

she

Shines™

FALL 2011 • FREE

celebrating the aspirations and accomplishments of women

Let's take this journey  
path unknown . . .

share it  
trust it  
smile

WOMEN OF  
ACHIEVEMENT

Betty Adler  
Nancy Carriuolo  
Marcia Coné  
Joan Countryman  
Gigi DiBello  
Deborah A. Gist  
Jodi L. Glass  
Carolyn Mark  
Gina M. Raimondo  
Joyce L. Stevos  
O. Rogeriee Thompson

eliminating racism  
empowering women

ywca

published by YWCA Northern Rhode Island • volume 7, number 2 • [www.sheshines.org](http://www.sheshines.org)



**publisher**  
Deborah L. Perry



**editor**  
Lisa Piscatelli



**website administrator**  
Meaghan Lamarre

**contributors:**

*writers*

Betty Adler, Nancy Carriuolo,  
Kalyana Champlain, Reza Corinne Clifton,  
Marcia Coné, Joan Countryman, Gigi DiBello,  
Deborah A. Gist, Jodi L. Glass, Hispanic  
Heritage - Rhode Island, Holly Howley,  
Carolyn Mark, Monsurat Ottun, Pa Houa Yang,  
Gina M. Raimondo, and Joyce L. Stevos.

*photographer*

Agapao Productions,  
Reza Corinne Clifton, and Monsurat Ottun.

*cover artist*

Stephy Santana

*She Shines*

c/o YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895  
p 401 769 7450, f 401 769 7454  
www.sheshines.org, info@sheshines.org

*She Shines* is published four 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 articles, advertisements, art, photographs, and design is copyright © 2011, *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 for this fall edition is 8,750.

## how to

**contribute.** *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information: 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 *She Shines* theme. For consideration, 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 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, send in the subscription form - available online at sheshines.org. The magazine is also available at YWCA Northern Rhode Island and at various special events.

**eliminating racism  
empowering women  
ywca**

northern rhode island

YWCA Northern Rhode Island is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.



**achievement**   
*noun*

1. something accomplished, especially by superior ability, special effort, great courage, etc.; a great or heroic deed: her remarkable achievements in art.

YWCA Northern Rhode Island recognizes 11 women of achievement across industry, culture, and public service.

The award selection process included randomly asking Rhode Islanders who they believe are Rhode Island's most influential and accomplished women – 100 women were mentioned. All previously recognized YWCA Women of Achievement award winners were then asked to select 10 women from the list of 100 as their choice for award winners.

The 2011 Women of Achievement are a result of this selection process. These women are leaders, mentors, and agents of positive change. They have exceptional skills. They are breaking new ground or old barriers. And they are inspiring others.


Congratulations! And thank you for making a difference.

Very truly yours,

*Deborah*

Deborah L. Perry  
YWCA Northern Rhode Island  
Chief Executive Officer

## contents

- 3 **awards presentation**  
7th Annual Tools of the Trade Luncheon
- 4 **women of achievement**  
Betty Adler  
Nancy Carriuolo  
Marcia Coné  
Joan Countryman  
Gigi DiBello  
Deborah A. Gist  
Jodi L. Glass  
Carolyn Mark  
Gina M. Raimondo  
Joyce L. Stevos  
O. Rogerie Thompson
- 21 **student speaks**  
Pa Houa Yang
- 22 **shining with**  
Nicole Johnson
- 23 **in her words**  
Monsurat Ottun
- artist canvas**  
Stephy Santana
- 24 **double edition**  
celebrating Hispanic Heritage Month
- 25 **she shines interviews**  
Sandra Cano  
Rosa Morel  
Patricia Martinez  
Vernia Carter  
Stephanie Gonzalez
- 30 **on the rhode**  
YWCA in Central Falls
- 31 **herstory**  
YWCA
-  **insert**  
YWCA Northern Rhode Island  
fall programs, second session

# honoring women of achievement

YWCA Northern Rhode Island recognizes women in industry, culture, and public service

Eleven women were recognized for their accomplishments promoting peace, justice, freedom, and dignity at the 7th Annual Tools of the Trade Luncheon, held September 27 at Kirkbrae Country Club in Lincoln. Deb Ruggiero served as the event emcee.

Congratulations to the 2011 award winners. YWCA Northern Rhode Island appreciates the underwriters and attendees celebrating the following Women of Achievement: Betty Adler, Nancy Carriuolo, Marcia Coné, Joan Countryman, Gigi DiBello, Deborah A. Gist, Jodi L. Glass, Carolyn Mark, Gina M. Raimondo, Joyce L. Stevos, and O. Rogeriee Thompson.

Women of Achievement Awards are recognized nationally. They bring attention to the accomplishments of women in industry, culture, and public service in local communities. For additional information, visit [www.womenofachievementri.org](http://www.womenofachievementri.org).



*event underwriters and attendees - thank you!*

## silver

HeatSmart/Northwest Woolen Mills

## shining

CVS Caremark

## sincere

AAA Southern New England  
Susan Gershkoff, Counsellor at Law  
St. Mary Academy - Bay View

## sister

Lincoln School  
Neighborhood Health Plan of Rhode Island  
Opportunities Unlimited, Inc.  
Sarah Lawrence College  
Barbara Sokoloff Associates  
Woonsocket Prevention Coalition

## in kind

Park Square Florist, Inc., corsages  
Deb Ruggiero, emcee  
Swarovski, gifts

## smile

Family of Adler  
Friend of Adler  
The Liz Fund  
Rhode Island College  
RI Commission on Prejudice and Bias  
Sophia Academy  
Friends of Stevos  
Women's Fund of Rhode Island  
and the many guests of the Honorees

## salute

**Rhode Island Public Radio**  
Quality journalism and compelling storytelling that educates, informs and inspires community. The best of NPR's news and information programs plus our own newscasts and feature stories that bring depth and experience to issues of local importance. RIPR. Are you listening? 88.1FM, 91.5FM, 102.7FM, and 1290AM Latino Public Radio

**Sarah Doyle Women's Center**  
Congratulations to the award winners, and thank you for your service to girls and women in Rhode Island. We are especially proud to recognize Gigi DiBello, former director of the Sarah Doyle Women's Center at Brown University.

eliminating racism  
empowering women

**ywca**

northern rhode island

**we're making a difference**

### BOARD OF DIRECTORS

Cathy Brien, President  
Marissa Trinqué, 1st Vice President  
Kim Garneau, 2nd Vice President  
Susan Gershkoff, Esq., Treasurer  
Dianna Costa, Secretary  
Rosemary Brite  
Alessandra Borges  
Lisa Carcifero  
Gail Davis  
Susan Donahue, DC  
Karen Gager  
Vivian Godin  
Jeanne Lynch  
Deborah L. Perry, Chief Executive Officer

## Women of Achievement

### smile ☺

**Family of Adler:** Marc, Janice, Rachel & Jonathan Adler are very proud of their mother/grandmother, Betty Adler, being named a 2011 Woman of Achievement. “The best and most beautiful things in the world cannot be seen, nor touched . . . but are felt in the heart.” (Helen Keller)

**Friend of Adler:** Dear Betty, When we first met a short almost sixty years ago, I was grateful to have you as my friend. Today I am proud and still grateful to have you as my friend. You spread thoughtfulness, warmth and integrity wherever you walk. May you go from strength to strength as we continue to share our friendship. With love, Rosalea

**The Liz Fund:** Marion Elizabeth (Aldrich) Perry.

**Rhode Island College:** Rhode Island College salutes it's Women Leaders.

**RI Commission on Prejudice and Bias:** The RI Commission on Prejudice and Bias congratulates our own Dr. Jodi Glass for her 25 plus years of dedicated service. She has worked with law enforcement and the community to increase consciousness and dialog regarding hate crimes and its devastating effects on our community. Without Jodi's stewardship both our Police Training and Education programs would not have been possible. Today we celebrate her accomplishments with joy.

**Sophia Academy:** Congratulations, Gigi! Thank you for your leadership. Best wishes from the Board, Faculty and Staff, Athenas, Parents and, especially, your students.

**Friends of Stevos:** From her many friends and family, congratulations to Joyce L. Stevos, PhD, for the impact she has made in such diverse areas as education reform, music and the arts, youth, historic and cultural diversity – to name a few. Joyce inspires us to serve our communities with intellect, wisdom, loyalty, humility and good humor. Thank you, Joyce – we love you!

**Women's Fund of Rhode Island:** Women's Fund of Rhode Island Board and Staff congratulate Executive Director Marcia Coné and all the remarkable women honored with a YWCA Award.

- **Elsbeth (Betty) Adler** grew up in Aachen, Germany. Losing their business and home, her family fled the Nazis in 1939 first to Guatemala and then to Providence in 1940. She married Carl Adler, son of the founder of Adler's Hardware in 1948. Her son Marc was born in 1951 and she went to work in the family business in 1957 and is still there today five days a week. She was involved in her local PTA and is active in the Rhode Island Chapter of Hadassah, the Women's Zionist Organization of America. She frequently records advertisements for Rhode Island's National Public Radio. Adler is also a longtime member of The Miriam Hospital Women's Association.

- **Nancy Carriuolo**, president of Rhode Island College, has wide-ranging experience in higher education. She is the author of over 30 publications with regional, national, or international audiences. She is a longstanding member of the board of the Journal of Developmental Education. She serves on the executive committee of the statewide Campus Compact and on the board of the Veterans Auditorium. Carriuolo is a member of the boards of the Tech Collective as well as the Association for Authentic and Evidence-based Learning. She was also the founding statewide leader of the Rhode Island Chapter of the American Council on Education's network of women leaders in higher education.

- **Marcia Coné** is founding executive director of the Women's Fund of Rhode Island. During her service, the Fund has invested over a million and a half dollars to individuals and organizations across the state to engage in social change on behalf of women and girls. Coné is a Rhode Island delegate for Vision 2020, a national project focused on advancing gender equality by energizing the dialogue about women and leadership. As a 2011 Rhode Island Foundation Fellow, she traveled to Scandinavia to experience countries where gender equality is more advanced than in the U.S., documenting her experiences on her blog, [www.SheCause.wordpress.com](http://www.SheCause.wordpress.com).

- **Joan Countryman** came to Rhode Island in 1993 to serve as head of Lincoln School in Providence. She retired in 2005 and was subsequently appointed interim head of the Oprah Winfrey Leadership Academy in South Africa. The first African American graduate of Germantown Friends School in Philadelphia, Countryman was active in the Civil Rights Movement of the 1960s. She supported the Student Nonviolent Coordinating Committee and helped found the Northern Student Movement, a group that focused on civil rights and social justice in the North. She chairs the Board of Directors of Rhode Island Public Radio.

- **Gigi DiBello** has 25 years of experience in education and nonprofit organizations. She is the head of school at Sophia Academy where she succeeded founder, Mary Reilly, RSM. DiBello came to Sophia Academy from the Highlander Charter School, where she was a founding faculty member and middle school director. Prior to that, DiBello served as managing director at The Big Picture Company, an educational reform think-tank. Earlier in her career, she was training director at the Rhode Island Service Alliance, and the director of the Sarah Doyle Women's Center at Brown University.

