begins January 18th.

\$56/10 wks & playoffs/plus membership fee.

## WOMEN'S CLUBS

### APRES-MIDI

This club provides opportunities for both single and married women to share activities, information, and to gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons, and demonstrations. Membership is open to women 30 years of age and over. Meetings are held on alternate Thursdays at 1:30pm from September through June.

### Y WIVES & GIRLS

The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others, and recreation. Activities include outings, special events, and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June.



## YWCA ADVOCACY

### Nancy Pelosi makes history third in line for presidency

One of the most exciting outcomes of the November election is that for the first time in our nation's history a woman will be the speaker of the U.S. House of Representatives. In January, Nancy Pelosi (D-CA) will hold the highest office ever held by a woman in the United States. As speaker, she will be third in line for the presidency.

In another political first, a Muslim has been elected to serve in the U.S. Congress. Keith Ellison achieved this milestone by defeating two other candidates in Minnesota's 5th Congressional District, which covers the Minneapolis area.

Overall the election was positive for women candidates and candidates of color.

A total of three African Americans were elected to the House of Representatives. The winners included: Yvette Clarke (D-NY), Keith Ellison (D-MN), and Henry Johnson Jr. (D-GA) and one Asian American was elected to the House of Representatives, Mazie Hirono (D-HI).

At the time of publication of this brochure, at least 10 women were newly elected to the House and two to the Senate. Of the House winners, eight were Democrats and two were Republican. Female winners included: Gabrielle Giffords (D-AZ), Kathy Castor (D-FL), Mazie Hirono (D-HI), Nancy Boyda (D-KS), Michele Bachmann (R-MN), Carol Shea-Porter (D-NH), Yvetter Clarke (D-NY), Kirsten Gillibrand (D-NY), Betty Sutton (D-OH), and Mary Fallin (R-OK). The two female Senate winners were Claire McCaskill (D-MO), and Amy Klobuchar (D-MN).

Fifty-eight female incumbents (42D, 16R) were reelected to Congress.

The YWCA looks forward to working with all members of Congress—both new and returning lawmakers - to enact public policies that help eliminate racism and empower women.

## winter II session 2007 strong alone. fearless together.



### OUR MISSION

The YWCA is a women's membership movement nourished by roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership, and power in order to attain a common vision: peace, justice, freedom, and dignity for all people. The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.

## SPECIAL EVENTS

Call YWCA Northern Rhode Island at 769-7450, for more details.

● **Jan. 15, MLK Day Celebration:** "Walking in the Footsteps of Non-Violence". Sign in begins at 9:30am at Woonsocket High School. The day includes an opening ceremony, keynote speaker - Robert King Kee, breakout sessions, multicultural food, cultural celebration, and the closing ceremony concludes at 2:45pm. Co-sponsored by YWCA Northern Rhode Island. Contact Melissa Flaherty, 769-7450.

● **Feb. 7, National Girls and Women in Sports Day:** YWCA Northern Rhode Island will announce an event in January. For more information on the history of the Day, see below.

### 21st annual national girls and women in sports day

#### wednesday february 7, 2007

On February 7, 2007, thousands of sports educators, coaches, athletic directors, recreation directors, association members, sponsors, students, and parents across the country will show their support of the Day and of this year's theme, "Throw like a girl — Lead like a champion!"

NGWSD began in 1987 as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements and her work to assure equality for women's sports. Hyman died of Marfan's Syndrome in 1986 while competing in a volleyball tournament in Japan. Since that time, NGWSD has evolved into a day to acknowledge the past and recognize current sports achievements, the positive influence of sports participation, and the continuing struggle for equality and access for women in sports.

Our YWCA Northern Rhode Island event will be announced in January....



## YWCA MEMBERSHIP

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs. As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- membership in the oldest, largest women's movement in the nation (*men and boys are welcome as associates*)
- use of YWCA facilities nationwide

### ANNUAL MEMBERSHIP

6 to 16 years \$12.00  
17 to 64 years \$22.00  
65 and over \$17.00

*Children under 6 must be covered by parent or guardian membership.*

*Membership fees are not refundable or deductible as a charitable contribution.*

*Reduced rates are available in some classes for members 65 and over.*

*All classes and activities are open to both sexes unless otherwise indicated in the class description.*

*A member may use the membership card at all other YWCAs in the USA.*

### HOURS

Monday - Thursday, 9am - 9pm  
Friday, 9am - 6:30pm  
Saturday, 9am - 5pm

### CLASS SCHEDULE

Classes are run in consecutive sessions during the school year, with a new schedule for the summer.

### ROOM RENTALS

Room rentals are available. Contact the YWCA for details.

### STORM POLICY

Please listen to radio stations WOON 1240AM or WNRI 1380AM for cancellations, or watch Channel 10 & 12 closing announcements.

School system delays, early dismissals, and professional days do not apply to YWCA schedule.

### YWCA NORTHERN RHODE ISLAND

514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
F: 401-769-7454

### BOARD OF DIRECTORS:

Cheryl Felber-Campbell, President  
Nancy Thompson, Vice President  
Kim Garneau, Secretary  
Susan Gershkoff, Esq., Treasurer  
Rosemary Brite  
Alessandra Borgess  
Cathy Brien  
Gail Davis  
Susan Donahue, DC  
Vivian Godin  
Jeanne Lynch  
Deborah L. Perry, Executive Director

# discovering Christiana Bannister

by Jane Lancaster

**C**hristiana Bannister died in Cranston in December 1902: she had been in Howard, the Rhode Island Asylum for the Insane since September that year. She was eighty years old, and apparently a poor, friendless colored lady and she



was buried in an unmarked grave at Providence's North Burial Ground, where she lay forgotten for many, many years.

Almost exactly one hundred years later, however, Christiana was immortalized. She became the second woman and the first person of color to join the notable white men in the

Rhode Island State House when the Secretary of State unveiled a bronze bust of Bannister.

