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yw magazine

Shines™

FALL 2013 • FREE

celebrating the aspirations and accomplishments of women

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Women of Achievement

across industry, culture and public service

Cheryl A. Burrell

Anna Cano-Morales

Letitia Carter

Stephanie Chafee

Jacqueline L. Dowdy

Lynne B. Hannon

Sally Ann Hay

Eileen Hayes

Ann C. Keefe

Julie A. Rawlings

Angela Romans

Organization of the Year:
Quota International

eliminating racism
empowering women

ywca

published by YWCA Rhode Island • volume 9, number 2 • www.sheshines.org

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celebrating the aspirations and
accomplishments of women

published by YWCA Rhode Island



publisher
Deborah L. Perry



editor
Lisa Piscatelli



website administrator
Meaghan Lamarre



fall edition coordinator
Meghan Grady



staff contributor
Clara Schwager

contributors:

writers

Cheryl A. Burrell, Anna Cano-Morales,
Letitia Carter, First Lady Stephanie Chafee,
Jacqueline L. Dowdy, Major Lynne B. Hannon,
Sally Ann Hay, Eileen Hayes, Sister Ann C. Keefe,
Julie A. Rawlings, Angela Romans and
Quota International of Pawtucket and Woonsocket

photographer

Agapao Productions

cover artist

Providence CityArts

She Shines

c/o YWCA Rhode Island
514 Blackstone Street, Woonsocket, RI 02895
sheshines.org | info@sheshines.org
401-769-7450

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eliminating racism
empowering women
ywca

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

YWCA highlights achievement

For the 9th consecutive year, YWCA Rhode Island hosts the Women of Achievement Awards. With this event we recognize the best in accomplishments of women across industry, culture and public services. This edition of *YW She Shines Magazine* highlights Cheryl A. Burrell, Anna Cano-Morales, Letitia Carter, First Lady Stephanie Chafee, Jacqueline L. Dowdy, Major Lynne B. Hannon, Sally Ann Hay, Eileen Hayes, Sister Ann C. Keefe, Julie A. Rawlings, and Angela Romans.

These women have exceptional skills and are role models. They have broken new ground or old barriers and inspire others. We asked them, "What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?"

Congratulations and thank you to these amazing women.

This issue of *YW She Shines Magazine* is dedicated to Susan Farmer whose legacy, compassion, commitment, and dedication to public service will be remembered and cherished forever. ✨

Very truly yours,

Deborah

Deborah L. Perry
YWCA Rhode Island
President/Chief Executive Officer



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share it

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"What we need is younger women to understand that it was a long fight to get women recognized as equals, and the things that women are able to do now are there because somebody else fought that battle, and fought really hard for that. If I played the game the way everybody else played the game, I would be at home taking care of children, and I would not be Secretary of State. It was pushing another boundary." - Susan L. Farmer

Photojournalist John Freidah was commissioned by YWCA Rhode Island in 2013 to create a documentary that focused on the first three women elected to statewide office in Rhode Island. They are, in order, Susan L. Farmer, secretary of state from 1983-1987; Arlene Violet, state attorney general from 1985-1987, who also is the first woman nationwide to be elected to that position; and Kathleen S. Connell, secretary of state from 1987-1993. www.youtube.com/YWCARhodelsland

Susan L. Farmer and Deborah L. Perry at YWCA's Women Holding Office event in 2013.
photo by Agapao Productions

honoring women of achievement

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

event underwriters and attendees - thank you!

Eleven women and an organization were recognized for their accomplishments promoting peace, justice, freedom and dignity at the 9th Annual Women of Achievement Awards Luncheon, held September 26 at Kirkbrae Country Club in Lincoln. Deb Ruggiero served as the event emcee.

Congratulations to the 2013 honorees. YWCA Rhode Island appreciates the underwriters and attendees celebrating the following Women of Achievement and Organization of the Year: Cheryl A. Burrell, Anna Cano-Morales, Letitia Carter, First Lady Stephanie Chafee, Jacqueline L. Dowdy, Major Lynne B. Hannon, Sally Ann Hay, Eileen Hayes, Sister Ann C. Keefe, Julie A. Rawlings, Angela Romans, and Quota International of Pawtucket and Woonsocket.

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.

