WOMEN OF ACHIEVEMENT

Mia Ackerman
Stephanie L. Federico
Barbara Fields
Amanda Marie Hannon
Therese-Tsetse Lavallee
Ardena Lee-Fleming
Kim Michalik
Maria Montanaro
Jennifer Stanley
Kimberly D. Trusty
Vinnie Velazquez
Mary Zahm
honoring women of achievement

YWCA Northern Rhode Island recognizes philanthropic women for their kindness, charitable concern, and generosity toward other people in an effort to impact their community.

Twelve philanthropic women were recognized for their kindness, charitable concern, and generosity toward other people in an effort to impact their community at the 6th Annual Tools of the Trade Luncheon, held October 20 at Kirkbrae Country Club in Lincoln. Deb Ruggiero served as the event emcee.

Congratulations to the 2010 award winners. YWCA Northern Rhode Island appreciates the underwriters and attendees celebrating the following Women of Achievement: Mia Ackerman, Stephanie L. Federico, Barbara Fields, Amanda Marie Hannon, Therese-Tsetse Lavallee, Ardena Lee-Fleming, Kim Michalik, Maria Montanaro, Jennifer Stanley, Kimberly D. Trusty, Vinnie Velazquez, and Mary Zahm. For additional information, visit www.womenofachievementri.org.

Citizens of Cumberland: Councilwoman Mia Ackerman is a tireless advocate for Cumberland and northern Rhode Island. She is a dynamo with the ability to resolve problems before they become issues. It is obvious how people feel about her, as she is unopposed this election. Mia is devoted to her family and her extended family, the Cumberland senior citizens. She sponsors sporting teams for the children of the town, and is a hands on director of the Historic Franklin Farm. The citizens of Cumberland are excited that she is being honored as a Woman of Achievement.

RI Crisis Assistance Center: The RI Crisis Assistance Center takes pride in honoring one of their board members, Ms. Jennifer Stanley. Jennifer’s unwavering commitment to the health and well-being of women in our state is unparalleled and we are proud to honor her life’s work of making Rhode Island a safe place for women and girls every day.

RI Small Business Development Center: The RI Small Business Development Center at Johnson & Wales University congratulates our regional director, Ardena Lee-Fleming, the 2010 Mentor for Young Women as one of the YWCA Northern Rhode Island Women of Achievement Award winners.

The TSETSE Gallery: Congratulations to Carissa J. Johnson for being the feature cover artist for this special edition of She Shines magazine. See page 6 and 11.

Thundermist Health Center (THC): On behalf of the board of directors and staff of Thundermist Health Center, congratulations to Maria Montanaro for the impact she has made in community health care!
The YWCA recognizes, celebrates and honors 12 women who have shown extraordinary kindness and generosity towards others.

In the words of Anne Frank, “How wonderful it is that nobody need wait a single moment for starting to improve the world.”

Thank you Women of Achievement . . . for you are changing the world.

Very truly yours,

Deborah

Deborah L. Perry
Executive Director
YWCA Northern Rhode Island

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insert
YWCA Northern Rhode Island
winter programs
Can Your Community Afford Not to Be Heated?

The price of heating a home continues to skyrocket. The money to help families in need remains inadequate. The only answer is to encourage greater efficiency, a goal the HeatSmart Campaign makes realistic through simple, low cost programs that have helped thousands of families around the country.

Talk to HeatSmart Campaign director Donna Montaquila to learn more.

Call (800) 848-9665 ext. 250 or email donna@northwestwoolen.com

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401-333-3550

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

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www.iib.org

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

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Bringing people together in communities across the country.

You can feel the heart of a company by the actions of its people. At CVS Caremark, our people strive every day to improve the quality of human life. By working hand-in-hand with community health centers, supporting public schools and advancing the field of pharmacology, our people are making a positive impact all across the country. When we focus on things that strengthen families, our schools and communities also win—and that's something that benefits us all. Yes, you could say we're proud of our people...they keep us connected to you, and this is where our heart is.

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www.nationwidconst.com
This edition of She Shines, features a sculpture by Carissa J. Johnson. She is a junior at URI. Johnson has a double major of journalism and art, and is active in many organizations including Habitat for Humanity, URI S.A.V.E.S. and the school marching band. She started studying art at The TSETSE Gallery at 11 years old. Now 20, she serves as vice president of The TSETSE Gallery’s Youth Advisory Board. She has received scholarships from the Providence Performing Arts Center to attend art camp, and has sold several of her paintings and sculptures to local collectors. The cover art was conceptualized through a Round Table Discussion about breast cancer at The TSETSE Gallery. Cancer survivors sat with Rhode Island youth. As a result, Johnson conceptualized and created World on Her Shoulders. It symbolizing that with group support, you do not have to carry the world on your shoulders alone.