What did she do to earn this honor?

The odds were stacked against Bannister. She was a woman of mixed Native American and African American parentage, but she became a successful businesswoman, a supporter of the arts, and a fundraiser for African American causes.

I first discovered her at the Rhode Island Black Heritage Society's library, where I learned that she was born Christiana Babcock in South County in about 1820, and that she was a hairdresser with salons in Boston, Worcester, and Providence. She married Canadian-born Edward Bannister, and with her financial support he became the most successful black painter in America after the Civil War. She later founded the Providence Home for Aged Colored Women, which evolved into the Bannister Nursing Care Center.

Finding out more about Bannister was quite a challenge. She left no letters, no diaries, no photographs. There is only one portrait of her, a study by her husband, which is now in the Newport Art Museum. It shows her dressed in purple, hands folded demurely in her lap, her hair curling gently round her face. The talented Bolivian-born sculptor Pablo Eduardo used this portrait as the basis for the bust.

So how do we know about her?

Searching for Bannister involved some historical detective work, trips to Boston, and even to the video store. I also spent a lot of time in libraries. I first went to the John Hay Library at Brown University, where they keep the rare books. They have old copies of the *Liberator* there: it was a Boston weekly newspaper devoted to ending slavery in the United States. To my great delight I found that Bannister frequently advertised in it. She called

herself a "Hair Doctress" and promised to restore hair color and even cause new hair to grow—her product was clearly a precursor to Rogaine.

The newspaper advertisements gave addresses, so one hot August day I went to Boston. First stop the Boston Public Library on Copley Square where they keep old city directories, the predecessors of our phone books. I wanted to find out where she had lived and what jobs she had done during the quarter century she had lived in Boston. I also wanted to see if the buildings that housed her salons were still standing. The answer was no — huge offices and bank headquarters have entirely changed Washington Street, and the site of her first house is buried deep under the Mass General Hospital.

One house is still standing, however, and it is on the Boston Black Heritage Trail. The Bannisters lived for two years in the home of Lewis Hayden, the most famous black activist of the day. His basement was part of the famous Underground Railroad. One day, when slave catchers demanded to enter, Hayden pointed to two barrels on his front steps, said they were full of dynamite, and threatened to blow himself, the house and the slave catchers to kingdom come if they took one step further. They left.

As Bannister was a hairdresser, and hairdressing salons were centers of information for the Underground Railroad, it is likely she worked with Hayden in helping runaway slaves.

Bannister was definitely involved in raising money for members of the Massachusetts Fifty-Fourth, the famous "colored regiment," whose thousand free black soldiers came from all over New England, including some from Rhode Island.

To understand why a regiment needed fundraisers, I rented a video. The movie was *Glory*, starring Denzel Washington, and tells how the regiment was formed (under white officers — the North was reluctant to put black men in uniform) and how the government in Washington reduced their pay from the promised \$13 a month to \$10. The men refused to accept any pay until the injustice was put right, and this meant great hardship for their families back home. *Glory* is a stirring movie with heroic battlefield action, but unfortunately no sign of Bannister and her friends — but when did we expect Hollywood to be historically accurate?

Bannister and her husband moved to Providence in 1869, so I turned my attention to her Rhode Island activities. Edward Bannister helped found the Providence Art Club, while Christiana Bannister continued her hairdressing business. They prospered for a while, rented a cottage on the Bay during hot summers, and even had a boat. I tried to locate her houses, to feel the spirit of the places where she had lived, but most were submerged by I 95 or Brown



Portrait of Christiana Bannister.

Photo of the Bannister portrait courtesy of Newport Art Museum. Collection of the Newport Art Museum by extended loan of the Rhode Island Black Heritage Society in trust of Bannister House.

University, and the one on Benevolent Street looks very different from when the Bannisters lived there.

Bannister was still deeply involved in improving the lives of African American women, as I discovered in the library of the Rhode Island Historical Society on Hope Street. The Annual Reports of the Shelter for Aged Colored Women praise her "untiring zeal" in fundraising. Zeal was not enough, however, and in September 1902, nine months after the death of her husband, eighty-two year-old Bannister could no longer cope alone, and asked to be admitted to the Home. Eight days later the Managers, saying she had become "violently insane," moved her to the state asylum at Cranston where she died.

In the twenty first century, when women in Rhode Island still earn only three quarters of what men earn, when women hold two thirds of all minimum wage jobs, and when many women and girls of color live below the official poverty line, Christiana Bannister deserves to be remembered. The bust in the State House is a worthy, if belated, tribute to a very remarkable woman. ❖❖❖

Jane Lancaster, an archives consultant to the Pembroke Center for the Study of Women and Gender at Brown University, is an independent historian who has written on many Rhode Island women, including Christiana Bannister. Contact her at [Jane\\_Lancaster@Brown.edu](mailto:Jane_Lancaster@Brown.edu) or visit her website at [janelancaster.com](http://janelancaster.com).

photo courtesy of Lancaster

# caring for others

## students from an all-girl Quaker school in Providence



**Jenna Musco founded a community problem solving team at Lincoln School. Working in partnership with Camp Street Ministries, it**

**offered Project Play, an after-school program. In 2006, their team placed 4<sup>th</sup> in the international competition held at the University of Kentucky.**

What did you learn from community problem solving? “Everyone has something to give, to contribute. So much promise, all the teams were so enthusiastic. I learned something from everyone.” Musco’s community service includes starting a recycling program at Lincoln and making quilts for Project Linus.

How can the youth make a positive difference in their community? “We are the future.” Musco expressed frustration at not being able to vote. She suggested that students should get their voices heard by contributing in opinion/editorials and participating in rallies. Musco is 17 and a high school senior at Lincoln School.

Tell me about your life outside of

school? “In my spare time I love to read, cook, and listen to music.” She has an interest in the arts including painting, drawing, and fashion design. “I have been dancing, playing piano, skiing, and water skiing since I was very young.”