- **Deborah A. Gist** began her service as the Rhode Island Commissioner of Elementary and Secondary Education on July 1, 2009. Since coming to Rhode Island, she has visited every district annually to meet with students, teachers, school leaders, and community members. In August 2010, the U.S. Department of Education selected Rhode Island as one of the winners of Race to the Top, which will bring \$75 million to the state to accelerate all Rhode Island schools toward greatness. From the outset, Commissioner Gist pledged that every decision she makes will be based on what is in the best interest of our students.

- **Jodi L. Glass** is an audiologist, consultant with Meeting Street, and community activist. Glass is founder and active member of many Rhode Island feminist organizations – Feminist Chorus, Feminist Resources Unlimited, THE THIRD WAVE, Raging Grannies, UNISONG, and Voices of Hope. She brought the Take Back the Night March to Rhode Island and established a chapter of the National Clothesline Project. Her work in District Court has been instrumental in demanding accountability and consistency in dealing with abusive men. She initiated change in Rhode Island's Hate Crime Statistics legislation, broadening coverage from those groups victimized based on “race, religion, and ethnic origin” to include those based on “gender, sexual orientation, and disability” bias. The bill passed and since then, she has coordinated hate crime training on behalf of the RI Commission on Prejudice and Bias.

- **Carolyn Mark** has served as president of the Rhode Island Chapter of the National Organization for Women since 2006. While Mark has dedicated most of her career to workforce and economic development, her passion is to empower women to participate in the political and legislative process as a means for advancing women's rights and status in Rhode Island. She also serves on the Board of Directors of Ocean State Action, is a founding board member of the East Greenwich Education Foundation, and is a founding member of the Healthy Kids RI Coalition which promotes comprehensive sex education for Rhode Island youth.

- **Gina M. Raimondo** has worked to make Rhode Island a better place for all its citizens. From co-founding the state's only venture capital firm to leading an effort to open the state's first women's homeless shelter in the capital city, her priorities have been to strengthen the balance sheets of small businesses as well as families struggling to pay their bills. Prior to being elected general treasurer, Raimondo worked as co-founder and general partner of Point Judith Capital. She has served as the senior vice president of fund development at Village Ventures, where she managed a team that established 12 venture capital funds nationwide. Raimondo serves as vice chair of the Board of Directors of Crossroads Rhode Island. She is also a trustee at Women and Infants Hospital and chair of its Quality Committee.

- **Joyce L. Stevos** is a leader in social studies and educational reform. Stevos has been active in the writing and publication of various history textbooks. She led a community group in developing the Trinity Academy for the Performing Arts Charter School. She is an adjunct professor in education at Rhode Island College. Her educational specialty is youth civic engagement. As a community leader, she has served as president of the Urban League of Rhode Island. She has served as incorporator and president of the Rhode Island Black Heritage Society. Stevos is a member of the ETA class of Leadership Rhode Island. She is also a member of the Governor Nicholas Cooke-Gaspee-Narragansett Chapter of the Daughters of the American Revolution.

- **O. Rogeriee Thompson** currently serves as a Circuit Judge for the First Circuit Court of Appeals. Appointed by President Barack Obama and unanimously confirmed by the U.S. Senate, Judge Thompson is the first African-American and the second woman to serve on the First Circuit Court of Appeals. An author and consultant, she serves on several committees and boards. Some of her current activities include the Board of Trustees for the YMCA of Greater Providence, the Board of Directors for the Rhode Island College Crusade for Higher Education, Brown University Committee for the Fund for the Education of the Children of Providence, and Save The Bay Leadership Council. Justice Thompson is the recipient of numerous awards and honors. Most recently she received the Boston University School of Law BLSA Annual Lifetime Achievement Award.

**Can Your Community Afford Not to Be HeatSmart?**

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](mailto:donna@northwestwoolen.com)



***The Gift of Warmth***  
***An Initiative of Northwest Woolen Mills***

# THIS IS CVS CAREMARK

Bringing people together in communities across the country.

You can tell a lot about 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.



To learn more, visit us at [www.cvs.com/community](http://www.cvs.com/community).



015785CBX11

Lincoln School  
congratulates  
this year's  
Women

of  
Achievement  
Awardees

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



Neighborhood  
Health Plan  
of Rhode Island

Low-cost health insurance  
for qualifying families

1-800-963-1001 • [nhpri.org](http://nhpri.org)

Sarah Lawrence College congratulates Joan Cannady Countryman for her selection as a Woman of Achievement. The College applauds her outstanding contributions to the state of Rhode Island, and especially her commitment to the YWCA's mission to empower women and eliminate racism. Joan embodies the essence of SLC, and we are proud that she is an alumna.

*Congratulations to  
Marcia Coné and Gigi DiBello  
and all of the 2011 Women of Achievement*

Opportunities Unlimited

For People With Differing Abilities, Inc.  
401 942 9044  
[www.oppunlimited.com](http://www.oppunlimited.com)



**Teens don't need a  
drug dealer to get high**

**Safeguard your prescriptions.  
Safeguard your teens.**

[www.woonsocketpreventioncoalition.org](http://www.woonsocketpreventioncoalition.org)  
Funded by the Substance Abuse Mental Health Services Administration

*editor's note:*

The YWCA Women of Achievement are highlighted on pages 8 through 19 in random order as presented at the 7th Annual Tools of the Trade Luncheon.

Congratulations to the honorees

— BARBARA SOKOLOFF ASSOCIATES —



### Susan Gershkoff

Counsellor at Law  
401-333-3550

Lincoln Center  
132 Old River Road, Suite 205  
Lincoln, RI 02865  
susan@susangershkoffesq.com

*Licensed in Rhode Island and Massachusetts*

- ✓ Last Wills and Testaments
- ✓ Revocable Living Trusts
- ✓ Testamentary Trusts for Minors
- ✓ Powers of Attorney for Finances and Health Care
- ✓ Estate Tax Minimization Planning Techniques

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

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



Committed to  
**helping and serving**  
our neighbors  
and communities.

Providence Headquarters  
110 Royal Little Drive  
Providence, RI 02904

34 local branches  
AAA.com



Ebonee Hamilton Lewis '95, attorney, J.D. recipient from Georgetown University Law Center, B.A. recipient from Syracuse University and mom, is Bay View.

Kendall Lima Kelly 00, "Griddlebone" in the 2008 national tour of Broadway's Cats and "Maria" in the 50th Anniversary world tour of Broadway's West Side Story, is Bay View.

I am caring. I am confident. I am courageous.  
I am a leader. A writer. A role model.  
I am grace under pressure.  
I am empowered. I am **BayView. Are You?**

BayView ACADEMY visit us • [www.bayviewacademy.org](http://www.bayviewacademy.org)

Open House • October 2 • November 20

## LISTEN TO THE STORIES OF WOMEN WHO MAKE A DIFFERENCE

Deb Ruggiero

Host/creator of **AMAZING WOMEN**

- 2011, 2008 Associated Press Award for BEST Public Affairs Show
- 2007, 2005 Metcalf Award for Broadcast Diversity



Sunday Mornings

8:30am on 630 WPRO AM and 99.7 FM  
6:30am on 92 PRO FM  
6:00am on LITE ROCK 105

Online Anytime

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

Hear the stories of women who make a difference in education, healthcare, business, politics, and the arts.



Gigi DiBello with Sophia Academy students, from left, Paola Cruz, Nyree Sylvia, and Gabrielle Clack. photo by Agapao Productions

## Gigi DiBello

How do you enact your power in the world?

**F**irst, let's talk about power. In our society I am powerful simply because I am a white, middle-class, neither too young nor too old, able-bodied, and educated person. I put this to use as the head of school at Sophia Academy.

My understanding of power is informed by the diversity work I have done over the last three decades in a variety of educational settings and work places. Talking about race, class, gender, and sexuality is all about power, be it personal power, institutional power, or the power of working collaboratively for change. I love working with middle school students because they too are all about power. They are at once afraid of and intoxicated with their power.

I try everyday to model for my students the ways that they can use their words as powerful tools at Sophia, at home, and in the larger community. I want them to see me advocating for them; I also want them to learn how to advocate for themselves and others. I am fond of telling my students, "I don't expect you

to sound or act just like me. I am a fifty year-old white lady and you probably won't say things just the way I do. Use your own words, speak clearly, take risks, be excited about your learning, and remember that how you say something will either connect you to people or push them away."

As I finished writing this, I asked some of the 8th grade students how they saw me "enacting my power" in the world, and how that helps them to be powerful:

"The way you hold yourself. It's like . . . you have confidence; I want that too."

"I love how you speak. You know, when you're talking, we can picture what you mean . . . what you expect from us."

"I learned from you to look people in the eye when I speak to them." ❖❖❖

– Gigi DiBello





photo by Agapao Productions

## Betty Adler

How do you enact your power in the world?

**H**aving been born in Aachen, Germany and growing up while Hitler came into power, I saw first-hand how people's lives could be dramatically changed.

By being involved in the community, I feel like I too, have the power to change things.

The two most important community activities, for me, have been Hadassah and The Miriam Hospital's Women's Association.

Hadassah is a very important connection for me, to Israel. Hadassah's mission is to improve lives around the world. In 2005, Hadassah was nominated for the Nobel Peace Prize in acknowledgment of its equal treatment of all patients, regardless of ethnic and religious differences.

The Miriam Hospital may be considered small, but it is an excellent facility, and has received many awards. Funds raised through the women's group are used to purchase much needed equipment for the Hospital. The women's association supports The Miriam Hospital through volunteering and fundraising efforts.

Aside from working full time at Adler's, I feel extremely fortunate to be able to contribute to the community, and I feel like I make a difference. ❖❖❖

– Betty Adler



photo by Agapao Productions

## Marcia Coné

How do you enact your power in the world?

**M**y career, in one form or another, has been a journey toward helping others acknowledge their power. Along the way, I have been given the opportunity to explore the many facets of my own. The word power conjures up so many images, for women and those who have experienced oppression or learned helplessness, the association isn't always positive. My work is often to assist others in reframing the way people think about issues that matter. I'm curious to learn how others tap into their inner source and take from their example to see an important issue in a new light—and, at the same time, those experiences help me to expand my views. My belief regarding power is, when shared, it produces energy that generates synergy leading to some of the most effective collaborative efforts and outcomes.

One of the most difficult things in life can be engaging with others who disagree with your point of view or your way of doing things but are truthfully my motivation for inviting them to the table. I've learned that preaching to the choir doesn't strengthen the choir nor does it expand the membership. It leaves you with

the same conversations among the same people and quickly marginalizes you, your issue and your work. More and more I find myself relying on intention and purpose and with that in mind, reaching out to others who may not have the same experiences or see things as I do. Doing this has taken me out of my comfort zone finding myself in spaces and places I wouldn't have considered a few years ago but am the better for it!

This mindset fortifies that “fire in the belly” – my passion for improving the lives of women and girls. It's such a privilege to be able to invest in women and girls in our state, to engage in conversations about solutions from every imaginable demographic and, where possible, be a conduit for women and girls to take action on their behalf and on behalf of their communities.

