she
Shines

PREMIERE ISSUE
a magazine celebrating the aspirations and accomplishments of women

share it. trust it. smile.

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

FREE

YWCA Northern Rhode Island, 514 Blackstone St., Woonsocket, RI 02895
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Thank you!
Dear Readers,

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

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

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

Okay. I acknowledge that I may be much for women’s lives in Washington D.C., attended Revolutionary Women in Boston, and continue to be a member of YWCA Northern Rhode Island. Of personal importance, I have advocated for specialized educational accommodations for my son, made him (of none encouraging the government to recommit itself to major highway through rural farmland, and organized a small community to raise funds for sale, playground equipment for all children’s abilities.

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

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

In She Shines™. Our cover artist portrays her creative flair in art and words, all poetically. She Shines™ set the record straight. The guys in our lives are also special and important. That said, as the sexes. Saving the whole of this subject for issues to come, I think it is important to set the record straight. The guys in our lives are also special and important. That said, as the sexes. Saving the whole of this subject for issues to come, I think it is important to

Feminism (definition 1): a doctrine advocating political, economic and social equality of the sexes. Borrowing my friend’s 5 lb.

Rose Weaver Production. It is a worthwhile experience to honor the women from which we came, ourselves, and the other females in our lives.

Borrowing my friend’s 5 lb. Webster’s New Dictionary, I looked up that ominous F word. Feminism (definition 1): a doctrine advocating political, economic and social equality of the sexes. Borrowing my friend’s 5 lb. Webster’s New Dictionary, I looked up that ominous F word. Feminism (definition 1): a doctrine advocating political, economic and social equality of the sexes. Borrowing my friend’s 5 lb.

To The Editor

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Maria Mitchell was born in Nantucket, Mass. on August 1, 1818 and died in Lynn, Mass. on June 28, 1889. Date: 4/1/05

Jone Johnson Lewis. “Maria Mitchell Quotations.” About Women’s History. URL: womenshistory.about.com/library/qu/blqustan.htm

“Especially need imagination in science. It is not all mathematics, nor all logic, but is somewhat beauty and poetry.”

Taught by her astronomer father, Maria Mitchell was the first professional woman astronomer in the United States and became a professor of astronomy at Vassar College (1865-1881). She was the first female member of the American Academy of Arts and Sciences (1948), and was president of the American Association for the Advancement of Sciences. On October 1, 1847, she spotted a comet, for which she was given credit as the discoverer. She contributed ideas and encouragement. This issue is dedicated to you!

With Sincerity,

Lynn, Mass. on June 28, 1889.

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

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With Sincerity,
Why would anyone want to start another women’s magazine?

That’s what people keep saying. Filled with swimsuits, diet trends, and of course who’s dating who in Hollywood.

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

Exactly my point. Why don’t we have a local magazine for the masses about issues that are important to women?

Certainly those other magazines have their place…

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

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

- Nontraditional occupations are defined by the U.S. Department of Labor as jobs in which 25 percent or less of the work force is female. The percentage of employed females is 5.1 percent for aircraft pilots and flight engineers.

- Nontraditional occupations are a pathway out of poverty for single parents, welfare recipients, and low-income families as they typically pay 20 to 30 percent more than jobs traditionally held by women.

- Some nontraditional occupations for women are: architects, chefs, machinists, automotive body and related repairers, truck drivers, electricians, and jobs in construction. Read about Mary Kuhn on page 16. She reconditions and shows classic cars.

- As women enter jobs once dominated by men, some are no longer classified as nontraditional. Lawyers are an example of women making strides into nontraditional occupations.

**Sky’s the Limit**

**Getting a Career off the Ground**

**Sue Cowley found her niche**

Although she was tricked into her first lesson aloft, for Sue Cowley, it was love at first flight. That was 27 years ago. Her brother told her that they would visit Montauk, N.Y., but when it was time for takeoff, it was just Cowley and her brother’s flight instructor. After the shock wore off, Cowley realized she was enjoying herself.

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

“The owner of the airport, Lauren Roeser, one of the first female pilots in the country, worked night and day as a pilot. Sue learned to fly there,” she says.

After working on as-needed basis for New England Airlines, Westerly and Block Island, she retired from the airline to fly full-time.

**Sandy Niles says it all for herself**

In the mid-1980s, Niles sold her plane and began working on a-kind-of-herself for New England Airlines. She was diagnosed with breast cancer in March 2001 and retired from the airline that year.

**Lynn Thoma likes the challenge**

During an interview at Westerly Airport this summer, Thoma says she especially likes the challenge of providing passengers with the smoothest flights and landings possible, even in stormy weather.

“People often wonder, ‘Why do you fly?’ ” she says. “It’s like it is insurmountable, but it’s like a large puzzle: one piece at a time. You just need basic math skills.”

Recently, Thoma and her husband, Mike, purchased a new airplane and are planning to fly to Europe this summer.