Thundermist Health Center is immensely proud of Maria Montanaro. As a leader in the health care field, she has provided direction and taken Thundermist to levels we thought we could only dream of. Maria’s creativity has provided Thundermist with such exciting new ideas as the Honduras Project and our soon to be new building in West Warwick.

Congratulations, Maria.

Polly Eddy
Chair of the Board of Thundermist Health Center

Congratulations to Barbara Fields and all of the 2010 Women of Achievement.

We never know how high we are Till we are called to rise; And then, if we are true to plan, Our statures touch the skies. ~ Emily Dickinson

Polly Eddy
Chair of the Board of Thundermist Health Center

Rhode Island LISC
Andrea, Ann, Carrie, Maria, Nancy, Nati

COMMUNITY COLLEGE OF RHODE ISLAND

Congratulations to the women of achievement from Mercy Rehab at Mount St. Rita Health Centre

MERCY Rehabilitation
at Mount St. Rita
THE STANDARD IN POST-HOSPITAL CARE

Mercy Rehabilitation at Mount St. Rita
15 Summer Brown Road, Cumberland, RI 02864
401. 333. 6352 fax 401. 333. 1012
www.mountstrita.org

Congratulations and thank you to Maria Montanaro (chairwoman of Neighborhood’s board of directors) and all the other 2010 Women of Achievement!

Rhode Island LISC
Andrea, Ann, Carrie, Maria, Nancy, Nati

COMMUNITY COLLEGE OF RHODE ISLAND
In her fourth year as a councilwoman, Mia Ackerman tirelessly gives of her time and energy despite running a business and raising her school-aged children. With a portion of the stipend that she receives as a councilwoman, Ackerman sponsors a girl’s soccer team.

Public service has been a focal point in her life. As a youth she recalls collecting money for UNICEF and working in student government. Ackerman graduated with honors from the State University of New York at Binghamton with a BA in sociology/political economics. She now enjoys getting youth excited about public service.

As the official liaison to the Cumberland Youth Commission, Ackerman attends nearly every meeting and event held by the group of young leaders. She leads by example, and many of the young women in the Youth Commission now aspire to a position in public office, largely due to Ackerman’s influence.

Neil O. Anderson, director of North Providence Youth Commission, says, "I cannot underscore the importance of this fact enough, because for too long, youth everywhere have been disengaged from public life. They feel that politicians do not hear or listen to them and that their voices do not matter. When they meet Mia, they cannot help but notice that nothing could be further from the truth."

Ackerman is also the senior advocate for the Town of Cumberland. Her efforts led to the re-accreditation of the Senior Center.

For the last three years, Ackerman has been very active in the historic Metcalf-Franklin Farm Preservation Association, and now she serves on its board of directors. This project raised over 20,000 pounds of fresh, organic produce for the Rhode Island Community Food Bank in 2010.

"If it is worthwhile or needs to get done, then do it." That is the philosophy of Cumberland councilwoman, Ackerman.
For Stephanie L. Federico, Esq., being a servant leader is not a nine-to-five job. In addition to her current position as chief of staff to the superintendent of the Providence Public School Department, Federico serves on the advisory boards of City Year RI and Youth Build, volunteers as a trial team coach at Tiverton High School, co-chairs the Building Futures Committee and participates with the Providence After School Alliance’s HUB high school initiative.

As an assistant city solicitor with the City of Providence, Federico drafted legislation related to unfunded mandates, weapon reform, tax abatements and prostitution. In the 2009 General Assembly session, the House and Senate passed legislation prohibiting prostitution in Rhode Island and much of the original language that Federico drafted survived in the final version of the bill.

While deputy chief of staff to Providence Mayor David Cicilline, Federico worked on a fair education funding formula (a version of this legislation passed in the 2010 General Assembly). She also served as the mayor’s liaison on a number of commissions and boards, including the Urban Area Security Initiative Task Force, the Downtown Improvement District Board, Mayor’s Substance Abuse Prevention Council and the Human Relations Commission.

Female mentors – like her mother and grandmother – have had a profound impact on Federico’s life. They influenced her desire to make a difference in her community. "The concept of servant leadership has helped guide my commitment to making Providence a safer place to live and work. It has also been a foundation for many of the educational initiatives that I have worked to implement, which ultimately serves to nurture and guide our most precious of assets – our children,” Federico says.
As a tireless advocate for housing and neighborhood revitalization, Barbara Fields is constantly looking for ways to create better communities. As executive director of Local Initiatives Support Corporation (LISC), Fields has developed a comprehensive approach to community revitalization, expanding LISC's reach beyond housing into child-care, public safety and leadership development.