Describe your family? “My family loves to spend time together, whether by going to the beach, hiking, or skiing in New Hampshire.” Musco lives in an old farmhouse with her mom, dad, and three brothers.

Do you follow the news? “I listen to NPR [National Public Radio]. In my family, it’s sort of an unspoken tradition.” Her list of important news stories includes finding alternatives for fuel, addressing international famine, and preserving animal habitats. She spoke of HIV/AIDS as an issue of concern to the youth, disease awareness.

In thinking about your own future, do you have a career in mind? “Although I was interested in international business for awhile, currently I am increasingly interested in a possible career in genetic research, biotechnology, and bioengineering.”

Lincoln School is the only kindergarten to grade 12, all-girls Quaker school in the nation. They encourage all their students to participate in community service. Jenna Musco, left, founded Lincoln’s Community Problem Solving team. Carlene Ferreira, right, teaches with the Summerbridge program. Interviews by Lisa Piscatelli. Photos by Agapao Productions.



**Summerbridge is an educational program for inner-city youth. Carlene Ferreira taught literacy to three 7<sup>th</sup> grade girls during the summer months. She**

**now plans to be involved with the Saturday program that begins in December. “I felt that I had a connection with the kids,” she says.**

How old are you? “16.” Ferreira is a high school junior at Lincoln School in Providence.

Do you think that a student can make a positive difference in the community? “I definitely think so. If you put enough of your mind into it and you think positively. If you work hard towards your goal, you can make a difference. Any individual can make a difference and it’s even better if more than one get together.”

Are there issues in the news that concern you? “I am really, really con-

cerned about the issue in Sudan and Darfur, the genocide that is going on there. I’m also concerned with like politics, even though I can’t vote. I read the news and I’m in a journalism class. It’s really interesting. I also watch the Colbert Report. He does deliver news - it’s just in a way that you wouldn’t commonly see it on TV. I try to watch both sides, not just the one that I may be leaning to.”

Have you set goals for the future? “I just really want to leave an impact.”

Tell me about your career aspirations? “I really don’t know what I want to be yet, but I have a lot of interests. I know that I definitely want to work in the social area, maybe immigration. Since I can speak a little bit of Spanish and I also speak Creole . . . I think that I can make a difference by maybe translating. Sometimes people come to this country and they don’t know how to speak English and they’re just thrown into things. I want to help people who come with nothing.”

What makes you happy? “My family really makes me happy. I love my family.” Due to persecution in Cape Verde, Ferreira’s mother, father, two sisters, and a brother immigrated to the United States. Ferreira has always lived in Rhode Island. “My oldest sister just recently moved back to Cape Verde with my niece and my nephew who I love dearly. It kind of makes my sad. I wish that we could all be together, but she’s happy over there.” Ferreira has extended family that live in the United States, Cape Verde, and Europe.



URI women studies major Celandra Montilla hammers nails into lumber while communications studies professor Lynne Derbyshire holds the two-by-fours steady. The Habitat for Humanity “House in a Box” was delivered to the gulf area in November. Photo by Nora Lewis, courtesy of URI.

## university volunteers support Katrina rebuilding

In the aftermath of Katrina, URI’s volunteers swung into action to coordinate fundraising to support the rebuilding. More than 1,000 students volunteered more than 15 hours each to raise more than \$35,000. The money was raised primarily by student groups, which held fundraisers throughout the academic year. The funds helped to sponsor

a Habitat for Humanity, “House in a Box.”

The house began to take shape when students, faculty, and staff, armed with hammers and saws, framed the home’s windows, doors, and corner pieces on the University’s Quadrangel. The house was delivered to the gulf area in November.

URI, Roger Williams, and Johnson and Wales University were named to the first President’s Higher Education Community Service Honor Roll. This new program is designed to increase public awareness of the contributions that college students make in their local community and beyond through volunteer service.



# deep roots in the community

Columbian American Rhode Islander advocates for access to education

by Deborah L. Perry

**A**nna Cano-Morales is young, bright, articulate and grew up in Central Falls.

“Not many people out there see people like me as a product of Central Falls.... contributing citizen, participating civically, involved in community, giving generously to causes, volunteer and homeowner,” she said.

Cano-Morales, a senior program officer at The Rhode Island Foundation, a graduate of the University of Rhode Island who earned a master’s degree in social work at Rhode Island College, knows the power of education.

“There are many more people out there like me, but we have a common denominator – we had access to education. Education was my ticket out and is for most urban kids, most low income minorities; it’s exposure to other ways of life, other resources and formal education,” she said.

That’s not exactly happening yet in Cano-Morales’ native Central Falls.

Under the federal No Child Left Behind Act, the state of Rhode Island adopted procedures for determining school performance in areas such as math and English. Central Falls consistently has some of the lowest performing schools in the state. As of 2004, 86 percent of Central Falls schools “needed improvement”.

Central Falls also has one of the state’s highest concentrations of young people living in economically disadvantaged circumstances and a significant portion of its population is transient or newly arriving immigrants.

“The obstacles for our kids are so much higher than they are for other kids. Race, ethnicity, class, lack of financial opportunity are factors. The list goes on and on. Our kids have to work two; sometimes three times harder than kids in other communities. Odds are against them – the minority community knows they deserve excellence, the bar of expectations needs to be set high, at all levels, and that starts with the school board” she said.

The Central Falls school district is the only state-financed district in Rhode Island and its school board is appointed by the state board of regents.

In 2005 Anna Cano-Morales accepted an appointment to the Central Falls School Board of Trustees. “I don’t think I picked the school board - it picked me. The opportunity came to me.”

Cano-Morales said it was a very interesting situation she walked into. There were gender dynamics and generational gaps. She was one of three women, all minorities. The remaining three board members were older men – two elected officials,

one former elected official.