**Woman of Excellence**

** Mujer De Excelencia**

To be what I want to live. Breathe what I like and love. Not to exist perfect, but a woman of excellence. To be remembered as who I am and of what I consist. Learning to love the bonds of good presence with an increment of enduring kindness. To love myself and not to love the other. To do good to all beings. To seek through reason to realize that I hold the key to my strength, and the secrets of my hidden treasures. Let no one unlock the door and see what’s inside to what binds this soul that keeps me ticking. No one will ever misunderstand me. I won’t allow anyone the opportunity to underestimate the woman of excellence.

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

Rebecca was born in San Juan, Puerto Rico, and moved to Connecticut at an early age where her parents struggled with the English language and encouraged her to explore “nontraditional things for a little lady to do,” including playing the piano, basketball, and tennis.

**Elements of Life/Elementos de Vida**

**To purchase, send $23 along with your name and address to Nattie’s Galleria, Inc., PO Box 8902, Cranston, RI 02920.**

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**From left, Lynn Thoma, Sandy Niles and Sue Cowley**

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Feminine by Design:
A Festival of Women Artisans
Sunday, November 6th
from 11am - 4pm
Providence Marriott,
One Orms Street,
Providence, RI
Showcasing the works of more than 25 female artists, Feminine by Design is the perfect place to shop for that special holiday gift or just for fun! Browse through the wonderful selections of paintings, hand-made jewelry, artwork, furniture, candles, pottery, sculptures, and more.
Admission is free!
For more information, visit www.femininebydesignri.org.

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

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

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

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

Let’s talk shop

GiGi Carlson
Global Village Art Studio and Gallery
32 Mechanic Street
Woonsocket, RI 02895
401-225-4506
www.globalvillageart.com

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

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

Zucchini Lasagna

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

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

Yield: 6 servings

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

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

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

Masharee: “Pro-football... everyone believes football is only for boys.”

Holly: “Lawyer. I don’t care what anybody thinks, as long as I make my customers happy. I’m in my own little world!”

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

Masharee: “Yes, because I have more experience in football than some other boys who have to be trained.”

Holly: “The people that say that are the people who had the opportunity to get their dream job (a masculine job). It makes me feel like I must succeed in that job. It’s my career!”

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

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

Masharee: “It makes me feel sad because women can be just as good. No, because I really wouldn’t care what they think about my choice.”

Holly: “I can do anything I set my heart and I’m a living example. I’ve maintained a black belt in Kempo Karate.”

Alicia: “...now a days a lot of women might want to join the Army to help people.”

Is there anybody that you know who does a nontraditional job? Tell about them and the job that they do. Do you feel that they are able to do the job well even though it is nontraditional?

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

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

Alicia: “Yes, I am thinking about a career in technology. I think women are just as good as men in technology.”

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

Alicia: “It makes me feel upset. I wouldn’t reconsider going into the Army. Just because someone thinks something doesn’t mean I have to think the same way.”

Students Speak

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

Source: Arthur Anderson GROW Project.

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Woonsocket Mayor Susan D. Menard
Christine DeBlois of Tiffany & Co.
Ethel Dowdy, foster parent

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The Rhode Island Foster Parents Association extends congratulations and best wishes to Ethel Dowdy, Women of Achievement Reflection Award Recipient. For over a quarter century Ethel has tirelessly served as a foster parent and role model in her community. She joins the YWCA of Northern Rhode Island in honoring Ethel and celebrating her remarkable accomplishments in this community.

Foster a future: become a foster parent!
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New England Laborers’
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Achievement of
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AMAZING WOMEN RADIO SHOW
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A talk show that celebrates women who make a difference in our community everyday.

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

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

"At first, I detested that other hobbyists, predominantly male, would ignore me and the knowledge I had gained as I sought to be more informed about the hobby in general and my vehicle in particular . . . I was invisible to them. Didn't have the right body parts."

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

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

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

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

A female high school student recently asked Mary Kuhn if she would be her mentor for her senior project in Kuhn's area of expertise. Kuhn emphatically said Yes!

"There's a lot to learn. Respect for these things. First is always safety."

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

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

As mayor, Menard, 56, has worked to balance her economic goals for the city with its social needs. She counts among her achievements shepherding the city's fiscal stability while overseeing new school construction, roadway and utility improvements, wastewater upgrades, library expansion, landfill-capping and recreation upgrades, library expansion, landfill-capping and recreation upgrades, library expansion, landfill-capping and recreation upgrades, library expansion, landfill-capping and recreation upgrades, library expansion, landfill-capping and recreation upgrades.

"And use what every woman knows: common sense."
Maureen McDonough-Roddy misses her mother. In 1984, she took to her breast cancer.
A registered nurse, Roddy had always believed that the world under her expertise alone, began to focus
around a race called the Bermuda 1-2, a 635-mile, single-handed race from Newport across the Gulf Stream to Bermuda, and a double-handed race back to Newport. That's big. She needed a boat she could afford that could make the trip. She also needed to get out of her own way.