Under her tenure, LISC financing and technical assistance has enabled the production of 6,500 affordable homes and apartments, 750,000 square feet of commercial and community spaces, and child care space for more than 5,000 children in some of Rhode Island's most economically deprived areas.

Working closely with Providence Mayor Cicilline and Police Chief Dean Esserman, Fields built an innovative partnership between the police department and community groups that has won national awards from MetLife in 2006, 2007, 2008 and 2010.

"What inspires my work . . . (is) the Jewish Philosophy of tikkun olam (repair of the world) – our responsibility to make the world a better place and work for social justice", Fields says.

In addition to her work at LISC, Fields is chairperson of the Attorney General’s Advisory Commission on Lead Paint, vice chair of the Providence Housing Authority's Board of Commissioners, chairperson of Creative Providence: Cultural Plan for the Creative Sector, and is on the boards of HousingWorksRI, Grow Smart RI and the Jewish Community Day School.

Under Fields leadership, LISC has grown significantly and become recognized as a great place to work. The office recently relocated to a new location in Providence, enhancing the environment for internal and external collaboration, and placing LISC in a more prominent role as a community convener.

In the community development field, Fields has overseen the growth of the Rhode Island Community Development Corporation (CDC) industry by managing investments to ensure that CDCs have become financially and programmatically sound community businesses that have attracted and maintained outstanding local leaders.

"Barbara is a role model for women and girls – through her work, her life and her faith, she has demonstrated that women can be the change we desire for our communities," New Commons, principal, Michelle Gonzalez, says.
Amanda Marie Hannon is impressive. Only 18 years old, Hannon is the founder and director of Stop Bullying Now! RI, an organization that educates both students and adults about bullying through workshops and community events. Hannon believes in the project so much, she used her own money to start the organization. A victim of bullying in elementary and high school, Hannon says, “I want to do anything possible to eliminate bullying from happening.”

Hannon has taken Stop Bullying Now workshops to various schools and daycares, providing no cost lessons to students. Lessons include information on the effects of bullying, how to stop it from occurring and ways to prevent future bullying.

Hannon strives to eliminate racism through her work with Stop Bullying Now! RI. She believes that racism is a big part of bullying and the free workshops she offers for students cover discussions about equality, helping to prevent racism and promoting better understanding between individuals and groups.

In addition to her work at Stop Bullying Now! RI, Hannon volunteers for various organizations, including, Special Olympics, Making Strides Against Breast Cancer and the Diabetes Association of New England.

As vice president of leadership for Phi Theta Kappa Honor Society, Hannon organizes fundraising events to help the community. She is currently developing an Adopt-A-Family event for the honor society, where members will adopt a needy family and provide them with gifts for the holidays. And she is organizing a Walk for Hunger and Heat, to raise money for the homeless of Rhode Island.

While Miss Teen Rhode Island International 2009, she dedicated her reign to raising money for A Wish Came True, Inc., an organization that provides wishes to children with serious illnesses.

Hannon’s advice to others? “Get involved in the community, make a difference. One small act of kindness can go a long way.”
Families needing additional hours, speak with receptionist regarding rates. Early Birds and/or after camp options available. December 27, 28, 29, 30, 31. 9am-1pm, $20/day. Early Birds and Three Snow Bears.

BUSY BEE
For children 3 to 5 years of age. Enjoy books, games and activities themed around author/artist Jan Brett: Gingerbread Baby, The Hat, The Mitten, The Umbrella, and Three Snow Bears. December 27, 28, 29, 30, 31. 9am-1pm, $15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

ADVENTURE
For children 6 to 12 years of age with groups divided by age. Junior Kindergarten Care offered for the academic year 2010-11. New flexible hours. Qualified, friendly staff will provide enrichment activities for your child in safe indoor and outdoor environments. Morning: gross motor play in gymnasium, creative play, stories, music, movement, free choice play, table games, and time to eat (breakfast brought from home). Afternoon: sports classes, gymnastics, homework time, youth enrichment activities, and cooking classes with lunch provided. Licensed by Rhode Island Department of Children, Youth and Families.

EARLY CHILDHOOD LEARNING CENTER
Infant/Toddler
Our philosophy is to provide a developmentally appropriate program for children 0-3 years old. The Early Childhood Learning Center encourages healthy social, emotional, physical and cognitive development. Licensed by the Rhode Island Department of Children, Youth and Families.