For all women to be able to exercise their power it takes me, it takes you, to make that happen. ✨

– Marcia Coné

# Jodi L. Glass

How do you enact your power in the world?



photo by Agapao Productions

I spent much time in the teen years of my life struggling with chronic illness that kept me out of high school for a year and a half. I was really isolated. I had a lot of time to think about what I would do with all that health, strength and independence if and when I ever got it. I thought to myself, I wouldn't "waste a minute - not a moment - I would get out there and do, do, do - exercise my beliefs, make right what I believe was wrong or unfair. And I worked to do that in my audiology practice, approaching it as a "civil rights" approach to audiology, listening, giving voice to those typically not listened to and observing and assessing in different ways. Often, "bucking" one system or another along the way.

In my roles as a community activist obviously there was always an issue to deal with, oppose, speak out against - violence against women, reproductive rights, LGBTQ issues, hate crime.

My point being I continue to realize my goal of "not wasting a moment" but also that much of my efforts were focused in the form of negativity - protesting, picketing, confrontational testimony.

I feel tremendous gratitude, in arriving at this point in my life where I can reflect and realize that while I still hold true to my values and ideals, I will no longer allow negativity to rule how I enact my power in the world. It doesn't work - not for me and not for others.

At least one constant in my life has been music. From my earliest memories, there has been singing in my life. When I moved to Rhode Island in 1978, I formed the RI Feminist Chorus. The purpose of the group was to give women the opportunity to sing together about important political issues, and do so publicly as a method of raising various issues in a peaceful, non-confrontational, often humorous manner. People listened.

Since then I have had the good fortune to be involved in many musical experiences (UNISONG, RPM Voices, Voices of Hope . . .). I believe in my heart and soul that when beings sing together, we can work and live in a more peaceful, harmonic, respectful way. For me, I know that music, particularly singing in groups, helps me "enact my power" in this world, by finding and being my own best self in all that I am and all that I do. ✨

— Jodi L. Glass

# O. Rogeriee Thompson

courtroom  
to community

This article first appeared in the Winter 2005 edition of *She Shines* magazine.

O. Rogeriee Thompson currently serves as a Circuit Judge for the First Circuit Court of Appeals. Appointed by President Barack Obama and unanimously confirmed by the U.S. Senate, Judge Thompson is the first African-American and the second woman to serve on the First Circuit Court of Appeals. In order to avoid compromising her position on the bench, Judge Thompson respectfully declined our invitation to compose an opinion paper.

photo by Agapao Productions



by Deborah L. Perry

On Wednesdays, Superior Court Associate Justice O. Rogeriee Thompson meets with lawyers in her chambers, hoping to settle cases. She listens, mediates, and tries to resolve as many as 25 civil cases in a single day. This process is intended to save litigants and taxpayers millions of dollars a year by eliminating the costs associated with lengthy, formal trials. It also frees up courtrooms and allows judges to concentrate on more serious civil and criminal cases. Thompson says without this process, it would be impossible for the system to handle its caseload efficiently. "If we did not settle, we could not try them all."

Sitting with her arms folded, listening intently to lawyers arguing their perspectives, Thompson draws from her memory for many of the cases before her. She is thoughtful in her comments, and she says she takes a common-sense approach to the law.

"I encourage attorneys to analyze and weigh their case by determining the benefits versus the risks to their clients if the case is to go to trial."

The rest of the week, Judge Thompson is in her Kent County courtroom adjacent to her chambers in the Leighton Judicial Complex on Quaker Lane in Warwick. She has served in three of the state's four county jurisdictions. In Superior Court, felony proceedings and civil matters for suits of more than \$10,000 are heard. The court hears appeals from district, local and probate courts. It also shares some jurisdiction with the Rhode Island Supreme Court.

When asked how she handles the pace of the court, Thompson is quick to reply that she enjoys her work, loves the legal system and has accomplished much.

**Courting Change.** Born in Greenville, S.C., Ojetta Rogeriee Thompson says she thought her future was predetermined and believed she would follow in her parents' footsteps: She would remain in the South, attend a black college and become a schoolteacher.

In the 1950s and 60s, Greenville was a segregated community. Even after the 1954 Supreme Court decision, *Brown v. Board of Education*, mandating the desegregation of public schools, Greenville, as much of the South, would not be in full compliance until well into the 1960s.

As a young teenager, Thompson spent her free time at what was called the "Black YWCA". There, she learned of the summer studies program at Knoxville College in Tennessee.

During this six-week program, she was offered an opportunity to attend high school in Scarsdale, N.Y. Young Rogeriee knew she wanted to expose herself to more of the world because, she said, she knew there are limitations to segregation." With her mother's "trust and confidence" she headed north, only to discover that Scarsdale High School, like Greenville, lacked diversity.

At Scarsdale, she was one of two black students. For Thompson, it was culture shock. "I'd never been around white folks," she said.

After graduating high school, Thompson headed to Brown University, where she majored in English. In 1973, she entered Boston University Law School during a time, she said, when the university was making an intensive effort to attract female law students. One third of her class was female, Thompson said. Only thirteen of her classmates were people of color, she said.

**Pioneering Voice.** In 1997, Thompson was appointed

associate justice of the Rhode Island Superior Court by Governor Lincoln Almond. She is one of 21 associate justices and is the first African American woman appointed to the court, as she was nine years before, when she was appointed to District Court.

When asked about the state of the judicial system, Thompson says she is "surprised people are not in an uproar about the lack of diversity on the court. The system should represent all the people."

On the topic of race and the legal system, Thompson has always been forthright.

"I look to my right and see a white clerk and white sheriffs. I am the only person of color in the entire courtroom – until they open the cell block and bring in fourteen people in chains and manacles. Thirteen of them are black," Thompson said during a speech at Brown in 1999, according to the university's alumni magazine.

**Part of the Whole.** When not in the courtroom, Thompson prioritizes community involvement. She serves on the Nellie Mae Education Foundation's grants, policy and audits committees, and on the boards of directors of the Women's Fund of Rhode Island, where she is co-chairwoman, the Children's Crusade, where she is chairwoman, and the YMCA, among other volunteer efforts. She is a trustee emeritus at Brown, and at Bryant University.

Thompson is married to District Court Judge William C. Clifton. They have three grown children.

When asked what she feels is the key to success, Thompson says "Have goals, common sense, wishes, and stay focused. And always remember you are part of greater society."

# Gina M. Raimondo

How do you enact your power in the world?



photo by Agapao Productions

I've always believed that true power begins with seeing potential – in ourselves and in others. A decade ago, I co-founded a business that identifies companies with potential and invests in the future of those companies. Though these start-ups often faced many hurdles, they all gained strength when they confronted challenges and difficult circumstances. They believed in their potential, and we did too.

Today, as Rhode Island's General Treasurer, I'm fortunate to work with other public servants who believe in Rhode Island's potential to overcome the challenges the state now faces, and in the value of reforming outdated and unaffordable policies. While it's true that there is no silver bullet to boost Rhode Island's economy and generate growth, there is great power in believing that together, we can fix the fundamentals to ensure a prosperous future for all Rhode Islanders. It will take education, engagement and honesty, as well as remembering that there are real people behind every decision we make.

I'm continually inspired by the potential of the state I grew up loving, and I feel most powerful when I can help others see that potential, too. Like the start-up companies I worked with years ago, our state today faces challenges and difficult circumstances. But Rhode Island has so much to offer. We will get through these tough times and we'll be stronger when we do. As fellow Rhode Islanders, we must believe in our own potential to succeed, to lead and to persevere – together. That's powerful. ✨

– Gina M. Raimondo

## Joyce L. Stevos

How do you enact your power in the world?



photo by Agapao Productions

Leadership has been best defined for me by John Quincy Adams, a man of great integrity and courage, as evidenced in his defense of the Amistad Africans (1841). He said, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." I have thought about the different ways to express this same idea. A leader is inspirational, has a vision and dreams and the ability to spark dreams and action in others. Leadership inspires action in others to coalesce around common visions and dreams. A leader is nurturing and inspires learning and action.

Young people share a desire to make a difference in their community. Because youth are our future, we must find ways to nurture that desire and provide opportunities for our future leaders from all walks of life to have the courage to become leaders in all parts of our society from social justice to medicine to politics to the arts. Our youth must have the strength to stand alone for what is right. They must have the ability to articulate their beliefs. They must have the power to persuade others. They must use their intelligence to research and build their position. They must have the ability to strategize support for their position. Finally, they must be able to develop a plan to make their dreams a reality to improve their world one bit at a time.

As an educator I have faced the challenge of not only inspiring youth to love learning but also developing different ways to deliver transformational education. As a teacher and supervisor of history, I believed that history is best taught by seeing, feeling, and touching it rather than only absorbing it through the dull reading of a history text. Using the resources of the state as a learning laboratory was my mission and I often fought to maintain a budget line to support that goal through field experiences. Through my efforts many children in Providence expanded their knowledge of the city and Rhode Island and United States History by visiting the John Brown House, Slater Mill, participated in Providence Preservation Society Tours of downtown Providence and the neighborhoods. They brought history to life through social studies fairs and mock trial. Engaging in learning is interesting, fun and memorable!

My latest accomplishment has been the development of the Trinity Academy for the Performing Arts Charter School that opened to its first 7th grade class in August 2010. In an era where education focuses on reading and mathematical achievement to the exclusion of the arts, the strength of this school is that the curriculum integrates the academics and the arts and challenges students to meet high performance standards in a nurturing caring environment. Beginning as an idea with local community support, the dreams for this school have been embraced by its administration, students, parents and community. The Chinese philosopher Lao-tse said: "To lead people, walk beside them . . . As for the best leaders, the people do not notice their existence. The next best, the people honor and praise. The next, the people fear; and the next, the people hate . . . When the best leader's work is done the people say, 'We did it ourselves!'"

That is the sentiment expressed by all those involved with the Trinity Academy for the Performing Arts Charter School. That is as it should be.

What I have learned through the years is that you do not have to be a designated leader nor do you have to be in the upper echelons of an organization "to make a difference" or to be a change agent. You do have to have courage, passion, persistence, dedication, and a plan to make your dreams reality. ❖❖❖

– Joyce L. Stevos



photo by Agapao Productions

## Deborah A. Gist

How do you enact your power in the world?

**T**hank you to the YWCA for this honor and for focusing on the achievements of women. Your work helps give young women wonderful examples and tools for success. It is so important that we maintain high expectations for all students. In particular, I want all young women and girls to know that each has the potential to succeed at anything!

I am so pleased to have had the opportunity to work in Rhode Island these last two years. There is a great shared commitment in Rhode Island to provide opportunities for all of our students. At the Rhode Island Department of Education, we are committed to ensuring that each student receives the tools necessary to succeed in college, careers, and life. This commitment relies heavily upon the work of our great teachers and administrators, but it also takes the dedication of our students, the support of our families, and the engagement of our greater community. Fortunately, Rhode Island has these essential ingredients for success. I see it not only in the schools I visit and the families I meet, but also in our Governor, our General Assembly members, our mayors, our busi-

ness leaders, and our community organizations.