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

the red dress

She won, she says, when she got to the starting line. It takes six days to get to Bermuda by herself in a 36-foot boat. She slept in 15-minute catnaps while the boat was on autopilot, once sleeping more than two hours and waking with a start.

Roddy says she felt most vulnerable when, 600 miles east of anything, she came upon a pod of sperm whales, the biggest whales there are, splashing around, their giant tusks cracking into the water. The ball whale came behind her and followed her for a bit, watching her with its large eye. He was bigger than her boat, she says. Even with some sizeable fellow travelers, there's a lot of time to think on a boat by yourself for a week. Roddy's thoughts turned to her mother. "I remembered what her voice sounds like," she said.

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

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

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

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

It takes a special kind of courage to brave the open ocean - and the Bermuda Triangle - alone, in a small sailboat.

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

As director of operations for the Cumberland-based Forest Hill Manufacturing, Christine Delbois, 39, "has grown from a new manager to a seasoned and well respected director - in a very short period of time."

That from Thomas J. Dixon, group director of Supply Chain Management.

The 1990 Bryant College graduate puts her degree in business administration to good use regularly. Her success has come as she has elevated the performance of her employees. Working with the staff she has, and making some good hiring decisions, Delbois has built a strong team. By developing a marginal manager into one of the company's better employees, Delbois touched off an immediate change in the unit's performance.

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

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

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

Christine DeBlois is making the journey enjoyable.
When called, she says ‘yes’

In 1953 when they arrived here, following her older sister who helped start the city’s first African American church, today St. James Baptist Church. It was a natural for Dowdy to join in this process, and she became and remains to this day an active member. Among the church efforts to which she would dedicate several decades are its choir, and the scholarship, missionary, youth, young women’s and Sunday school boards. As friend Dorothy Chaplin says, “When her church called for her in service, her answer has always been ‘Yes.’”

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

Life’s work

But the life’s work of the woman who always said yes and who stands up when faced with injustice has been a force advocacy for children. She first received a call about a child in need in 1957, and opened her heart and her home to a young man who today is 57 and regularly calls to thank her for giving him a chance. Over the years, Dowdy and her family have fostered nearly 80 children. Her work with DCYF and Rhode Island Foster Parents Associations has taken her across the state, recruiting foster parents. Her sister, daughter, and several success are foster parents as well.

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

A foster mother to many, Dowdy and her husband had seven children of their own. When she first arrived in Woonsocket, she sought work at the city’s factories to help support her family here and in South Carolina. Years later, she agreed to become caretaker of a Manden, Mass., family. On a daily basis, Dowdy would get her own family off to school, work, etc., and then head to Manden to cook and clean and help a widow rear her 10 children. At day’s end, she would return home, prepare a meal, get the family settled, catch a nap and then head to her night job as a nursing assistant. She maintained this pace over a 22-year period, retiring from the Woonsocket Health Center in 1979 and continuing to work part-time with the elderly for VNA of Greater Woonsocket.

A woman of faith

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

Dowdy’s faith that she - personally - could do a great deal to make the world a better place for individual children has built bridges, has forged solutions. After a long battle, Ethel Dowdy and her family were able to adopt the little girl who had spent most of her young life in their home. That was almost 17 years ago. Tiffany graduated high school this year, a member of the Class of 2005. She is starting college as this edition goes to press.

Dowdy, 72, can point to a lifetime of making the impossible possible, bridging the barriers faced by society’s neediest. Her vision is her legacy. “Be strong and stand up for what is right,” she says. “Love one another and help each other. When someone is down, lift them up. You get their needs met.”

Our True Woman of Achievement

Ethel M. Dowdy

We love you for all you do!

Love your husband John & your children:

Andy, Jack, Larry, John, Jackie

Blayne & Tiffany
fun
Car you drive? “BMW 7 Series.”
What have you always wanted to do? “‘Something’ totally impractical without negative consequences.”
Favorite book? “Alice in Wonderland.” “Incredible.” She further explains that as a child it is enjoyed in its own way. Read as an adult, it is a political statement that still holds true today.
How long can you sustain a goldfish? “Never had one.”
What is your passion? “Designing voluntary projects and working through to a successful outcome.”
Female favorites
Favorite place to vacation? “Home.” She lives in Rehoboth, Mass., with her husband John (married 59 years). They built their house (style of Frank Lloyd Wright) with their own hands. Park-like grounds were created over the years.
What is your favorite flower? “Like my children, I love them all.” Skip has four children – Sharon, Greg, Peter, and Richard. She also has a “heart garden” naturally shaped by rocks, filled with plants and cuttings that were all given to her as gifts.
Skip is a consultant for the YWCA Retirement Fund. She served as the executive director of YWCA Northern Rhode Island for 20 years (1973-1993).
Once upon a time in America,
The Woman Suffrage Amendment passed.
The Civil Rights Act passed.
And the Voting Rights Act passed.
The end? Not hardly.