Enthusiastic and excited about her appointment, she was ready to get down to the business of making a difference. But Cano-Morales found herself growing impatient at school board meetings, where football schedules and class trips dominated the conversation, and where she was assigned to the building and grounds committee.

Cano-Morales was interested in diving into policy issues that had to do directly with student academic achievements.

## A Strong Voice

Growing up Cano-Morales’ parents knew the importance of education and lacked confidence in the public school system. They sent her to private school until ninth grade, when her family was living in Pawtucket.

Her parents came to Central Falls in the 1960s and were among the first Columbians to arrive in the Blackstone Valley area.

Her father had a prestigious job: he was the boss, a foreman in a factory. He traveled back and forth to Columbia to recruit skilled workers for the textile industry, skills they honed to an art while still in South America.

Because the new workers spoke only Spanish, Cano-Morales often became their translator. “My father would offer me as their little lawyer. I’d go to law offices, go and buy cars and negotiate, negotiate for apartments, attend job interviews. Nothing was in Spanish. I was the translator.”

At a young age, she developed a strong voice. She learned to speak not only for herself but also for others.

“I remember being 7 years old and translating for adults. Filling out food stamp applications for people who were in need of food stamps. I remember translating for my own mother. I remember going into the health center on Washington Street with my mother. She was going to get a PAP smear. I had to explain what was being done to her – at 10 years old,” she said.

## Informed by Two Worlds

“I’m of Columbian descent, first generation. But I’m as much a Rhode Islander as you are. Obviously I live in two worlds. I have these deep roots; it’s my Columbian heritage. I’m also a very proud Rhode Islander.”

Cano-Morales is also proud of her Central Falls upbringing. It is here where she is committed to making a difference.

During the past six months, the Central Falls school board has been reconstituted. Four new members were appointed and Peter McWalters, RI



Anna Cano-Morales stands on the balcony of The Rhode Island Foundation where she is senior program officer. Along with her program officer duties, she currently co-leads the Hispanics in Philanthropy funding collaborative and grantmaking for the foundation. photo by Deborah L. Perry

Commissioner of Elementary and Secondary Education, asked Cano-Morales to chair the board. She agreed, with conditions. She asked McWalters for his support of her leadership and for support of the district as a whole. And she demanded a partnership with the state.

“The state missed a huge opportunity – what does it mean to own a public school district? The state has a laboratory right here in the palm of their hand. I’m here to say to Peter McWalters or whoever will listen to me: We are open to that, we welcome that. We want our kids to have the best and we’re here to cooperate.”

When Cano-Morales arrived on the board, she said, “the bar was on the floor.” “There was tons of nepotism, the level of accountability and level of respect was not there.”

July 20<sup>th</sup> will mark her third year on the school board. She’s seen some changes during her tenure as well as ongoing transformation, but “we’re just starting, we’re just revving up,” she said.

“I hope to leave the Central Falls community and Central Falls school district in a much better place than when I found it. It deserves better.”



Ruth Jellison with daughter Kathy Jellison, now both are recognized as Women of the Year. photo by Agapao Productions

# just lessons

## torch passes from mother to daughter to . . .

by Lisa Piscatelli

**R**uth Jellison grew up looking at the words of Virgil above the school chalkboards: “The noblest motive is the public good”. She made sure her children learned this early. “Mom taught me that the universe is on the side of justice,” Kathy Jellison says. Her mother was recognized in 1971 as the Kiwanis Club’s first woman “Man of the Year”, due to her successful bond-drive efforts for the Woonsocket Harris Public Library.

Kathy Jellison recently received a 2006 Woman of the Year award from the Rhode Island

Commission on Women. During the ceremony, she thanked her mom saying, “Mom who was always politically active and smart, who worked hard in our community, owned her own business, who volunteered, who picketed, who spoke truth to power in her loving and persuasive way. I thank you for your generous heart and mind and for teaching me to invest myself in things that matter.”

And speaking about her own long history of work in non-profit organizations, Kathy Jellison says, “There are three legs of the stool that hold up our society – the public/government sector; the private/business sector; and the third sector, the non-

profit sector. This is where I work for the most part. The nonprofit sector – repository of our values, all that we hold dear, those things that define us as a people – arts, education, communities of faith.”

Contributing as a volunteer in various organizations and as a mentor to a student at Sophia Academy, Kathy Jellison says, “If I mentor, it is because so many have and continue to mentor me. For me, mentoring is that rare win-win situation where we are all teachers and all learners – offering encouragement and experience, listening and responding, mutually investing in each other’s future.”

# her calling

## activism homegrown

by Lisa Piscatelli

**G**ayle Gifford, president of Cause & Effect, challenges the notion that a nonprofit's resources are limited. Rather, nonprofits are constrained at times by not



Gayle Gifford

looking outward enough. "We are only limited by our ability to imagine the way to make solutions. We

are rich in partnerships and we are rich in resources," Gifford says. She identifies her role as engaging in the world and listening to what her clients need.

Celebrating the company's 10<sup>th</sup> year anniversary, she jointly developed a consultancy business with her husband, Jonathan Howard. Their primary clients are nonprofit businesses and government agencies.

How do you get people to care? Gifford believes it is to give them a vision of a positive future. She says, "A vision of change that excites them and engages them, that they can see and feel and hunger and thirst for. People give to their dreams and if we forget that, it is really hard to raise resources and connect people to our issues."

She sees a great challenge for nonprofits, recognizing that they are aging in the way they connect to people. Gifford suggests that the older, more established institutions are going to really have to think about how to make connections with young people. She is delighted by the growing number of youth based organizations and is watchful in understanding their new engagement of community.

Describing a business plan developed for a youth service organization in Worcester, Cause & Effect set up

clear stages of growth, allowing the client to proceed without taking on undo risk. Now this client has opened a new office in California.

Gifford herself asks a question, "Something I have been grappling with a lot, how much is enough? I think the largest nonprofits have to ask that question."