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Anonymous
Stephanie Chafee's Friends
Community MusicWorks
Hannon Family
Institute for the Study and Practice of Nonviolence
Lifespan Community Health Services
Quota International of Pawtucket and Woonsocket
Gina M. Raimondo,
Rhode Island General Treasurer
Rhode Island Air National Guard
Roger Williams University
Saint Michael's Church
Sophia Academy
and the many guests of the Honorees

in kind

Crown Trophy, trophies
Park Square Florist, Inc., corsages
Providence CityArts, cover art
Deb Ruggiero, emcee
Swarovski, gifts

"YWCA is pleased to host this celebration for the ninth year in a row to recognize the accomplishments of women across industry, culture and public service," says Deborah L. Perry, president/chief executive officer of YWCA Rhode Island. "We see the honorees as true role models for girls and young women growing up in Rhode Island."

Editor's Note: The honorees are highlighted on pages 9 through 20.



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salute

Carrie Bridges Feliz

To all of the wonderful, deserving honorees: Congratulations, friends and colleagues!

Providence CityArts

Twenty-two years ago, CityArts began in the heart of Providence's Southside neighborhoods. It began with Sister Ann Keefe's vision for a brighter future for youth who reside in our city's poorest neighborhoods, and recognition that youth can achieve to their fullest potential when a caring community rolls up its sleeves to make opportunities possible. What better way to engage youth than through the arts. What better way to empower youth and communities, than to ensure that all youth have access to arts learning as an intrinsic part of their childhood and development. Thank you, Sister Ann for being a trail-blazer of community youth arts programs in our urban communities and for the state of Rhode Island!

Rawlings Family

Congratulations to all the Women of Achievement Awardees of 2013, especially to our daughter and sister, Ms. Julie A. Rawlings.



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Stephanie Chafee's Friends

A Message from Stephanie's Friends: Thank you Stephanie for being such a passionate, compassionate, and tireless advocate for those who often have no voice nor champion. The impact you've made -- and continue to make every day -- inspires us to do more and try harder. Our gratitude is enormous and we are so proud of you!

Community MusicWorks

As Community MusicWorks enters its seventeenth year of working to build and transform community through music education and performance, we applaud the YWCA for its work transforming lives. We wish especially to celebrate Letitia Carter, without whose insight and support CMW would not be where it is today. Congratulations and thanks to all the honorees for their invaluable service.

Hannon Family

Congratulations to Major Lynne Hannon on this tremendous honor recognizing your advocacy efforts for military women. In addition to being a mother, wife, and military officer your leadership in mentoring others is truly inspirational. By overcoming your own adversity, you have used your experiences and resiliency in the service of guiding and supporting others. Your courage and accomplishments make us so proud of you! Love, The Hannon Family

Institute for the Study and Practice of Nonviolence

We join the YWCA in celebrating Sister Ann's invaluable contributions to the well-being of the people of Rhode Island. Your efforts inspire creativity, health, knowledge and peace for youth, families and everyone in between. Your indefatigable commitment to the community stands alone but touches us all creating generations of change.

Lifespan Community Health Services

Lifespan congratulates Julie Rawlings and all of the Women of Achievement Awardees on being recognized for their significant contributions in their respective fields. Julie is well-respected and appreciated for her dedication and passion in tackling inequalities in the underserved community. This distinction celebrates Julie's ongoing efforts towards improving the health of Rhode Islanders and the impact of her outreach work in our local communities.

Quota International of Pawtucket and Woonsocket

With the motto, "We Share", Quota International's members change lives through service and friendship for deaf, hard-of-hearing and disadvantaged women and children in local communities around the world. To the membership of Quota International of Woonsocket and Quota International of Pawtucket, congratulations on your recognition as an "organization" of achievement!

Rhode Island Air National Guard

The Rhode Island Air National Guard and the 143rd Logistics Readiness Squadron salute the YWCA for

recognizing Major Lynne Hannon and all of this year's Women of Achievement who represent the best in accomplishments of women across industry, culture, and public service.

Roger Williams University

The story of Anna Cano-Morales -- a first-generation Columbian-American from Central Falls who throughout her career has been a tireless advocate for education, quality-of-life and her own Latino community -- can serve as an example to today's young students of how education can create opportunities. Ten months ago, we were lucky enough to welcome Anna to Roger Williams University, and her impact on our community relationships has been immeasurable. Congratulations to Anna and to each of this year's award winners.

Saint Michael's Church

People of many nations, one community of faith: Congratulations to Sister Ann Keefe for this well deserved honor! Thank for your hard work and dedication to our community.