I often see my role as making sure that all of our interests and strategies for improving education are aligned and that we take advantage of every opportunity and leverage our strengths. I want to make sure that classroom teachers and school administrators have the best resources to enhance their skills and strengths every day in our schools. I also want to ensure that state and local leaders have the tools and information they need to set the right policies for student success. All of this requires a strong foundation of well-trained teachers, a strong curriculum aligned to rigorous standards, experienced and talented school leaders, and informed policy makers. I will continue to work tirelessly with our community partners to help bring needed resources and tools to Rhode Island as we build an educational system that encourages each professional and each student to reach her or his maximum potential. ❖❖❖

– Deborah A. Gist

## Carolyn Mark

How do you enact your power in the world?



photo by Agapao Productions

I've often thought that one of my major strengths is, quite simply, that I show up. And as Woody Allen has famously noted, that is 85% of success. Showing up is my way of expressing what I care about most deeply. And, as a leader, I create opportunities for others to show up and stand up for what is most important to them.

In the past six years since I became president of the Rhode Island Chapter of the National Organization for Women (RI NOW), showing up has led me to some opportunities that might not have otherwise come my way. I have testified many times in front of House and Senate committees on issues affecting women, such as reproductive freedom, ending violence against women, economic equity, LGBT civil rights and more. I have spoken at rallies, met with Congressional leaders, and engaged with students and activists in a variety of forums. And, I have worked in coalition with some of the most dedicated and inspiring people I have ever known.

I used to define the purpose of RI NOW in terms of our organizational emphasis: legislative advocacy, education, and electoral politics. But I've since come to realize that the most important thing we do is to help develop new women leaders. We've become a vehicle through which women can discover, develop and use their own power to make a difference in the world. And, what women learn through RI NOW can help launch them into new leadership positions. Of course, the more women we engage, the greater the impact we can all have on women's lives. And, it all starts with just showing up. ✨

– Carolyn Mark



eliminating racism  
empowering women  
**ywca**

WE'RE MAKING A DIFFERENCE  
1923-2011



fall II session 2011

northern rhode island

## REGISTRATION BEGINS 10/3

**SIX WEEK SESSION**  
10/16 - 11/26

*closed 11/11, 11/24, and 11/25*

### EVENTS *See page 4 for more events.*

**Free Story Hour:** Oct 15 at 2pm.  
Parents and children are invited to attend a free Story Hour for a classic story, fun sing-along, and a special project. New families are welcome to YWCA!  
Register at 769-7450.

**Fall Women's Wellness 1:** Oct 12 at 2pm held at YWCA. Laughing Yoga w/ Louise Cadieux. Must register ahead at 769-7450 x12.

**Breast Health & Women's Wellness Breakfast:** Oct 17 from 9am-12noon.  
Let's Talk About Breast Health & Cancer, Healthy Eating & Recipes on a Budget, and Radiology Department. Held at Women & Infants' Medical Office, 2168 Diamond Hill Road, Woonsocket. Light breakfast, resources and raffles. Must register ahead at 767-2122.

**Relaxation Pink Tea Celebration:** Oct 26 at 2pm held at YWCA. Stress reduction, relaxation techniques, and reiki. We honor breast cancer survivors and AVON 3 Day Walkers. Must register ahead at 769-7450 x12.

**Fall Women's Wellness 2:** Nov 9 at 2pm held at YWCA. Basic health issues and screening info with the Healthy Choices Book presented by Lifespan. Participants receive a complimentary book. Must register ahead at 769-7450 x12.

**Fall Women's Wellness 3:** Nov 16 at 2pm held at YWCA. New Basic CPR approved by American Heart Association that uses only chest compression and pressure presented by Lifespan. Must register ahead at 769-7450 x12.

**Fall Women's Wellness 4:** Nov 30 at 2pm held at YWCA. Skin Cancer 101 and Skin Exams presented by Brown Medical Students. Must register ahead at 769-7450 x12.

## EARLY CHILDHOOD LEARNING CENTER

Now open for child care at 6:30am. For details on child care, pre-preschool or preschool call Mary Anne Deslauriers, Director of Early Childhood Education, at 769-7450.

### CHILD CARE

#### INFANT/TODDLER

*Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, parents can rely upon throughout the year. 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 modeled after our existing preschool program, children will be offered opportunities for socialization, creativity, and toilet training. Daily schedule includes circle time, songs, storytime, 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.*

### PRESCHOOL

#### 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. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Two, three, and five-day programs with morning, afternoon or full day options available. Licensed by the Rhode Island Department of Education and by the Rhode Island Department of Children, Youth and Families.*

### STEPPING STONES

*Unique transitional program for children whose parents are postponing Kindergarten entrance. 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. Our curriculum and assessment align with the Rhode Island Early Learning Standards. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Children, Youth and Families.*

### EXTENDED DAY PROGRAMS:

*YWCA offers extended day programs to help accommodate a parent or guardians' schedule. \$6/hour*

### EARLY BIRDS

*Children enjoy morning activities in a classroom environment from 6:30-9am, then are escorted to respective classrooms.*

### LUNCH BUNCH

*Children eat lunch in a social environment then are offered activities and gym/playground from noon-1pm. Lunches brought from home.*

### AFTER PRESCHOOL CARE

*Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm.*

## YOUTH ENRICHMENT

Now open for youth enrichment at 6:30am. For program details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

### APPLE YOUTH ENRICHMENT

*For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. Mon.-Fri., 2-6:30pm (3 day minimum). Before school option available beginning at 6:30am. Children are bussed to/from YWCA and their*

*schools, enjoy a free afternoon snack, participate in fun activities, offered homework help, and special events. Builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities for school success and a productive future. Activities geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas. Library available.*

### SERVICES FOR FAMILIES

*We are there for you when school is closed. YWCA provides an all day youth enrichment program for children age 6-15 when school is cancelled due to inclement weather and during school vacation. In order to participate, you must register your child in advance, 769-7450.*

### BEFORE KINDERGARTEN CARE & AFTER KINDERGARTEN CARE

*Transportation provided. 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 the Rhode Island Department of Children, Youth and Families.*

### BEFORE SCHOOL AGE CARE & AFTER SCHOOL AGE CARE

*Transportation provided. Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. The program 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. Licensed by the Rhode Island Department of Children, Youth and Families. Program encourages healthy social, emotional, physical, and cognitive development. The APPLE Youth Enrichment Curriculum includes:*

*Academics.  
Physical Education and Recreation.  
Prevention.  
Leadership.  
Empowerment.*

## 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: \$42/4wks

#### 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: \$63/6wks

#### 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 \$63/6wks

## 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 \$42/6wks  
Thurs. 10-11am \$35/5wks

##### 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 \$42/4wks

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

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

##### IDDY BIDDY SNACK ATTACKERS

Come run, have a snack, make a craft and run some more.  
Mon. 9-noon \$126/6wks

##### SMALL WORLD I, II, III:

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime, and snack.

##### SMALL WORLD I

Deb Nault  
Thurs. 9-10am \$35/5wks

##### SMALL WORLD II

Deb Nault  
Thurs. 10am-noon \$70/5wks

##### SMALL WORLD III

Deb Nault  
Fri. 9am-noon \$84/4wks

#### 3 to 5 years old

##### SPORTS SPECTACULAR

Children will be introduced to four popular sports: basketball, hockey, soccer, and t-ball.  
Mon. 4-5pm \$42/6wks

##### ACTION CLUB

One hour of action packed gym time followed by a light snack prepared by the children.  
Wed. 9-10:30am \$63/6wks

#### 4 to 5 years old

##### SPORTSTASTIC

A new sport every week, socialization and lunch making for your child.  
Mon. noon-2pm \$84/6wks  
Wed. noon-2pm \$84/6wks

##### TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined with cooking and eating.  
Tues. noon-2pm \$84/6wks  
Thurs. noon-2pm \$70/5wks

##### GYMNASTIC FANTASTIC

Fantastic activity packed class. An hour of gymnastics followed by lunch and playtime.  
Fri. noon-2pm \$56/4wks



## GYMNASTICS ACADEMY

### BASIC GYMNASTICS

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

##### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels.  
Fri. 3:30-4:30pm \$28/4wks  
Sat. 10:30-11:30am \$42/6wks

#### 4 to 7 years old

##### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.  
Thurs. 4:30-5:30pm \$35/5wks

#### 5 to 12 years old

##### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels.  
Fri. 4:30-5:30pm \$28/4wks  
Sat. 9-10:15am \$53/6wks

#### 13 to 18 years old

##### TEEN GYMNASTICS

This gymnastics class is specifically designed for teenagers.  
Tues. 5-6pm \$42/6wks

### CONTINUING GYMNASTICS

All classes listed below require permission from the instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450. YWCA Northern Rhode Island Gymnastics Academy is a Rhode Island USA Gymnastics certified program.

#### 4 to 7 years old

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

Thurs. 3:30-4:30pm \$35/5wks

#### 5 to 12 years old

##### ADVANCED GYMNASTICS

Tues. 3:45-5pm \$53/6wks

##### COMPETITIVE TEAM:

Monthly fee for all competitive teams:  
One day a week \$48/month  
Two days a week \$96/month  
Three days a week \$120/month

Jennie Graham, Head Coach  
Breonna Lenart, Assistant Coach

##### PRE TEAM

Sat. 11:30am-1:30pm 5 to 12 years old

##### HOT SHOTS 4 to 9 years old

Sat. 9-11am

##### TEAM A 8 to 16 years old

Sat. 10:30am-12:30pm

##### TEAM B 8 to 16 years old

Sat. 1-3pm

##### TEAM C 8 to 16 years old

Tues. 4-6:30pm  
Sat. 1-3pm

##### TEAM D 9 to 18 years old

Tues. 4-6:30pm  
Fri. 4-6:30pm  
Sat. 2:30-5pm



## WELLNESS PROGRAMS

### EXERCISE

16+ years old

#### 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, nonmembers pay an additional \$20.

Colette Doura

Mon./Wed., 7:15-8:15pm

\$60/9wks

#### BELLY DANCING I

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 \$42/6wks

#### BELLY DANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess!

Aimee Renaud

Tues., 7:30-8:30pm \$42/6wks

### EXERCISE FACILITY

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

Sunday: Organizational night will be held November 6 from 6-8pm. League play will begin November 13. Bring in your own teams. If you don't have a team, we will help you get on one.

\$116/20wks & playoffs/plus membership fee.

May pay in two installments.

#### POWER CO-ED JOHN PIETROPAOLI LEAGUE

Tuesday: Advanced players.

The league is currently in session. Contact Debbie Fay regarding available openings, 769-7450.

\$58/10wks & playoffs/plus membership fee

#### INTERMEDIATE CO-ED

Wednesday: Intermediate or above players.

The league is currently in session. Contact Debbie Fay regarding available openings, 769-7450.

\$58/10wks & 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](http://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. A friend, caregiver or relative is welcome to attend with you. Call to register, 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 to register, Lisa Piscatelli at 769-7450.