PRE-PRESCHOOL
Little Learners
Pre-preschool for children 2 1/2 to 3 1/2 years of age. With a consistent daily schedule, children will be offered opportunities for socialization, creativity and toilet training. Daily schedule includes circle time, songs, storyline, snack, play and creative projects. 9am-noon. Two, three or five day options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon.

EXTENDED DAY PROGRAMS
The YWCA offers extended day programs to help accommodate a parent or guardians’ schedule.

LUNCH BUNCH
Children eat lunch in a social environment then are offered center activities from noon-1pm. Lunches are brought from home. $6/day

ADDITIONAL INFORMATION
For program details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.
ART STUDIO

ART CLASSES
New and returning students welcome. Every session, new artists and projects are covered.

5 to 10 years old

ART FOR CHILDREN
Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We’ll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee. Missie St. Sauveur
Fri. 5-6:30pm $45/5wks

11 and 12 years old

ART FOR TWEENS
Call for appropriate art class placement. 769-7450. We will gladly try to accommodate.

13+ years old

ART FOR TEENS
Appropriate for a range of experience levels. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. Second half, student work on guided projects of their own choice. Art material fee included in session fee. Missie St. Sauveur
Mon. 5:15-6:45pm $54/6wks

Adults and Teens

FEARLESS ART FOR ADULT BEGINNERS
Have you always itched to try painting, sketching or sculpting? In this class, you get an introduction to art-making, and a little art history, in a relaxed, non-judgmental atmosphere. Come have fun. You may be surprised by what you create. Art material fee included in session fee. Note: Teens welcome if attending with adult. Missie St. Sauveur
Mon. 7-8:30pm $54/6wks

PHYSICAL ACTIVITIES

GYM PROGRAMS
All physical education classes are under the direction of Debbie Fay.

DESIGN YOUR OWN CLASS!
Any age group. Learn t-ball, floor hockey, golf, tennis, etc. Call Debbie Fay, Physical Education Director, 769-7450. Subject to time and space availability. Prices set by usage.

BIRTHDAY PARTIES DURING THE WEEK
Let Debbie Fay set up and run a party for your child. Themes: gymnastics, soccer, golf, etc. Call 769-7450 to schedule. Subject to time and space availability. Price set by usage.

Walking to 3 years old

JUMPING BEANS
Gymnastics play with parent. Tues. 9-10am $36/6wks
Thurs. 10-11am $36/6wks

JUMPING BEANS GETS MESSY
One hour of gymnastics play with parent then 1/2 hour of messy activity - crafts or cooking. Fri. 9-10:30am $45/5wks

2 1/2 to 3 1/2 years old

Independent classes for your child (do not have to be toilet trained).

TUMBLING CRAFTY COOKS
Beginner gymnastics skills training combined with cooking and eating. Tues. noon-2pm $60/6wks
Thurs. noon-2pm $60/6wks

GYMNASTICS FANTASTIC
Fantastic activity packed class. An hour of gymnastics followed by lunch, craft and playtime. Fri. noon-2:30pm $63/5wks

6 to 12 years old

CHEERLEADING AND TUMBLING
Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C and give me an A. Mon. 4:30-5:30pm $36/6wks

10 to 12 years old

Gymnastics with Graham or Debbie Fay at 769-7450.

ART STUDIO

GYM PROGRAMS

ART FOR CHILDREN
Introduces young students to basic color theory via fun, hands on, interactive lessons and creativity games. We’ll explore a variety of materials and learn about a famous artist or two. Art material fee included in session fee. Missie St. Sauveur
Fri. 5-6:30pm $45/5wks

11 and 12 years old

ART FOR TWEENS
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13+ years old

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WELLNESS PROGRAMS

EXERCISE

AEROBIC DANCE
Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level and a decrease in shortness of breath. Fees reflect member rates, non-members pay an additional $20.
Colette Doura
Mon./Wed., 7:15-8:15pm $60/9wks

BELLY DANCING
Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.
Aimee Renaud
Tues., 6:30-7:30pm $36/6wks

BELLY DANCING II
Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the beauty of the belly dance. We will continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment.
Aimee Renaud
Tues., 7:30-8:30pm $36/6wks

ZUMBA FITNESS
Zumba is a high-energy class. It incorporates several dance styles and motivating music. With fast and slow rhythms, the class offers cardio intervals and resistance training. It is both fun and easy to learn. Zumba is the latest rage in fitness classes.
Gabriela Flores
Thurs., 6:30-7:30pm $36/6wks

PICNIC VOLLEYBALL
Inside volleyball games for adults who want to play for fun, friendship, and fitness. No refs. No rules (twell maybe a couple for safety). Lots of laughs! After the games, come share some free appetizers at Box Seats.
Thurs., 6:30-7:30pm $36/6wks

EXERCISE FACILITY

16+ years old

VINYASA YOGA
All levels class will focus on flowing yoga postures linked with the breath. Get a great workout and reduce stress: finishing restorative poses, breathwork and seated meditation.
Samantha Sipura
Sat., 9:00-10:15am $30/4wks

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, treadmills and showers. You must pay a $20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required. For appointment, call Lisa Piscatelli at 769-7450.

VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450. Volleyball pick-up games for YWCA members. Front desk will collect names and phone numbers of players interested. Night and time will be decided by players availability. $5 each week you play.

INTERMEDIATE MIXED CO-ED
Sundays
Organizational night will be held November 7, from 6-6pm. League play will begin November 14. Bring in your own teams. If you don’t have a team, we will help you get on one. $112/20 wks & playoffs/plus membership fee

POWER CO-ED
JOHN PIETROPAOLI LEAGUE
Tuesdays
$56/10 wks & playoffs/plus membership fee

INTERMEDIATE CO-ED
Wednesdays
Intermediate or above players. Organizational night is 1/5/10. League play begins 1/12/10.
$56/10 wks & playoffs/plus membership fee

HEALTH

BREAST CANCER INFORMATION
The Love/Avon Army of Women provides women the life-changing opportunity to partner with the scientists who are conducting the research that will move us beyond a cure and teach us how to end breast cancer once and for all. Sign up at www.armyofwomen.org.

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP
LIVING WELL RHODE ISLAND
If you have asthma, diabetes, heart disease, cancer, arthritis or another chronic disease, this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: how to manage your symptoms, how to communicate effectively with your doctor, how to lessen your frustration, how to fight fatigue, how to make daily tasks easier and how to get more out of life. The workshop is for anyone who has one or more chronic conditions. A friend, caregiver or relative is welcome to attend with you. Call for more information, Lisa Piscatelli at 769-7450.

DIABETES SELF-MANAGEMENT WORKSHOP
LIVING WELL RHODE ISLAND
If you have diabetes this FREE workshop is for you. You will receive a healthy life book and relaxation CD. Topics: overview of diabetes and self-management, healthy eating, preventing or delaying complications, physical activity, dealing with difficult emotions, medication usage, communication skills, strategies for sick days, working with your health care professional, planning for the future, and more. A friend, caregiver or relative is welcome to attend with you. Call for more information, Lisa Piscatelli at 769-7450.

SMOKING CESSATION
Supportive/educational one hour meeting weekly for 8 weeks held in northern Rhode Island area. Call the YWCA Health Office for more information or to register, 769-7450.

YOUTH ANTI-TOBACCO ADVOCACY GROUP (YATAG)
Youth Anti-Tobacco Advocacy Group trains youth as effective, articulate anti-tobacco advocates. To sign-up or for questions, contact Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

WOMEN’S CLUBS

APRES-MIDI
The Apres-Midi Club provides opportunities for women to share activities, information, and 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 held on alternate Thursdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

WALKING CLUB
The Walking Club begins at John Dionne Track on Cumberland Hill Road, Woonsocket. Look for Jeanne and Ben on Tues., Wed., and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

PARENTING PROGRAM

For details, call Deb Smith, RN and Parenting in Progress Site Coordinator, at 769-7450.

PARENTING

16 to 21 years old

PARENTING IN PROGRESS (PIP)
An alternative education, life skills and job training program housed at YWCA in collaboration with Woonsocket Education Department. Project RIRAL, BYCACP. Connecting for Children and Families, Young Voices and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

PIP YOUNG VOICES
In conjunction with Young Voices, this is a six month leadership transformation academy where youth learn advanced research, public speaking, and debating skills.
YWCA NORTHERN RHODE ISLAND

CONTACT US
514 Blackstone Street
Woonsocket, RI 02895
T: 401-769-7450
F: 401-769-7454
www.ywcanri.org

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 a 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.

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. Men and boys are welcome as associates. As a YWCA member, you have access to:
- low cost, innovative programs
- special membership events
- volunteer opportunities
- use of YWCA facilities nationwide
- membership in the oldest, largest women's movement in the nation

HOURS
Monday to Thursday, 9am-9pm
Friday 9am-6:30pm, Saturday 9am-4:30pm
Monday to Friday, open for child care at 6:30am for ages 5 and under.

TOURS
Are you new to YWCA? Call for more information or to schedule a tour, 769-7450.

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

ROOM RENTALS
Room rentals are available for events. Contact YWCA for details, 769-7450.