Money is not more important than mission Gifford says, "It's not that money isn't important, it allows us to achieve things that we might not have otherwise. But, the center of the work is the good that it does for other people." She says that nonprofit organizations exist due to public trust, a 'philanthropic moral compass'.

Referring to the golden rule as a guide to ethical behavior, she says, "We have a moral obligation to each other. That is what our society is about and the second we lose sight of that is when we get into trouble . . . Your actions have impact on the world."

Raised a Roman Catholic and although steered away, she feels that her core is embedded in Catholicism. Gifford says, "I think there is an obligation to give, help, lift up. [The tradition] gave you a sense that there were issues bigger than you."

She cites a Holly Near song, "I ain't afraid of your Yahweh. I ain't afraid of your Allah. I ain't afraid of your Jesus. I'm afraid of what you do in the name of your God. I think that resonates pretty strongly," Gifford says.

A similar theme echoes as she recalls events in history, "Nonviolent direct action required courage . . . it has transformed. Look at India. Look at the civil rights movement. I think those are the lessons that we need to take." Gifford thinks that we need to hear more of these lessons instead of the messages of violent power.

Gifford grew up in the 60's and

70's. "Our ability to control our reproductive issues, our lives, our bodies, our choices, our children was very limited. Those struggles have always informed my life," she says.

Her father died when she was 14. "We received social security after my dad. I understand the power of that benefit. It's a very personal experience. We would not of survived without that benefit." Her mother raised four children by running payroll for local businesses. As a child, Gayle Gifford was not fully aware of the family's struggle with money.

Her activism started over women's issues in high school. The messages of what could or couldn't be done were everywhere. Gifford was one of three girls in high school allowed to take auto mechanics, but that was a battle fought hard. "It was a knock out drag out fight to take that class," she says.

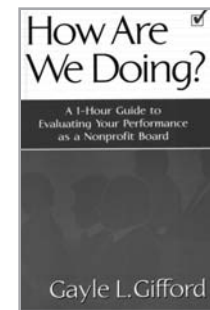
Gifford's mother and grandmother are two of the extraordinary women of whom she spoke fondly. But, she struggled through tears describing the influence of Anneliese Thiemann.

Back in '76, Thiemann was an older woman living in a carriage house in Jamestown during the summer and then in an old North Kingstown home for the rest of the year. Thiemann was a refugee. She received a pension from the German government, kind of reprobation for what she suffered. This money she donated to causes.

Thiemann read 38 publications a month. Gifford loved being around her and enjoyed lunches with this bright woman interested in the world.

In discussing a newspaper article, Thiemann found out that Gifford was not registered to vote. Thiemann immediately told Gifford that she could not step in her house again until she registered to vote. And then Thiemann proceeded to tell Gifford her own story.

It began with her employed as a social worker in the prisons of Germany. Caring for the jailed women, Thiemann offered them comfort. When able, she assisted in getting then released. The Nazi's eventually caught on and Thiemann was tipped off to an arrest list. Thiemann narrowly escaped to the United States. Thiemann's words to Gifford, "You



Gifford wrote the book, *How Are We Doing?* It is available for purchase through *Contributions Magazine*.

Gifford reads books about organizational change. This flows from her

concern for social justice, issues of poverty, discrimination, civil rights, and civil liberties. These issues have always been part of her life. She gets to do this everyday with her professional work at Cause & Effect (CEffect.com).

photo by Agapao Productions  
book image courtesy of Gifford

know Hitler was elected. Never think your vote doesn't count."

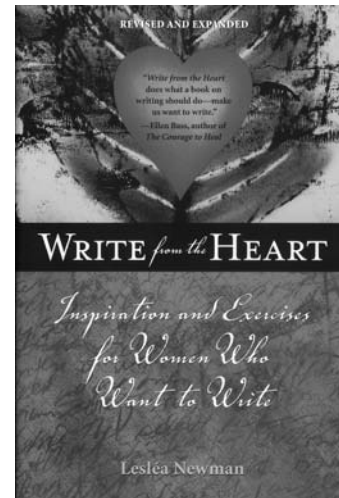
Gifford has voted in every election since that day. Thiemann left a big impression on Gifford for her politics, courage, and philanthropy.

These days, Gifford's number one passion is the Rhode Island Council for the Humanities. She is the chair and has been on the board for almost five years. Gifford believes the humanities help us make meaning of our lives — where were we, how did we get to where we are now, and allow reflection upon where we are going.

Making sure that her integrated life of activism doesn't tip too much on the work side rather than on the family side is a constant struggle. Also, the expense of health insurance concerns this family-owned business.

Married for 23 years, Gifford and Howard have three children - twin 17 year-old sons and a 22 year-old daughter. The daily family conversation is about peace and justice, civil liberties, human rights, international issues, school reform, and neighborhood betterment. "They [the children] are very interested in the bigger issues of the world. We don't force them to do stuff, because it will evolve for them naturally by being exposed. When they find the issues that resonate the most for them, they'll move on that."

Gifford says, "Bottom line in business is profit. Bottom line in a nonprofit is changing the world. Now the irony in that, we [Cause & Effect] are in business to make money. But, we've chosen this line of work because it is our calling." ❖❖❖



# what to write about

by Lesléa Newman

**T**he way the light falls  
across your face in the morning  
as you move from dreams into day

The way the cat purrs  
when you lift your head from the pillow  
The slap of your feet against the wooden floor  
How she weaves herself  
in and out of your ankles  
How your wrist twists as you open a can  
the plop of the cat food  
and the bend of your back as you place her dish on the floor

The sound each drop of water makes  
against your skin in the shower  
The way you pour tea into a tea cup  
and butter toast  
The thrust of your arm into a jacket sleeve  
and the way you slam the door

Your thoughts as you type letters or change diapers  
serve food or clean houses  
and how you feel when you have five minutes to yourself  
behind the bathroom door