Sophia Academy

Sophia Academy honors First Lady Stephanie Chafee, Letitia Carter, and Sister Ann Keefe for the acts of kindness you have performed in service to our community and in support of Sophia Academy. We join you and the other awardees, past and present, in your efforts to empower girls and women who may not yet have a voice in our society.

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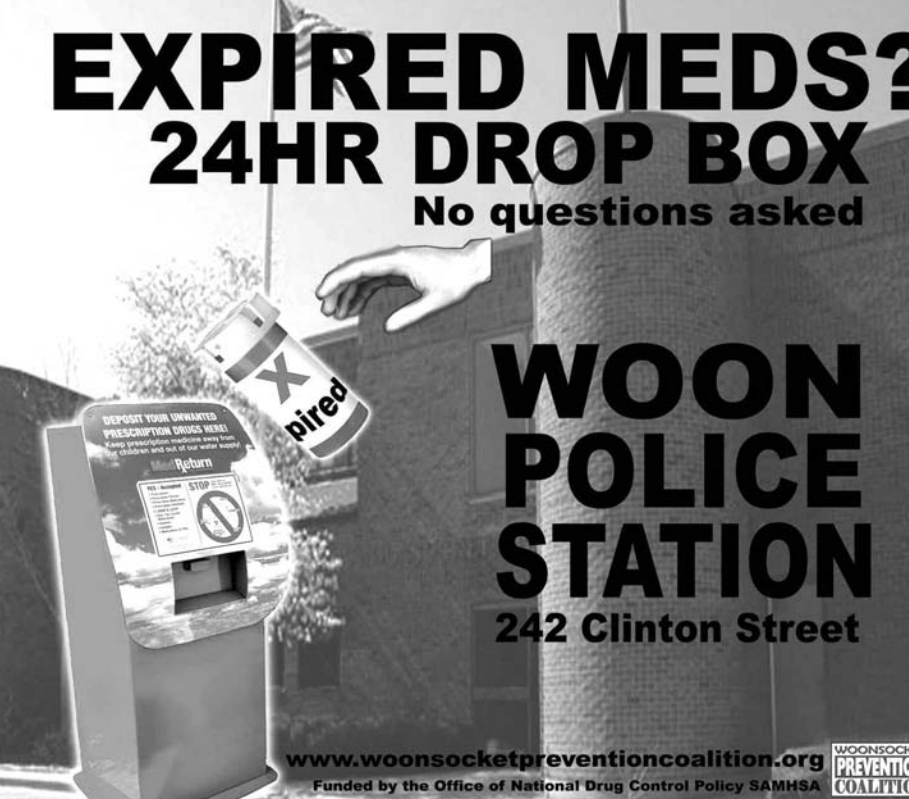
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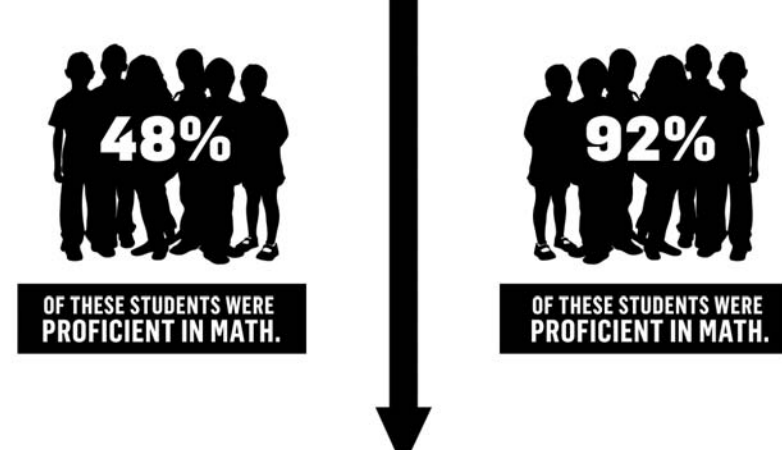
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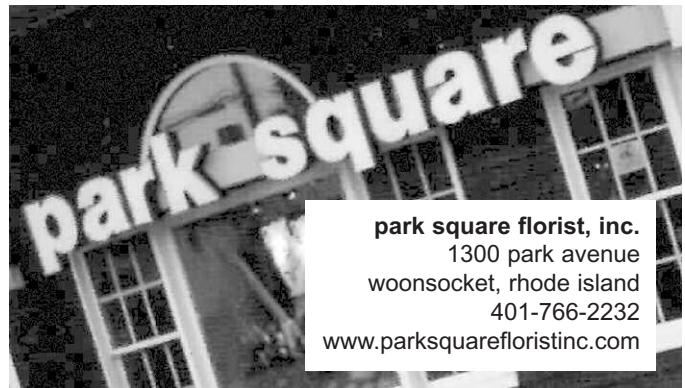
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Cheryl A. Burrell has been employed by the State of Rhode Island for more than 33 years and since 1999 has worked in the Department of Administration, currently as administrator of the Human Resources Outreach and Diversity Office. Previously she was employed in the attorney general's office. An advocate for diversity and inclusion, she has been involved for many years with community organizations, personnel associations, special interest groups, boards and committees. Burrell has a bachelor's degree in management from Bryant College and recently received a certificate from the Senior Executives in State and Local Government program at Harvard University's Kennedy School of Government. Burrell is married and has two daughters and two grandchildren.