STORM POLICY
For YWCA cancellations and closing announcements, listen to radio stations WOON 1240AM & WNRI 1380AM or watch Channel 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

EVENTS
Reserve a spot in vacation camp - December 27, 28, 29, 30, 31. Register at the front desk.

VACATION BUSY BEE CAMP
For children 3 to 5 years of age. Enjoy books, games and activities themed around author/artist Jan Brett: Gingerbread Baby, The Hat, The Mitten, The Umbrella, and Three Snow Bears. December 27, 28, 29, 30, 31. 9am-1pm, 12noon-4pm, $15/half-day. Early Birds and/or after camp options available. Families needing additional hours, speak with receptionist regarding rates.

VACATION ADVENTURE CAMP
For children 6 to 12 years of age with groups divided by age. Junior Leadership option available for children 13 and over. Free snack, games, contests, prizes, keyboards, movie making, cooking, sports, arts/crafts, face painting, and more. December 27, 28, 29, 30, 31. 6:30am-4pm, $29/day. Half days available, $15 for a 4 hour day. Accredited by the American Camp Association.

ADVOCACY
race AGAINST racism

a road race to be held on Saturday, April 9, 2011 in Woonsocket
a community effort to provide programs and services which combat racism

Partners include:
YWCA Northern Rhode Island
Landmark Medical Center
NeighborWorks Blackstone River Valley
Northern Rhode Island Area Health Education Center
RiverzEdge Arts Project
Thundermist Health Center

To participate or for more information, email raceagainstracism@ywcanri.org.

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painting a brighter community
Therese-Tsetse Lavallee uses art to bridge understanding

Since 1995, Therese-Tsetse Lavallee has been founder and president of The TSETSE Gallery. Now in its fifteenth year, The TSETSE Gallery is one of the longest operating, highly visited galleries in Rhode Island.

Lavallee began the gallery with a belief that art can lift the voices of the unheard, provide a pathway to cultural understanding and promote healing and peace of mind for those in need. Art is both a lens for the examination of societal ills and the canvas on which the solutions can be found. Lavallee is committed to providing culturally artistic space for all ages, ethnicities and abilities with the expectation to further the community's understanding and compassion towards social integrity. The TSETSE Gallery mission of building community through art is primarily achieved through teaching, exhibitions and interactions with the community.

One of the unique programs Lavallee has created is the Round Table Art Project, in which Lavallee facilitates a conversation with people of varying conditions and disabilities. Through this project, disabled individuals share their conditions and experiences with the able-bodied, and discuss as a group how they can translate, appreciate and advocate for others. After the discussion, Lavallee then works with teen and professional artists to make artwork reflective of ideas learned in the discussion.

One youth who participated in a Round Table Art Project on the subject of Autism says, "I am now more aware of how to identify Autism and how to help, as opposed to isolating kids with Autism because they are different . . . I hope there will be more programs like this one so that many teens can learn to overcome their own prejudices about teens that are different."
Ardena Lee-Fleming has been a member of the National Coalition of 100 Black Women – Rhode Island Chapter since its inception in 2001. Currently, she serves as the first vice-president and chair of the membership committee. She also serves as the middle school curriculum coordinator and as a mentor for the Leadership Education and Development Mentoring Program (LEAD).

LEAD is an after-school program for African-American females in grades 6 through 12. The program was developed by National Coalition of 100 Black Women – Rhode Island and its purpose is to provide guidance and instruction to adolescent girls by assisting them socially, emotionally, intellectually and culturally to become strong, successful women. Lee-Fleming’s contributions to this program over the years have been countless. From assisting in the program development to its full implementation, she worked tirelessly to advocate for the girls and is an effective role model and teacher.

Lee-Fleming is the regional director for Johnson & Wales University’s RI Small Business Development Center. She works as a business counselor and trainer for Johnson & Wales University’s RI Small Business Development Center for entrepreneurs and small businesses throughout Rhode Island. Her unique ability to inspire and help others solve their own problems, and think outside the box, has continuously propelled her in the direction of leadership.

In addition to her job and work with National Coalition of 100 Black Women – Rhode Island, Lee-Fleming is a member of the advisory committee for the Rhode Island Mentoring Partnership and a board member and Secretary for the Rhode Island Culture and Educational Enrichment Program. She also serves as an advisory committee member for the Dress for Success Rhode Island Program.

"I am always willing to serve as an agent for positive change, especially for women and girls in Rhode Island," Lee-Fleming says.
a coach approach
Kim Michalik creates environments for individuals to grow

“If everyone gave a little of their time, our society would be a much better place,” Kim Michalik says. And she ought to know since she has given more than a little of her time.