#### ENCOREplus®

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

If you are over age 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 Rhode Island Department 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 details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555.

#### NEW WORKSHOP MATTER OF BALANCE

Matter of Balance is a FREE workshop series designed to assist with fall prevention.

Workshops will be beginning soon. A friend, caregiver or relative is welcome to attend with you. Call for the upcoming schedule or for more details, Lisa Piscatelli at 769-7450.

#### MINORITY HEALTH PROMOTION

YWCA Northern Rhode Island has been designated as a Minority Health Promotion Center by the Rhode Island Department of Health. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education and risk

reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations.

Call the YWCA Health Office for more information, 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, contact Nathan Smith, Youth Enrichment Program Coordinator, 769-7450.

#### YWCA HEALTH IN CENTRAL FALLS

YWCA Northern Rhode Island in partnership with our sister agency offers health outreach and information to members of the Central Falls community. Contact Joyce Dolbec for further information, 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 Bev on Tues., Wed., and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

## PARENTING PROGRAMS

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

### PARENTING

16 to 21 years old

#### PARENTING IN PROGRESS

Parenting In Progress (PIP) is an alternative education, life skills, and job training program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, Connecting for Children and Families, and area businesses. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

# 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  
17 to 64 years: \$22  
65 and over: \$17

*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  
*Child care hours: Monday to Friday, open at 6:30am. (arrange with program director)*

## 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 6, 10 & 12. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

## EVENTS *See page 1 for more events.*

- **Ongoing, Capri Sun Pouch Brigade:** Bring empty pouches to YWCA; recycling fundraiser.
- **October 26, Preschool/Stepping Stones Back to School Night:** Hands-on activities to introduce families to the RI Early Learning Standards. 5:30-7pm. Free. For parents and Preschool/Stepping Stones students.

## BOARD OF DIRECTORS

Cathy Brien, President  
Marissa Trinke, 1st Vice President  
Kim Garneau, 2nd Vice President  
Susan Gershkoff, Esq., Treasurer  
Dianna Costa, Secretary  
Rosemary Brite  
Alessandra Borges  
Lisa Carcifero  
Gail Davis  
Susan Donahue, DC  
Karen Gager  
Vivian Godin  
Jeanne Lynch  
Deborah L. Perry, Executive Director

## NOTABLE

Congratulations to the Preschool Staff for completing their Level I Training on the Rhode Island Early Learning Standards: Deb Denham, Lee Henderson, Lynne Pelletier, Kathy Salemi, and Sue Shaw.

American Camp Association Accredited.

Combined Federal Campaign Participating Organization.

Member of RI Afterschool Plus Alliance.

Member of National Alliance for Partnerships in Equity.

Member Agency of  
The Fund for Community Progress.

Rhode Island USA Gymnastics Certified

*she* Shines™

**SHE SHINES™**  
*Metcalf Award Winner  
for Diversity in the Media*  
www.sheshines.org

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

Share it. Trust it. Smile. To receive a free subscription, reserve advertising space, or contribute to the upcoming edition, contact Lisa Piscatelli at 769-7450.



eliminating racism  
empowering women **ywca**



eliminating racism  
empowering women  
**ywca**  
YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895



YWCA Northern Rhode Island  
is dedicated to eliminating racism,  
empowering women and promoting  
peace, justice, freedom and dignity for all.

**FALL II SESSION 2011**

WOMEN & INFANTS HOSPITAL AND THE YWCA OF NORTHERN RI PRESENT THE

# Sixth Annual Breast Health Breakfast



David Edmonson, MD  
Women & Infants Hospital  
Breast Health Center

**October 17, 2011**  
**9 am - noon**

In collaboration with the YWCA of Northern Rhode Island, we welcome you to join us For the Sixth Annual Breast Health and Women's Wellness Breakfast at the Women & Infants Medical Office Building, 2168 Diamond Hill Road, Woonsocket. The program will feature Dr. David Edmonson from Women & Infants' Breast Health Center and representatives from the areas of Nutrition and Radiology. Our experts will be on hand to offer the latest in health information and answer your questions. Free health screenings, valuable information, raffle prizes, food and more!

**Early bird health screenings  
begin at 9 am with  
breakfast program to follow at 9:30 am.**

**Pre-registration is required;  
please call 401-767-2122.**

**Women & Infants**  
New England's premier hospital for women and newborns

eliminating racism  
empowering women  
**ywca**  
northern rhode island



photo by Agapao Productions

## Nancy Carriuolo

How do you enact your power in the world?

**T**he first truly powerful woman I ever knew was the late Eleanor M. McMahan, Rhode Island College's first female academic vice president and Rhode Island's first Commissioner of Higher Education. When Eleanor was president of the New England Association of Schools and Colleges, she interviewed me, a stranger, for a directorship. After asking razor-sharp questions in my interview, she followed me into the hall and said, "If the search committee does not select you, I will be in touch with you about other opportunities." She added before turning on her heel, "You have talent."

Eleanor did hire me, and, years later, she recommended me for a position in the RI Office of Higher Education. I learned from watching Eleanor that successful CEOs share their power with subordinates who are leaders of their own divisions. As a

result, the collective leadership works together to fulfill the organization's potential. I have carried that idea of shared power into my role as president of Rhode Island College. I surround myself with talented people, including student leaders, with varied experiences and perspectives that complement my own skills set, and I listen to their advice. I delegate some of my power with the expectation that others will have a chance to solve problems and learn from their successes and failures. I hope my legacy will be a distribution across the college of talented leaders, some of them women, who will continue the work of making Rhode Island College and the state we serve a continuously better place. ✦✦✦

– Nancy Carriuolo



photo by Agapao Productions

## Joan Countryman

How do you enact your power in the world?

**M**y experience in the civil rights movement of the 1960s was shaped by the vision of two activists, Ella Baker and Bob Moses, who taught, often by example, that ordinary people can do extraordinary things. When I first met her, Miss Baker was based in Atlanta, working for the YWCA, and helping to shape the philosophy and direction of the Student Nonviolent Coordinating Committee. SNCC we called it. Bob Moses, then a young math teacher, had left his job to become director of SNCC's Mississippi project, an effort to register African American voters in the most segregated part of our nation. Voter registration in the south, at the time, was extraordinary in the sense that most black people were barred from exercising their rights of citizenship.

Ordinary in this case means everyday, lacking status, not privilege. The idea was that by coming together and sharing ideas and working together, everyone could do an extraordinary thing. Miss Baker would say that strong people don't need strong lead-

ers, they need confidence that they can act on their own behalf. It is a vision that has shaped my life's work, a life of teaching and learning, of raising children, of activism, of participation in my communities.

When she was about four, one of my grandchildren told me with great delight that she was now the line leader at her preschool. "Wonderful," I said. "What does a line leader do?"

"That's easy," she replied. "The line leader holds the door open so all the other children can go through."

She nailed it for me. When asked about leadership I often think of that young girl's explanation. Enacting my power in the world means opening doors so that others can take their rightful place – at home, at school and work – as active participants in a free and open society. ✨

– Joan Countryman

Once upon a time in America . . .

The Woman Suffrage Amendment passed.

The Civil Rights Act passed.

The Voting Rights Act passed.

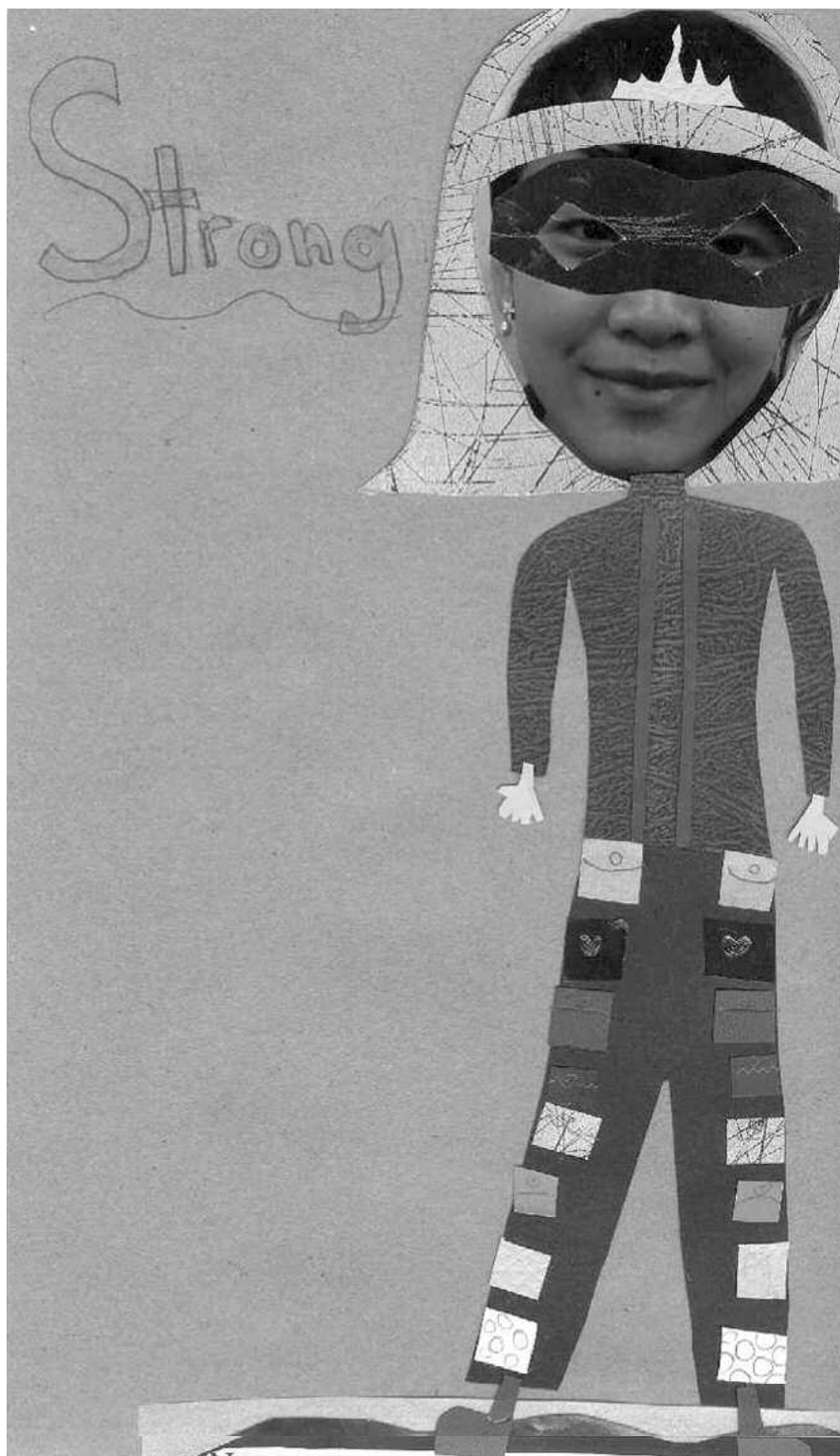
The end? Not hardly!

eliminating racism  
empowering women

**ywca**

northern rhode island





## be your own heroine

by Pa Houa Yang, Sophia Academy

**assignment:** create a paragraph including five hyperboles based on the student's heroic characteristics, then illustrate it using collage

**hyperbole** (high PURR bole EE) *n.*: obvious exaggeration for dramatic effect

image courtesy of  
Sophia Academy

Name: strong storm

Alter Ego: Pa Houa Yang

❖ She is so strong that she can carry a whale and a shark by her pinky. She is so powerful that she can kick a wall out but the wall is made out of redwoods and bricks. She is so brave that if you ask her to jump of a cliff, she will jump and still be alive. She is so artistic that her pictures came to life. She knows all the Languages, even things that are not real [even animals languages]. She has a pant that can do anything you just need to open one of the pockets.