photo by Agapao Productions

Cheryl A. Burrell

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

One of the consequences of growing up in a large family is that you are constantly identified as one of the “pack” and you don’t really have the benefit of developing your own identity until you break from the “pack”. This was my experience in the mid 1970s after growing up with nine siblings, graduating from high school, marrying and giving birth to two children, followed by domestic differences that led to divorce and the responsibility of raising my two adoring daughters on my own. Throughout those challenging years, I learned many personal life lessons, a few of which I share here.

The most important personal life lesson I learned was to trust in God with all my heart, in every area of my life. I knew God growing up; having spent my childhood attending church services and engaging in many church activities, but it was during my early parenting years that I really came to know

God for myself. Those were very difficult years. I struggled financially, worried profusely, and prayed continually. And, I know that God answered my prayers throughout those precious years because all my needs were met and He gave me the strength, power, and confidence I needed to succeed throughout my personal and professional life.

I also learned that it is important to surround ourselves with positive, supportive, encouraging people. I have been fortunate over the years to have such people in my life. My parents were a very positive influence in my life. They emulated such values as commitment, responsibility, hard work, and integrity. I attribute my strong work ethic and determination to succeed at every task I undertake to the loving guidance they provided to me and my siblings. I have also sought after similar individuals throughout my life, sometimes deliberately and other times they

simply arrived on my doorstep. They have been mentors, coaches, friends, and confidants, but most importantly, they have been a positive influence in my life. I would encourage every young woman to seek out such individuals. We all need others who can inspire us to be our best, and if such individuals can not be found, read motivational books and materials. They can be a great source of inspiration, as well.

Finally, I have learned that God has given each of us gifts that, when applied to our life’s purpose, can lead to a satisfying, rewarding life. The key is to find out what your gifts are, and then align them with an activity or profession through which they can be fully utilized. When you achieve this task, you will have found your own strength and power to walk through this world with confidence, knowing who you are and that what you do really matters. ❖❖❖



Anna Cano-Morales, is chair of the Central Falls School District board of trustees. She served on the Rhode Island Board of Regents for Elementary and Secondary Education from 2008-2011 and on the executive board of the University of Rhode Island Foundation from 2009-2012. During a decade as associate vice president for grant programs at the Rhode Island Foundation, she led the Hispanics in Philanthropy initiative. Currently the director of university relations and of the Latino Policy Institute at Roger Williams University, she also has served on boards for Gateway Healthcare, the RI Latino Political Action Committee and RI Civic Fund. She and her husband, William Morales, have two sons and live in North Providence.

photo by Agapao Productions

Anna Cano-Morales

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

The best words of wisdom that I offer young women as they seek to find themselves are not words at all. They are my actions. They are my attention. They are my privilege that is shared with them. I live my life in a way that models a can do philosophy. I try to always make time to ensure that I am paying it forward and there is not a better way to do that than by mentoring and just being there. As a woman and a Latina I am acutely aware of the barriers that society can impose. Whatever doors I can open, figuratively and literally, the more of us will experience success and hopefully inspire the next generation.