For fourteen years, Michalik has volunteered as a Girl Scout troop leader. Currently she is the service unit manager for the Yankee B Unit, serving Foster, Gloucester and Burrillville. “As the service unit manager, Michalik has brought a team of volunteers together to create an environment for girls in Yankee B to grow in confidence, character and courage,” states Jeanne M. Rogers, field director of Girl Scouts of Rhode Island. Michalik works with girls on their higher awards, beginning with the Bronze Award as Junior Girl Scouts, to the Silver Award for Cadettes and has had one girl earn the highest and most challenging award, the Gold Award.

During her tenure, Michalik created a career day, bringing women professionals to one location where hundreds of older Girl Scouts were able to meet and interview them, gaining valuable information for their futures. Additionally, she also trains other volunteers and group leaders.

Michalik has volunteered with Big Sisters of Rhode Island, Circle K (college branch of the Kiwanis), has coached sports and served on her town school committee.

Michalik began her career in a non-traditional position for women – as a chemist. She was superintendent and technical director of Pease & Curren, Inc. from 2001 - 2008, and was promoted to company president in 2008.

“Whether work or my volunteer positions, I lead through coaching. I have 35 employees that work for me and each have a role in improving our company in safety, efficiency, quality or overall happiness . . . I encourage each of my employees to work on reaching goals they didn’t think they could do . . . In Girl Scouts, school committee or other roles, I have tried to do the same,” Michalik says.
While working as a teacher, Maria Montanaro took a social service trip with some students to Mexico. There she had her first experience of working in poverty relief programs. She saw the need for community health to serve as a way to galvanize those in poverty.

Years later, as president and CEO of Thundermist Health Center, Montanaro is credited with developing the company into a statewide organization. Thundermist Health Center is a non-profit community health center that serves some of Rhode Island’s neediest communities. Approximately 25% of Thundermist Health Center’s patients have no insurance and 80% live at, or below, 200% of poverty. Thanks to Montanaro’s leadership, Thundermist Health Center is seen as a national leader in community health, community health advocacy and global health.

When Montanaro arrived in 1997, Thundermist Health Center employed 75 staff members with a budget of $5 million and was the primary care and dental home to almost 8,000 patients in Woonsocket. Through her vision, strategic planning and leadership, Thundermist Health Center is now a statewide organization, with 250 employees, an annual budget of $21 million and serves over 26,000 patients in Woonsocket, West Warwick and South Kingstown. As a result of Montanaro’s efforts in advocating for affordable healthcare, over 14,000 additional patients receive primary medical care.

According to Thundermist Foundation executive director, Linda Reilly, "Maria became involved with Shoulder-to-Shoulder International, a national non-profit serving the poor in Honduras. Within two years of involvement, Thundermist Health Center partnered with Virginia Commonwealth University and opened a clinic in Pinares, Honduras, making a difference in a town of abject poverty.”

Montanaro is active on many boards including RI Public Expenditure Council, RI Community Health Center Association, The Molar Express, and as chairwoman of Neighborhood Health Plan of Rhode Island.
A woman of achievement
champion for women’s empowerment

supporter of global women’s issues

Jennifer Stanley makes invaluable contributions to the world

As director of the Women's Center at Roger Williams University, Jennifer Stanley educates and empowers young women and men. Stanley has worked with national and statewide organizations to expose students to the issues of relationship violence, women's empowerment and issues of social justice.

Stanley started a chapter of the Silent Witness Initiative on the campus of Roger Williams University. The Silent Witness Initiative is a traveling memorial that represents the lives of a person tragically murdered at the hands of someone they once loved and trusted. A golden shield displayed on the front of the red life-size silhouette briefly tells of the life and death of the person it honors. Stanley has been instrumental in helping start Silent Witness Initiatives at the University of Rhode Island, Providence College, Rhode Island College, Salve Regina University and Johnson & Wales University. She is currently the Silent Witness Initiative international coordinator for college campuses and has helped to create chapters in more than 23 countries.

Stanley's work is not just limited to the empowerment of students. She organized a national mentoring program known as the "Panel of Listeners" for women working with college students. The program partners senior student affairs professionals with new professionals.

Additionally, Stanley is a coordinator of the Rhode Island Clothesline Project, a team leader for RI Making Strides Breast Cancer Walk, organizes fundraising efforts for Walk a Mile in HER Shoes and the annual Take Back the Night March.

Stanley supports global women's issues, and has brought international speakers to her campus, sponsored by the Women's Center. She has sponsored a book signing by Rana Husseini, a Reebok Humanitarian Award winning journalist from Jordan (for her work with women and honor killings); a presentation by Comfort Women (women from Korea who were kidnapped by the Japanese Army and used as sex slaves during World War II); and several theatrical productions of "The Vagina Monologues".