# shining

with Nicole Johnson

## touchdown for women

Nicole Johnson,  
football player at  
Central Falls High School.

photos by  
Agapao Productions



How old are you and what school do you attend? *"15 and I go to Central Falls High School."*

What league do you play for and for how long? *"The Warriors. This is my first year."*

What got you interested in football? *"I always wanted to play but never thought I could because it was all boys. I realized in order to do it big you have to start small. Since my high school years were almost over I decided to just go for it. I knew the coaches from middle school so we had a good relationship. I talked to them and they said girls could play football but no one had ever tried."*

How many other females play? *"None right now."*

Were there any barriers or hurdles you had to face to get on the team? *"When I first started they actually did not think I wanted to play. They thought I was there to just look at them. As the season went on, they treated me as their family and they included me. At first they were afraid to hit me, because I was a girl they wouldn't hit as hard. But then I became more aggressive and they started taking me more seriously. The coaches always treated me like one of the guys. Coaches gave me 100% just like any other team member."*

Who is your coach? *"Four coaches: Coach Jeff. Coach Mo. Coach Grant. Coach Fic. They are the main reason I am still on the team. All of them have been really supportive."*

Do you feel you need to put in extra effort? *"Yes . . . When I go home, I read the play book so that when I show up, I am with everybody."*

How has this experience influenced your self esteem? *"I have found an improvement. I feel better about*

*myself and feel I can do anything I put my mind to."*

How has this influenced you as a leader? *"I feel that this is letting all girls know a girl can do anything a guy can. I wanted to do this so that everyone would notice that girls could do anything . . . It was one way a girl could show who she really is. I feel like after this when I graduate from high school, more girls will be playing more sports they did not play before. Like girls could always play football just no one tried, and I feel it can happen in the community too."*

Has this made you a stronger person? *"Yes. Definitely."*

What is your long-term goal? *"I am going to continue playing through college and then head to the NFL."*

What is your message to other young women who want to play? *"Go For it. If you want to do it, just have heart."*

Did (or do) you have any doubt and/or fear? *"No. I always felt like I could do it. I was always ready-even at my first game. Every time I get hit I get stronger, push harder, and make sure the next time I hit back."*

Does how you approach football reflect into other areas? *"Yes. Just in my attitude. No matter what, you have to move forward and do your best. No matter what - try hard."*

What has been the response from other young women? *"Girls come up to me and ask how it is to be on the boys team. They say if there was a girls team they would play, but boys are just too rough for them. Ever since I started to play everyone has been very supportive of me, though."*

Were you always an athlete? *"I have always played*

*sports. I always found myself hanging out more with the boys than the girls."*

Was your family supportive about your decision to play football? *"My mom has been the most influential person. At first she was nervous about it, but as the year moved along, I just made her realize I could do it and that I could be a part of the team and give it my best. Since then, she has been to all my games and everything."*

What qualities do you admire about your mom? *"Being strong in general. Having the right mind set and everything."*

Are you looking for colleges with good football teams? *"I am looking for good football teams, but I am looking for colleges that will give me good backup [education]. I want to enter the hospitality business, so in case I get injured and can't play, I have a backup."*

Any final words to other young women? *"Just go for it. No matter what anyone says. And give it your 100%."*

Kalyana Champlain aka "5th Element" has a Master of Arts degree in Communication Studies. She is currently an educator at Mount Hope Learning Center, freelance writer, and spoken word/hip hop artist. Her focus is feminism and the upliftment of the human spirit and condition in all of her work. She is also co-founder of Isis Storm, an organization dedicated to the empowerment of women in art and media. For more go to [www.5thelement.com](http://www.5thelement.com).

interview by  
Kalyana Champlain

photo courtesy of Champlain



**"Just go for it. No matter what anyone says." – Nicole Johnson**

## this journey

Let's take this journey  
path unknown  
with special words and untold stories  
priceless smiles and tears abound

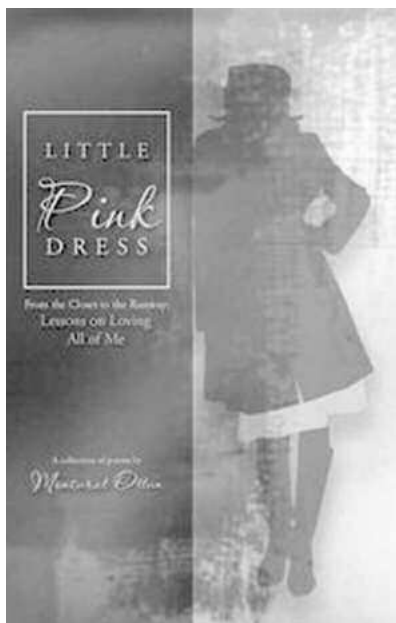
Let's take this journey  
where doubt is hidden like monsters behind trees  
with scary sounds causing you to shake and shiver  
Passion aflame dwindling in the dead of winter

But still, let's take this journey  
where potential dreams come true  
where love is limitless  
and a friend you'll always have.

For on this journey of life,

Success is your companion,  
And unrelenting desire your yellow brick road. ❖❖❖

- Monsurat Ottun



"This Journey" is a poem within Little Pink Dress. The book is by Monsurat Ottun. It is a collection of poems – a coming of age story. It is a journey about questioning right and wrong, good and bad, and realizing the love of self is the ultimate key to happiness. Once we can identify and embrace our own confidence, we see that ultimately we can be our own best friend, princess charming, girlfriend. We are the key to our destiny. That is what this book represents. The ability and desire to fall in love with one's self and find peace and confidence in that. For more information, visit: [www.facebook.com/Little.Pink.Dress.byMOttun](http://www.facebook.com/Little.Pink.Dress.byMOttun).

image courtesy of Ottun

artist canvas



## portrait of a place

This edition of *She Shines* features cover artist Stephy Santana, an alumna of Sophia Academy in Providence. Santana took this photograph as a 7th Grader in an Introduction to Photography class at Sophia Academy. The assignment was entitled *Portrait of a Place*. Santana is currently a student at Classical High School in Providence. ❖❖❖

photo courtesy of Sophia Academy

# Hispanic Heritage Month

September 15 - October 15

**N**ational Hispanic Heritage Month is celebrated in the U.S. from September 15 to October 15. During this time, Latinos nationwide celebrate the anniversary of independence for five Latin American countries – Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on September 16, and Chile on September 18.

Most importantly, this month-long celebration of Latino heritage aims to promote an awareness of Latino issues, struggles, and triumphs, bringing together individual and collective histories in order to form a deeper understanding of who we are today.

In honor of Hispanic Heritage Month, *She Shines* tells the stories of five amazing women of Hispanic heritage who are leaders in the community of Central Falls.

Central Falls has claimed a record as Rhode Island's first Hispanic-majority city, according to 2010 Census data. The population of Central Falls grew by only 448 to 19,374. But the city's Hispanic population grew by 2,644. It now stands at 11,685, or 60.3 percent.

For more information visit the website of Hispanic Heritage - Rhode Island, [www.hispanicheritageri.org](http://www.hispanicheritageri.org). You will find a link to the 2011 Latino Community Celebration that lists the events taking place in Rhode Island. ❖❖❖

## Bolivian Folkloric Dance Group

photo courtesy of Hispanic Heritage - Rhode Island



## population

**50.5 million**

The Hispanic population of the United States as of April 1, 2010, making people of Hispanic origin the nation's largest ethnic or race minority. Hispanics constituted 16.3 percent of the nation's total population. In addition, there are 3.7 million residents of Puerto Rico, a U.S. Territory.

*Source: American FactFinder*

## businesses

**\$345.2 billion**

Receipts generated by Hispanic-owned businesses in 2007, up 55.5 percent from 2002.

*Source: Census Bureau Reports Hispanic-Owned Businesses Increase at More than Double the National Rate*

## income

**\$38,039**

The median income of Hispanic households in 2009.

*Source: Income, Poverty, and Health Insurance Coverage in the United States*

## health insurance

**32.4%**

The percentage of Hispanics who lacked health insurance in 2009, up from 30.7 percent in 2008.

*Source: Income, Poverty, and Health Insurance Coverage in the United States*

## education

**63%**

The percentage of Hispanics 25 and older that had at least a high school education in 2010.

*Source: Educational Attainment in the United States*

## jobs

**68%**

Percentage of Hispanics or Latinos 16 and older who were in the civilian labor force in 2009.

*Source: U.S. Census Bureau - Statistical Abstract*

## voting

**9.7 million**

The number of Hispanic citizens who reported voting in the 2008 presidential election, about 2 million more than voted in 2004. The percentage of Hispanic citizens voting went from 47 percent in 2004 to 50 percent in 2008.

*Source: Voting and Registration in the Election of 2008*

## serving our country

**1.1 million**

The number of Hispanics or Latinos 18 and older who are veterans of the U.S. armed forces.

*Source: U.S. Census Bureau - 2009 American Community Survey*

# the power of community

rain or shine, Sandra Cano is ready

by Reza Corinne Clifton



Reza Corinne Clifton is a grant writer, public speaker, community organizer and event manager. She is an award-winning journalist, digital storyteller and cultural navigator. Clifton currently works with Roots Café and Isis Storm. She is also a music DJ who plays in the community and who produces radio programs with WRIU, 90.3 FM, and BSR, Brown Student and Community Radio. Clifton is on the board of Girls Rock! RI, an organization that uses music to foster self-esteem, self-confidence, and self-efficacy in girls and women in Rhode Island. To reach Clifton, email [rezaclif@gmail.com](mailto:rezaclif@gmail.com).

photos courtesy / by Reza Corinne Clifton

If you are out with Sandra Cano, expect an introduction to someone new. Young and intelligent with a bubbly personality, it's hardly a surprise that people are drawn to Cano, but it's not just people coming to her. "I like to keep busy," says Cano who is very active in the community, especially in Central Falls and Pawtucket.

Cano has been part of the Central Falls/Pawtucket community since September of 2000 – a story of migration filled with guerrillas, kidnappings, and eventually political asylum. It was a dark time in the recent history of Medellín, Colombia, where those viewed as prominent or affluent were identified on lists for kidnappings or worse. Her father, who was then manager of an airline company, was on one of those lists and in December of 1999, he was taken. Released only because of a return favor carried out by one of his former employees, Cano's father was released, and in April 2000 he arrived in Central Falls seeking (and gaining) political asylum.