The way you sing off key with the radio on the way home  
The lurch of the car as you shift into third  
The flock of birds  
that passes like a shadow overhead  
and all the trees disappearing behind you

The squeak of the mailbox lid  
and the letter from your next to last lover

Lesléa Newman is the author of 50 books for adults and children. Her titles include the writing guide *Write from the Heart*, the short story collection *A Letter to Harvey Milk*, the novel *In Every Laugh a Tear*, the poetry collection *Signs of Love*, and the children's books *A Fire Engine for Ruthie*, *The Boy Who Cried Fabulous*, and *Haciko Waits*. Visit [lesleanewman.com](http://lesleanewman.com) to learn more about her work.

photo and image courtesy of Newman

The graceful arc of your neck  
as you stand slicing vegetables  
and the salad that needs something else  
The way you pause  
one hand on your hip  
the other on the refrigerator door  
The sound of fork against plate  
ice cube against glass  
the scraping back of your chair  
the rush of water in the sink  
and the flush of the toilet down the hall

The steady creak of the rocking chair  
and the shadow it casts on the wall  
The way the windows fill  
with indigo and then turn dark  
and the stark beauty  
of your own reflection in the glass  
as you look up  
startled by a distant clap of thunder

The occasional turning of a page like a sigh  
and the cat asleep with her head on your arm

The crease between your eyebrows  
and the way you bite the tip of your pen  
The endless blue lines  
that stretch across your notebook  
page after page after page  
like a million empty horizons  
that only you can fill  
with all the words  
that make up your life. ❖❖❖

# busy females

## why they spend time volunteering

by Jennifer Belliveau

**W**ith the fast pace of modern life, it seems like women today are getting pulled in all directions at once. Work, kids, friends, faith organizations, exercise classes, and those rare moments alone fill every hour of every day. Considering the time crunch that many women find themselves in, it may seem surprising to find out that in Rhode Island today, women comprise the largest volunteer base in the state.

In *Volunteering in America: State Trends and Rankings*, a new study released by the Corporation for National and Community Service, it is determined that the average or typical volunteer in Rhode Island is a woman around the age of 44 who volunteers an average of 40 hours a year for educational or youth services as a coach, referee, tutor, teacher, or mentor. As a whole, residents of Rhode Island each year contribute an average of 23,762,425 hours of volunteer work. Given the *Independent Sector's* dollar value of volunteer time, this number totals \$428,674,150 of service to the state, and more than half of this comes from adult women.

In every state, females volunteer at a higher rate than males. Nationally, women who work volunteer at higher rates than women who are not in the labor force. If women today are so busy, why do so many

of them still make time to contribute significant amounts of service to their communities? In part, it may be in an attempt to instill values into their kids. A youth from a family where at least one parent volunteers is almost twice as likely to volunteer as a youth with no family members who volunteer, and nearly three times as likely to volunteer regularly.

There are many other considerable benefits to those who choose to volunteer. Volunteering provides important experience for professional development. Volunteers make networking contacts, prove themselves to be leaders and learn and cultivate new skills that they might not be able to get on the job. The social benefits to volunteering are enormous. People who give time to their community make new friends, feel valued and needed, build self-esteem, gain self-confidence and constantly have that good feeling which comes from knowing that they made a big difference in someone else's quality of life. Those who volunteer are also proven to live longer and remain more mobile and happy in old age.

Some women may hesitate to volunteer as it has the potential to take them away from their families for even more time. Family volunteering is an excellent solution to this perceived problem. Many nonprofits across Rhode Island offer volunteer opportunities that the entire family can participate in, from parents and grandparents to the youngest children and sometimes even the family pet. Family volunteering has the

**Considering the time crunch that many women find themselves in, it may seem surprising to find out that in Rhode Island today, women comprise the largest volunteer base in the state.**

added benefit of making family time valuable to both members of the family and the community as a whole. It can improve family communication, create a new generation of dedicated volunteers, and most importantly, it's fun!



To start making a difference in the community on your own, with a social group or women's club or as a family, get involved! Go to [vcri.org](http://vcri.org) and click on "Find a Volunteer Opportunity" on the left side of the page. Do a quick search on this page, or click on "Try a Full Search" to really narrow down the options. The website makes finding a fun and interesting opportunity easy. You can plug in your age range, interests, zip code, distance willing to travel and groups you would like to work with to receive volunteer opportunities that are tailored to all your requirements. These listings are from the more than 950 agencies around Rhode Island that recognize the valuable and varied services that women can provide to help each agency fulfill its mission to help others. ❖❖❖

The mission of the Volunteer Center of Rhode Island is to connect people and opportunities for effective volunteer community service. This is done by promoting volunteerism statewide, connecting volunteers to community needs, building the capacity for effective volunteerism through training and consultation, and by collaborating with community stakeholders where volunteers are involved. photo 2006 © sxc

## a quote from herstory



**Mother Teresa  
1910-1997**

**"Do not wait for leaders.  
Do it alone, person to person."**

She was born Agnes Goxha Bojaxhiu in Skopje, Macedonia. But Mother Teresa felt a calling early to serve the poor. She founded the Missionaries of Charity and focused on serving the dying. The Nobel Peace Prize was awarded to her in 1979. Six years after her death, Mother Teresa was blessed by Pope John Paul II. ❖❖❖

Jone Johnson Lewis. "Mother Teresa Quotes." About Women's History. RL:[http://womenshistory.about.com/od/quotes/a/mother\\_teresa.htm](http://womenshistory.about.com/od/quotes/a/mother_teresa.htm). 10/12/2006

Mother Teresa monument in Tirana, Albania. photo 2006 © sxc

# evening walk

by Ann Khaddar

I've been trying for days to write something about service as an essential component of life, sustaining and necessary to both helper and beneficiary, and moving us all in the direction of peace and survival, even in the face of destruction and fear.