When asked about her philosophy, Stanley says, "We need to believe that every one of us has an invaluable contribution to the world and we need to encourage ourselves and those around us to shine."
Kimberly D. Trusty is an accomplished professional vocalist, songwriter, guitarist and actress. She is the founder of the Kim Trusty Band. Trusty has helped start a school for the performing arts, served as a role model for youth, and started a scholarship fund for a gifted student.

Trusty says, "As an advocate for arts education, I want to make sure there is a pathway for women and people of any economic status or ethnicity to hear a resounding voice."

To that end, Trusty served on the education steering committee for Trinity Academy for Performing Arts and on the board of directors of Trinity Restoration, worked with Ocean State Learning (a summer camp to expose youth to jazz music), started a scholarship fund at the University of Rhode Island Jazz Department and conducted an all-women’s chorus to commemorate women’s suffrage.

Trusty is a music instructor at the Highlander Charter School. In addition to music classes, she integrates music into other subjects, such as language arts and history, enriching the learning experiences.

Additionally, Trusty volunteers with the Powerhouse Church and Community Choir, teaching the basics of piano, organ, drums and guitar. "Although mentoring preteens and teens is challenging, she has the skills in-group management . . . she is very energetic and professional in her presentation and inspires the youth with her musical genius," Reverend Joshua Jenkins says.

Robb Dimmick, co-founder and artistic director of Jazz is a Rainbow says, "Ms. Trusty shows by her magnificent example that real change can occur in this world by simply being yourself, by answering the call to raise your voice and by leaving ego and pettiness at the doorstep. That she accomplishes all she does with a remarkably low profile, in an unassuming manner, and with no strings attached, makes her an extraordinary woman who is making a real difference in the Rhode Island landscape."
Vinnie Velazquez has been working in the human services field for the past twenty-three years with a focus on addiction, HIV and preventive health with high-risk minority populations. She is the program director of MAP Alcohol & Drug Rehab and is the part-time supervisor of Clinica Esperanza/Hope Clinic innovative program "Vida Sana". Her work supports children and adults residing in Rhode Island who don't have health insurance or can't otherwise afford it, by providing free medical and preventive health services. Additionally, Velazquez is the wellness director/consultant at Progreso Latino, Inc.

When she was much younger, Velazquez was homeless for a short period, "This experience allowed me to see firsthand how the destitute and downtrodden are ignored by those who are supposed to help them." She later returned home, completed her education and became a health advocate. Today she is a doctoral candidate at Cambridge College.

Velazquez is a strong advocate for educating people and providing resources for testing and early detection of HIV. She has brought together various agencies that provide HIV/AIDS services to work together to fight existing and persisting stigmas – the myths, fears, misunderstandings and false information frequently shared on the topic. Her strategy for HIV/AIDS work involves investing in and partnering with corporate, media, faith-based entities and others, Velazquez says.

Velazquez believes it is vital to fight the stigmas regarding HIV/AIDS in the Hispanic community. "Every time I think about the people who have passed from this life as well as those that are struggling for survival, I'm inspired to dig deep inside of me to continue my life's work," Velazquez says.  

defender of the downtrodden

Vinnie Velazquez provides hope for those seeking wellness
Mary Zahm, Ph.D., is a professor of psychology at Bristol Community College and an adjunct instructor at the University of Rhode Island. For more than 30 years, Zahm has immersed herself in social psychology, gender and violence – even while working full time as a research scientist at Raytheon for twelve years. Zahm has written two books, both with a focus on women, and has authored chapters on teaching psychology from a multicultural and feminist perspective. She regularly presents at national conference on topics related to women's achievement. Additionally, Zahm is co-coordinator of the local chapter of the Association for Women in Psychology and co-coordinator of national conferences for the Association for Women in Psychology.

As a non-traditional student herself, Zahm understands the challenges facing many of her students. She enrolled in college at the age of 32, after her children started school. Zahm received her undergraduate degree from Roger Williams University, her Master's Degree from Rhode Island College and her Doctorate from the University of Rhode Island.

Working with older and nontraditional women students, Zahm not only developed and adapted curriculum to their needs, she also pursued a better understanding of nontraditional learning and instruction, presenting papers and publishing well-received chapters on this topic. She draws inspiration from her students, who have overcome daunting challenges on their path to becoming successful professional women.

As director of civic engagement at Bristol Community College, Zahm has created a comprehensive program which involves 400 students engaged in thousands of hours of service to the community.

When asked what advice she has for others, Zahm says, "Empower girls and women by overcoming challenges to pursue your passions and, thereby, inspiring others to do the same by your example."
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