In August of the same year, her father called to initiate the process of reuniting with his family here in the states, and reluctantly, Cano at 16 joined him (along with her mother and brother) a month later. Today there is no trace of the reluctance that she felt then; it has been replaced with love for a community that she calls home.

For Cano, home includes the supermarket in Central Falls where she got her first job – a month after arriving in this country. It also includes Latino Public Radio, which today is a nonprofit, but originally was a station called "Exitos" run out of the home of Reynaldo and Lorraine Almonte. Now part of the station's board, Cano says she became involved in the station four months after arriving.

Cano acknowledges that these are the kinds of opportunities – and the people that extended them to her – that shaped the community person she is today. Besides the supermarket and radio station, Cano's early work experience includes time at a money transfer site, two different law offices, and Sovereign Bank. Along the way, she would also make it through several graduations: Shea High School, where she studied in the ESL program; CCRI, where she learned English and earned her Associates degree; and Bryant University, where she earned a Bachelor of Science in Management with a minor in Economics in 2007.

Cano's resume also includes work at Progreso Latino and the Providence After School Alliance as well as leadership development through YWCA's 30 Under 30 program, the Latina Leadership Institute, and Leadership for a Future, a program jointly run by RI for Community and Justice and the Institute for Labor Studies and Research. The common thread, says Cano, is that "I love community and youth development."

Today she is currently working toward her Master's in Public Administration from the University of Rhode Island – with a concentration in Youth Development. This past April, alongside Central Falls City Councilman, James Diossa, and 250 community members, Cano engaged in an Earth Day clean-up – right through the rainfall. She is still involved in Latino Public Radio, on the board and with a show called Latino College Access. She also sits on the boards of YWCA Greater Rhode Island and the Latino-oriented ECAS Theatre. In her new job with Navigant Credit Union, she sees the value that she can give to the community.

As the business and community development officer, says Cano, she is charged with "developing services and products that fit the need of the Latino community" in Woonsocket, Central Falls and Pawtucket. "I can make a difference with this position," reflects and forecasts Cano, who is ready for a change. "There is so much potential in Central Falls but it's hidden in bad publicity," says Cano. "But when leadership and powerful minds come together, things can happen." ❄️



photo by Agapao Production

## at promise

### Rosa Morel's commitment to community and growth

by Holly Howley

**A**t sixteen years old, Rosa Morel, one of nine children, moved to the United States from the Dominican Republic. Empowered at an early age, Morel's oldest brother asked her to decide where the family would live. She chose Central Falls, Rhode Island.

Morel says it was a sense of community, "a peacefulness," that drew her to Central Falls. When it came time to raise her own family, she and her husband looked at other towns but ultimately, once again, chose Central Falls. "Everything is here; it's my community," says Morel, who now has three children of her own.

Morel's commitment to Central Falls is at the heart of her work as family engagement coordinator at Segue Institute for Learning, a charter middle school. "It is very important for me to give back to my community in the work that I do," says Morel, who oversees programming to strengthen the home to school connection.

Morel leads a variety of programs to promote

parent participation. The *I Do, You Do* workshop is one example where parents learn about what their kids are studying and techniques to help at home. "The series provides valuable education for parents to sit at the table and help their kids grow and learn," says Morel. Other programs include mentors for parents of new students, community service activities, and family nights.

"We come from different countries, different backgrounds," says Morel who emphasizes the importance of getting parents involved at school and in the community. "We don't just see the child as an individual, we see them as a whole, and the family is an important part of that."

Leadership qualities are taught and fostered at Segue. Morel expects today's students to be future leaders, helping to shape and re-build Central Falls. "Education and growth, that's what empowers people," says Morel.

Segue's motto is "Where All Students Are At Promise." Morel says it's important for students not

to see themselves as "at risk." Teachers and staff know their students are capable of greatness, their job is to inspire students to reach their potential. "We say they are 'at promise' because we believe it," she says.

Morel dedicates her life to empowering others, in part, to honor the people in her life who've empowered her.

"Coming from nowhere, I am here because of people who believed in me," says Morel. "I am now in a place to do great things because of those people and I am grateful." ❖❖❖

Holly Howley is a writer who lives in Glastonbury, CT with her husband and two sons. She can be reached at [hollyhowley@cox.net](mailto:hollyhowley@cox.net).

photo of Howley courtesy of Diane Powers



# an inspirational view

listening and learning with Patricia Martinez



photo by Reza Corinne Clifton

by Reza Corinne Clifton

**P**ublic scrutiny is nothing new to Central Falls High School's Family Assistance and Students Support executive director, Patricia Martinez. She has a work background that includes leading Progreso Latino, advising former Governor Donald Carcieri, and running Department of Child Youth and Families (DCYF).

Under the microscope again, she is a leader of a school in a city that just went bankrupt. But if you ask Martinez about those situations, expect a calm response: "I don't think about the bankruptcy at all until someone brings it up to me."

She has a view that others cannot see, such as "seeing parents coming every day to volunteer" at the high school – and not necessarily because it's easy. "You can see some intimidation caused by a big building and tall students," says Martinez, "but they come, they greet students, they attend meetings, and they help our teachers." She also finds inspiration in things like "the kid who is homeless who comes to school every day" and the "pregnant girl that's praying everyday that her baby's birth is held off until the end of school projects."

Martinez also avoids panic by reflecting on her past and her life in Central Falls. "Both my dad and mom always spoke of how the only gift they could give me was a good education." As such, completing high school and college were non-negotiables. But initially, education presented its frustrations.

Enrolling in 9th grade at Central Falls High School, and in the ESL program, upon arriving from Colombia, Martinez shared a classroom with students of various skill levels, including those who had only reached the second grade level. She would have been in 10th grade in her birth country. And unlike today, the predominant immigrant group and language spoken at the time was Portuguese, not Spanish.

Outside of the classroom, Martinez developed a passion for serving community that was linked to the experience she gained by doing translations on behalf of family and family friends. The experience would influence her studies at Rhode Island College, where she studied in the School of Social Work, and her first position as a community organizer serving residents of low-income housing in Pawtucket. She also worked with youth who dropped out, helping them earn their GED's and employable skills.

Martinez says that most of her work at the time can be summarized as listening: "It's not what you the professional wants; it's what the people want." In fact, Martinez calls it "a moral and ethical responsibility" to "represent their voice." And this quality is still vital to her work today and how she carries it out. For example, says Martinez, what she hears is parents saying, "my kid needs and wants more."

Martinez also wants more for her students and community. In five to ten years, she says, "I would love to see leadership and our public servants reflecting the diversity of the community." She regularly reminds her students to come back after they earn their degrees – to the city and to the school.

"I always say, when you finish, I want to see you here, behind this desk." And if there are 500 positions available in the future, says Martinez, "it's 500 graduates [of Central Falls High School] that I want to see in them."

Listen and learn with Martinez, and the city may just get there. ❖❖❖



## the heart of Central Falls

advocate Vernia Carter understands the needs of her city

by Monsurat Ottun

**V**ernia Carter has a heart for community and currently Central Falls is where her heart is. “There’s hope here,” she says, “That’s what I love about being here.” In her grandson’s Attleboro high school football t-shirt and baseball cap, Carter was up bright and early on a Saturday morning, ready to paint the food pantry at Progreso Latino. Though she doesn’t speak Spanish, only English, she can understand their pain. Progreso Latino is an organization established in 1977, empowering the Latino community to apply for their citizenship, their education, GED, to go on to college or just go after their dreams. Carter has worked with families not only to help them access food from the food pantry but also to help them apply for benefits such as food stamps. Despite the language barrier, she knows how to get them what they need.

Being raised by her paternal grandmother who passed on the values of education and family. Carter brought these values with her to the Substance Abuse Prevention Task Force where she’s served as wellness/substance abuse prevention coordinator for the last 7 years at Channel One - Ralph J. Holden

Community Center. Now she works at Progreso Latino. “I know what it feels like not to have someone to care about and love you and I also know what it feels like to have someone care about and love you and advocate for you, and help you make changes and choices to do better for yourself.” Growing up in a household where she felt she had no voice, taking care of her younger brother starting from the age of four, Carter would get in trouble for sneaking out of the house and going to school with her brother. It wasn’t until years later where she was “rescued” by her grandmother the day of her grandfather’s funeral, that her life turned around; she was taught that she needed to go to school and follow her own path to success.

Carter has advocated for homeless young teens who are trying their best to go to school, but don’t always have the means to do so. Some of them go home and find their families gone. “We don’t have jobs for our youth but they can come to the food pantry and get food on a weekly basis,” says Carter. Her dream is to see young ladies like her oldest granddaughter go after her dream of going to

Harvard University. She wants young women to get educated and learn to advocate for themselves rather than becoming victims of their environment.

Central Falls reminds Carter of the small town she grew up in when her grandmother bought a house and moved the family to Kingston, MA. “It was a wonderful environment to grow up in. Central Falls reminds me of that small town.” She sees the potential of Central Falls and makes it her business to talk to key stakeholders about the future of the small city. ❖❖❖

Monsurat Ottun is a poet/author, aspiring entrepreneur, and future legal activist who is inspired by the women that pass on the right to dream by being true to their calling and natural selves. She performs as a spoken word poet with Isis Storm. Ottun also works with local community organizations to promote the message of women empowerment and community development.