But every approach I've taken has seemed either derivative ("Native American tradition recognizes the interconnectedness of all creatures and the inevitability of what happens to one affecting all..."), or exploitative ("The Amish families who lost their daughters to a shooter this fall chose compassion and service over vengeance as a way to elevate their souls in the face of their grief rather than debase them..."), or preachy ("Greenhouse gases emitted by the wealthiest nations threaten the delicate balance of survival for the poorest people in the world..."), or just plain dull (I'll spare you an example).

So I've chosen to write about something entirely different.

I took a walk on a country road as dusk was gathering. In my inland town the maples and oaks are old and very tall. Their bases are enormous, and their roots grip and lift the soil around them like great fingers squeezing clay. Now bare and set against a darkening sky, the trees look taller and

more ancient - wilder - than ever. The trunks and branches that drew little notice in the green flush of summer now show themselves scarred, etched with evidence of growth and passing time, and striped with lichen.

The crumbling stone walls along the road are wet from recent rain, with rusty fallen leaves clinging to them randomly and hovering around their bases. A chipmunk skims along a length of wall, his small back flashing auburn in the waning light. The sound of my step sends him vaulting up an embankment too quickly for my eyes to follow.

The air is warm for November, and no wood smoke is mixed with the smell of damp pines needles and moss on the still-soft earth. There is no blush in west or east as the sun grows lower, only a deepening of the gray that has dominated the sky all day.

In November in my old town, I would be watching the last of the cormorants take off from the surface of the cove, leaving it rippling behind them. I would be hearing the Canada geese encourage one another in flight, flying so low sometimes that the flapping of their wings would be audible. Here I've seen few geese, and the seabirds follow other routes, coastal routes, to their winter homes.

Wild turkeys, though, are everywhere. Flocks make themselves comfortable on low branches and shed roofs, and cross yards and roads unhurriedly, with heads bobbing in a neighborly way. I wait for a group to cross, and one or two glance at me without concern before spreading massive wings to scale a wall and then fade into the woods.

The route home takes me through the heart of town, where three simple old buildings - town hall,



church, and library - stand around a minuscule common, still serving the public purposes they were built to fulfill generations ago. The war memorial recalls children of the town who died far from the silence of this humble crossroads. On a rise beside the church, ancient dark slate grave markers slant erratically, like distracted parishioners lost in their divergent thoughts. Beyond them, the heavy sky presses against a protective line of trees; soon it will be as dark as the web of their black and outspread branches.

I am walking up a steep hill to my house when a very large bird glides into view. Its great wings are fringed in distinct feathers with rounded tips, and their undersides, as the bird passes low overhead, flash brighter than the sky. It tilts as it engages a higher eddy of air, showing its white head and neck, pale beak. An eagle.

At home, I bring it all inside with me. And I stay out in the night with all that's touched me. ❄️

Ann Khaddar is a freelance writer living in Central Massachusetts. [annkhaddar@charter.net](mailto:annkhaddar@charter.net)

Khaddar photo courtesy of Ann Khaddar.  
Heart leaf photo 2006 © sxc.



# shining

with  
Kim Garneau

## self

**Define yourself?** *"I think that I am very young and very old in spirit, at the same time. I have to say that I am passionate. The things that I love, I love deeply - which include my family, my work, and my volunteer spirit. It goes beyond the YWCA, but totally the YWCA is my passion. I am a product of the 50's. I'm a baby boomer. I have had an opportunity to see the country change in a lot of dynamic ways and I think that I am really a product of that. I'm driven. I think that I am very career driven. But also, I give back a lot."* Garneau is 51 years old.

## community

**What is community?** *"For me community expands beyond Woonsocket. Although because I am a citizen of the city, it is Woonsocket. I love its diversity. But community really is a spirit. In my mind, community can be extended out to other cities, other states. Community is a sense of family and belonging."*

**Do you vote?** *"I do. I carry my board of canvassers card with me. I was very proud to get it when I was 18 years old. And I have never missed an election. I am very proud of that."*

**What issues in the news concern you?** *"I am concerned about the treatment of women in other countries. I am appalled and also surprised that in 2006 going on*



Kim Garneau prepares a meal in her Woonsocket home. "It's open house at my house and my family just comes over and we eat and drink and have communion with each other," says Garneau. interview by Lisa Piscatelli and photo by Agapao Productions

*2007, there is still a lot of oppression. And in many parts of the world its very dangerous to be a female. I feel health issues are another huge concern and I don't always think that health issues related to women get enough focus and dollars. Everyone is concerned today with the issues of Iraq obviously, and I am not any different than anyone else in that regard."*

**Why be involved in community?** *"I think that in general in order to be happy you have to be in service some how. If you can find a passion and turn it into service, it's amazing what you'll get back. But I think that most of us are here and we're to serve a purpose. So if you can get outside of yourself and turn that into something that you're giving, it's the yin-yang thing. It always comes back."*

## time

**Tell me about your family?** *"My husband, Michael and I actually met when I was 14 years old. I met him through my aunt. We began dating when I was 17 and I was actually married at 18. And I will say that if I were to meet my husband today for the first time, I would absolutely be attracted to him. We are really like life and soul partners. He is a fantastic gentleman. We have been married 33 years."* Garneau's oldest son, Michael, is musically talented. Her youngest son, Keith, is married and lives in NH with his wife, Dawn, and their daughter, Ava. *"I am very proud of my family."*

**What do you see as your responsibility as a business leader?** *"I feel as though I*

*play a role that's unique in that I have the company's liability as a responsibility, but I also have the human responsibility. So in my world it is never black and white. It is very gray."* Garneau is an employee relations specialist II at CVS/pharmacy, a Fortune 50 company. She has worked there for almost 20 years.