photos courtesy / by  
Monsurat Ottun



# race relations and poverty

Stephanie Gonzalez encourages conversation

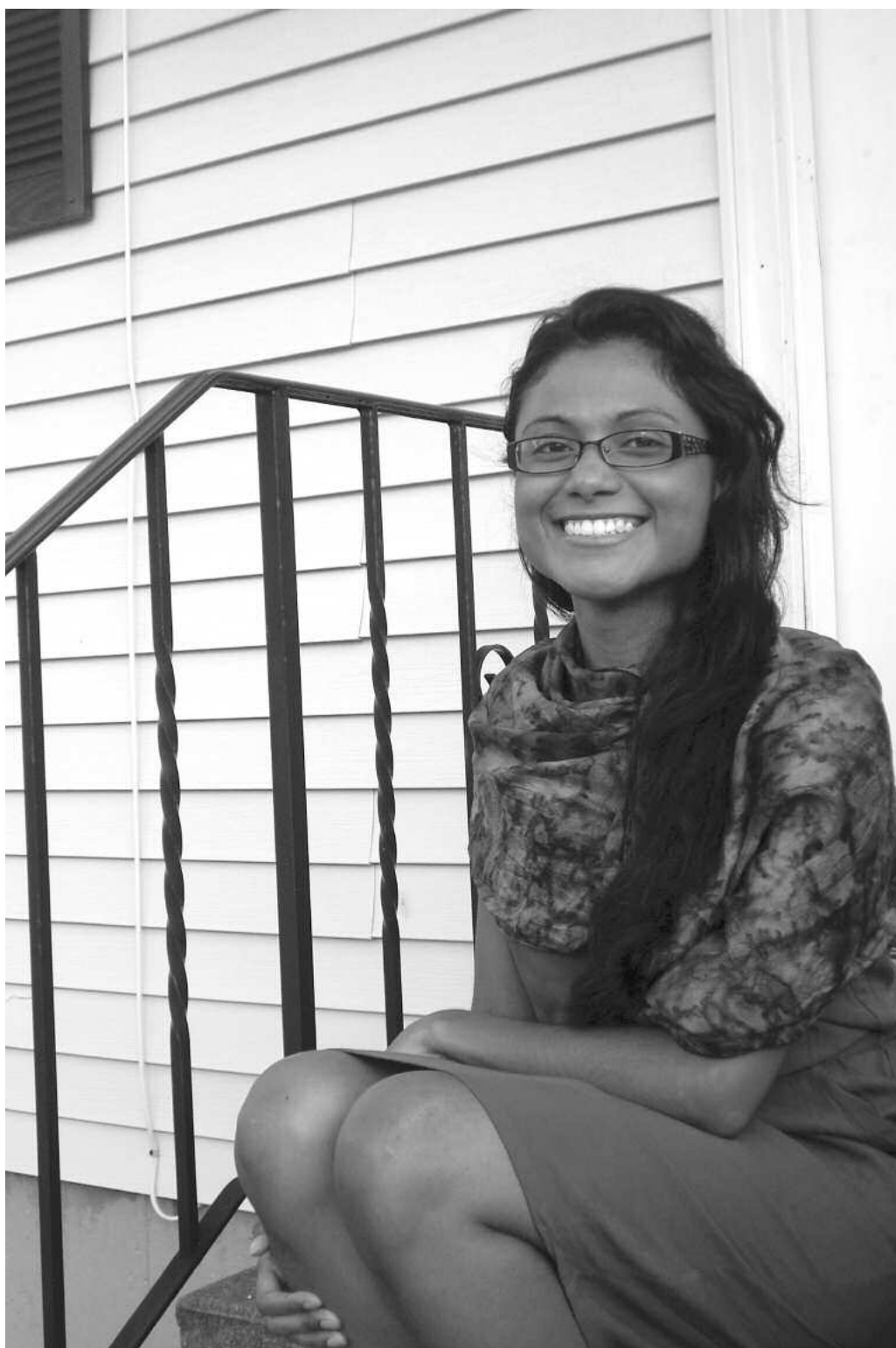


photo by Reza Corinne Clifton

by Reza Corinne Clifton

Leaving Central Falls can be difficult. Just ask Stephanie Gonzalez. Even after graduating 7th in her class at Central Falls High School, Gonzalez initially struggled in her studies at Boston College. “I wasn’t prepared for the rigor at Boston College, and I cried everyday for a time,” says Gonzalez. “I had to work harder than other people did.”

But scholastics weren’t the only reason Boston College wasn’t a “smooth ride” for Gonzalez. “Finances were the most difficult for me,” says Gonzalez, who graduated in 2008. Maintaining a full course load all 4 years, Gonzalez also worked two jobs while earning her bachelor’s degree. But even with employment, she still regularly grappled with things like getting dropped from classes or having services deactivated from her student ID card while catching up to tuition payments. “That was when I learned what privilege was – or when I learned that I was not privileged.

However, her economic background was not the only reason why Gonzalez stood out, and it did not take long to find out. “Orientation was big and scary,” she recalls. “I didn’t speak like any of the other students and I certainly didn’t look like any of the other students.” Born in Providence to Colombian parents and raised in Central Falls surrounded, predominantly, by other Colombian and Latino community members, Gonzalez recalls interacting with a student in orientation who admitted that Gonzalez was the first person of color she had ever met. “I thought it was unbelievable.”

Diversity was a topic that Boston College integrated into orientation, but Gonzalez quickly realized that the conversations being held were “basically about how to deal with or treat me.” Gonzalez says she had never had those kinds of conversations before, and even today, after graduating, she sees room for improvement. “I wish people were more aware of students like me; those who are working 2 or 3 jobs to pay tuition and to help at home.”

Nevertheless, Gonzalez sees value in these topics. “I was glad I was put into those uncomfortable situations, says Gonzalez. “It’s made me see certain policies for the first time,” and it helped her identify her passion for analyzing the relationship between poverty, health and education.

Gonzalez wants to see race relations and poverty discussed in communities before college, including at home in Central Falls. “In high school I learned a lot about US history, but I wish I had learned more about Latin American history and the story of how we got here.” Sometimes, says Gonzalez, you think, “what did I do wrong not to have the same privileges.” But ultimately, she asserts, the result is a student who says “this is who I am, this is what I can teach you, and this is what my grandparents contributed.”

# YWCA in Central Falls

Rhode Island is home to two sister YWCAs. YWCA Greater Rhode Island, located in Central Falls and featured here, is the 3rd oldest YWCA in the country and was established in 1867. YWCA Northern Rhode Island located in Woonsocket, the publisher of *She Shines* magazine, was established in 1923.

We are not a "Y" or part of the YMCA. Our mission and focus is are very different. Our mission is to eliminate racism and empower women.

To achieve this mission, YWCA Greater Rhode Island is increasing its focus on helping women in its transitional housing program. YWCA Greater Rhode Island is also working in partnership with our association, YWCA Northern Rhode Island, to provide community health outreach programs in Central Falls, and to increase its presence in the community. ❖❖❖

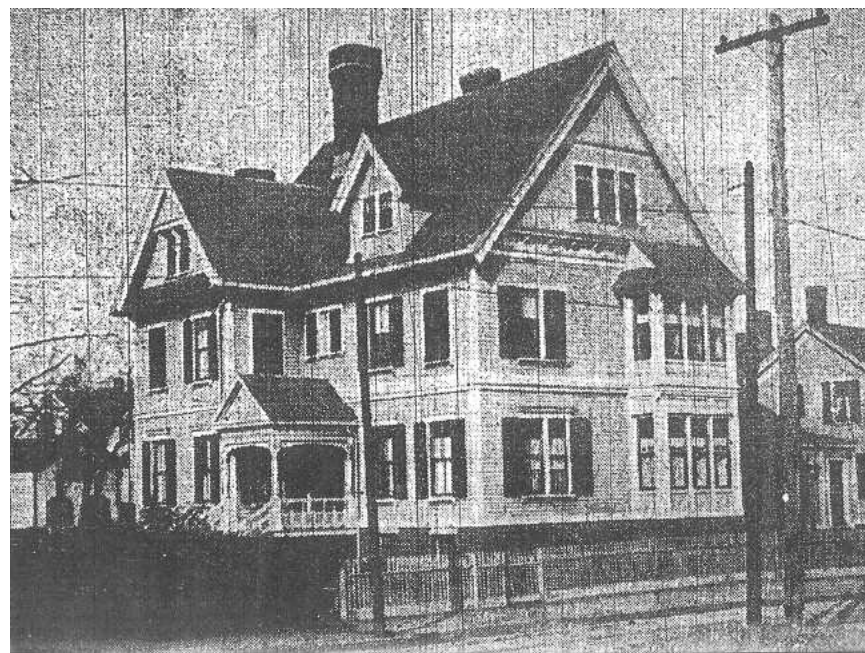


photo courtesy of YWCA Greater Rhode Island

Photo above: Pictured here in a photograph taken on November 11, 1913, the Sarah Frances Grant Homestead currently serves as a transitional shelter for homeless women and is the cornerstone of YWCA operations to provide neighborhood services, support and outreach activities in the cities of Pawtucket and Central Falls.

Photos clockwise:

Pictured is the plaque fixed to the YWCA Sarah Frances Grant Homestead. In 1916, YWCA took possession of the Grant House. This Queen Anne style home of Smith and Sarah Frances, located on Broad Street in Central Falls, was constructed in 1880 and gifted to YWCA by Sarah Frances Grant so that "young women may have life and have it more abundantly." Today the grand Victorian, historically restored, serves as a transitional shelter for eight women.

Luz Filpo serves as the YWCA administrative assistant and bookkeeper, and she manages the agencies VITA tax preparation program. Luz has been a member of the YWCA team since 2005.

For many years Quota International of Pawtucket and YWCA have worked together to provide assistance to families in Central Falls and Pawtucket. When Jacqueline (Jackie) Miller, a long-time member of Quota International of Pawtucket, passed away in November 2002, the Club decided to dedicate a floral garden in her memory at YWCA. Miller was an avid gardener who was involved in many projects to support YWCA families.

This two story structure is situated on the rear grounds of YWCA Greater Rhode Island, 324 Broad Street, Central Falls. The property was converted in the early 1900's and served as the YWCA Homemaking Center. In the 1980's the Women's Center of Rhode Island and YWCA founded Blackstone Shelter for Battered Women with the Carriage House Home serving as its shelter. The building has also been used as the headquarters for Progreso Latino and as a childcare center.

In the late 1980's YWCA embarked on a commitment to address the critical shortage of affordable childcare in Center Falls. A state of the art 5,000 square foot childcare was opened in 1991. Today the facility serves as classrooms for 50 non-matriculated and non-traditional high school students from Central Falls.

Sarah Aneyci is the director of housing and administration for the Sarah Frances Grant Homestead Program. This YWCA program provides supportive housing for homeless women with disabilities. Sarah has been a member of the YWCA team since 2008.

photos by Deborah L. Perry





YWCA Northern Rhode Island, 514 Blackstone Street, Woonsocket. photo by Agapao Productions

## YWCA

### Who We Are

YWCA is the oldest and largest multicultural women's organization in the world. Across the globe, we have more than 25 million members in 122 countries, including 2.6 million members and participants in 300 local associations in the United States.

More important than the numbers is our mission to eliminate racism and empower women. We provide safe places for women and girls, build strong women leaders, and advocate for both women's and civil rights.

Women come to us in times of crisis, as survivors of domestic violence. They come for career counseling. They come for child-care. They come for health and wellness. They come for a variety of reasons. But they come. And they leave with a renewed spirit, new skills, and stronger lives.

If you want to participate in our programs, volunteer, or simply wish to support our mission, organization and activities, we welcome your membership.

### Mission

YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

### Vision

YWCA will strive to be an all-inclusive women's advocacy and resource center with a pro-active membership serving the diverse needs of women through leadership, service and support.

### Hallmark Initiatives

There are many approaches employed by YWCA to carry out our bold, dual-pronged mission of eliminating racism and empowering women, but two very specific priorities are present: our YWCA Hallmarks of Racial Justice and Women's Economic Advancement.

Our Hallmark Programs have direct impact and create meaningful change with measurable results. We not only intend to raise awareness of the issues, we intend to affect real change. Our goal is not to pave the way for the future. It is to create the future. A better future.

Our Hallmarks carry out our mission. They are a reflection of our brand. They are what distinguishes YWCA from all other socially conscious organizations.

For more information about YWCA, go to [www.ywcanri.org](http://www.ywcanri.org).



# SWAROVSKI

is a proud supporter of  
YWCA Northern Rhode Island

2011

## Women of Achievement

*promoting peace, justice, freedom, and dignity*

Visit our Swarovski Locations at

Providence Place Mall  
Providence, RI

Warwick Mall  
Warwick, RI

WWW.SWAROVSKI.COM