**How are you active in your community?**

*"I am involved with Reading is Fundamental and Project Smile."* She is also serving her second term on the YWCA Northern Rhode Island's board of directors. *"My contribution has been my ability to bring the human resource aspect of my background and also technology. I look at it as an opportunity to unify women, to encourage team work and decisions - void of a male perspective which is not always common."*

## talent

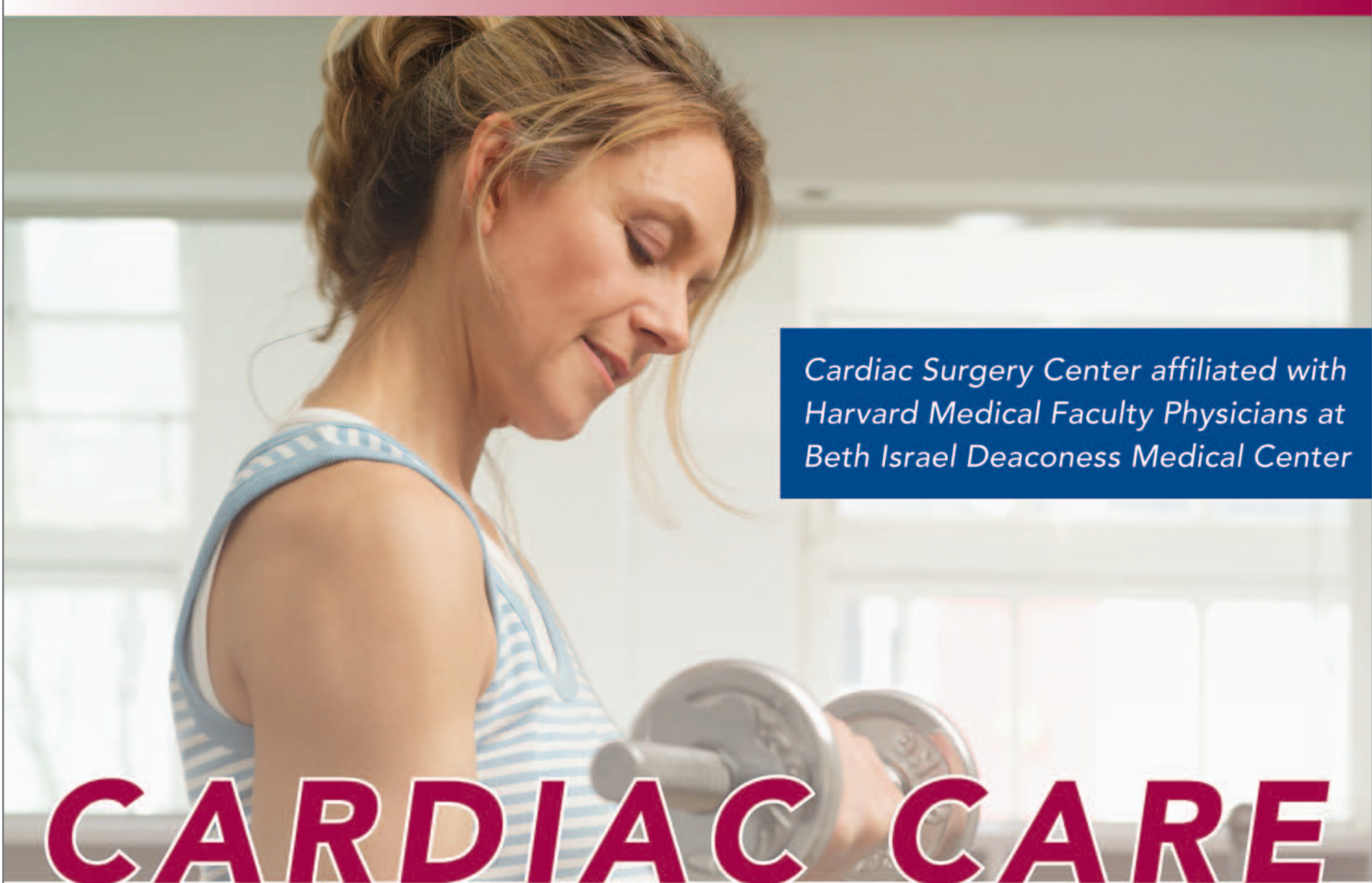
**What are your talents?** *"I was a professional belly dancer. I love horseback riding. I really have a passion for cooking and I really take it to the next level. It's beyond just the cooking. I make this an experience. Play music every Sunday and I have a glass of wine. I prepare meals for my family and members of my extended family like in-laws. I usually prepare five to six full dishes. I sing like a fool in my kitchen, dance, and just enjoy the aroma. And then my mother comes over and tastes and samples everything along with my family members. It's open house at my house and my family just comes over and we eat and drink and have communion with each other. We love it, love it. My cooking is from scratch. If I'm adding garlic, its from the clove. If I'm making a cake, I'm sifting the flour. Being French everything has a sauce. I have pictures of food because I love food so much."*

## treasure

**What do you treasure?** *"I treasure my spiritual connection with a higher power and also my spiritual connection with my ancestors. I feel it very strongly. And that's a gift. I treasure that."*

*"... I joined the ywca. I love the fact that we can together as women -- have fun, accomplish wonderful things for the community, and have that tie."*

- Kim Garneau



Cardiac Surgery Center affiliated with  
Harvard Medical Faculty Physicians at  
Beth Israel Deaconess Medical Center

# CARDIAC CARE

- Prevention
- Diagnostics & Cardiac Catheterization
- Interventional Cardiology
- Open Heart Surgery
- Rehabilitation
- Mended Hearts Support / Education Group
- 24/7 Emergency Cardiac Care (*Fall 2006*)



**Landmark  
Medical Center**

**Your regional hospital.**

115 Cass Avenue  
Woonsocket, RI 02895  
**(401) 769-4100**

[landmarkmedical.org](http://landmarkmedical.org)

YWCA Northern Rhode Island, 514 Blackstone St., Woonsocket, RI, 02895

Non-Profit Org.  
US POSTAGE  
PAID  
327  
Woonsocket, RI

**she Shines™**

[www.sheshines.org](http://www.sheshines.org)