My strength and confidence comes from deep inside. Being a daughter of immigrants, forming my own family, living the American Dream, having strong mentors along the way, being a product of adversity is my power. I refuse to let it be anything else. I believe whole-heartedly that we have a responsibility to ourselves, to each other and to this world to always do the very best we can in whatever we decide to do. As a generalist I love to learn about a myriad of issues. I love to learn something new everyday. My greatest confidence comes from the lessons learned and the lessons still to come. ❖❖❖



Letitia Carter of Providence is among the volunteers who opened the Coggeshall Farm Museum, Bristol, a working restoration of an 18th century farm, and served as its president. She is a founder of the Fiber Co-op at Slater Mill Historic Site, Pawtucket. As president of the board of Veterans Memorial Auditorium, she secured financing for major remodeling in 1990 and for the return of the Rhode Island Philharmonic's performances. She is a commissioner of the Rhode Island Convention Center Authority with special responsibility as chair of the Vets Foundation. She has been a board member of the Community Preparatory School for 10 years, three years as chair, and also has served as a director for WRNI Public Radio, Planned Parenthood, the Philharmonic and Rhode Island Mayoral Academies.

photo by Agapao Productions

Letitia Carter

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

We women are always looking at the lifestyles of women and judging where we are.

I am aware that vexing problems still exist within the field of equality today, subtle and unforgiving, such as compensation, upward mobility and training. Adding choice and opportunity to these goals, we are still watching for progress. However, now I see a more generous and welcoming assistance responding to women.

Years ago, I entered Lake Erie College for Women in Painesville, Ohio. As an only child, I had never lived with so many women. Many, such as myself, were the first in their families to enter college. This experience was not only exciting to me, but relaxing as well. Most of us had been living with the accepted teacher/nurse, wife and mother set of career goals. We started thinking. As I write to you today, I firmly believe that teaching and nursing are vibrant and most interesting career models. Families are good too!

Today, we women have, or are given, many chal-

lenges and opportunities for following this life we have through. We are asked to follow these advisories carefully. They are sincere and deserve your most sincere thoughts to match them with who you know yourself to be. The effort you apply to this exercise, in a quiet place, from time to time, may be your inspiration.

My advice to you is not hard advice, but rather soft advice: Learn everything you can about what is going on around you. Volunteer, you'll meet some interesting new people. Attend some events and programs in Rhode Island. Be generous, not necessarily with money, but with your time and spirit. Read as much as you can. Catch up with your friends and family. Listen carefully. Say yes and thank you at appropriate times. Be kind. Know that a positive outlook often precedes a positive conclusion. Have passion for what you do.

You may be doing many of these things already, but don't forget to be proud of the wonderful woman that is you. ✨



First Lady Stephanie Chafee earned a bachelor's degree in nursing from Boston University, a master's degree in business administration from the University of Connecticut, and an Honorary Doctor of Humane Letters from the University of Rhode Island. She is a registered nurse and was one of the first nurses in Rhode Island to work exclusively with HIV/AIDS patients. She helped found the Rhode Island Free Clinic in South Providence, which provides healthcare to the uninsured, and was featured as one of the "25 Models of Promise" in Shirley Sagawa's *The American Way to Change*. She is a co-founder of Women Ending Hunger and a community health care advocate for all Rhode Islanders, particularly the less fortunate.

photo by Agapao Productions

Stephanie Chafee

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

How do you find strength, confidence and power in a world bombarded with conflicting and confusing messaging about women and our role in society? The truth is there is no magic bullet, no easy way to arrive at a place where you both embrace your power and use your strength and confidence to improve your own life as well as those of others. There are tools, though, that one can use to help get us where we want to go as women in 2013.

Very few people in the world are born leaders who possess confidence, strength and power. The rest of us have had to work at it to get there. One of the keys to affirming these characteristics in ourselves is the choices we make. Choice is very powerful. One has a choice each and every day, even multiple times a day, to define ourselves. We have a choice to be kind or mean, we have a choice to learn something new or not, we have a choice whether we will go to work or school – or not.

And the decisions we make determines, to a great extent, where we will go in life and whether we will find that inner strength, that confidence and power we all so want to enjoy.

Power, I believe, comes in too many forms to define. However, I think everyone has the capability to obtain the power of their destiny, power over their life and power to affect the world in constructive ways. Knowledge is the most important form of power, so I believe it is imperative to make the choice to learn. And with knowledge, so comes confidence.

There is a secret ingredient that helps propel one forward in all of these respects, and that is passion. When one follows a passion, it is extraordinary to see the results. I think that when a person is motivated by genuine dreams, he or she will make the confident, smart choices. Thus, I always support individuals who have passions, because above all else, they will be happy doing what they love. ✨

Jacqueline L. Dowdy

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?



“Success is liking yourself, liking what you do, and liking how you do it.” - Maya Angelou

When I chose to become a Master’s level social worker, I knew I was choosing a life of helping others. I was well-aware that there would be difficult days and rewarding days, but I also knew in my heart that service to others is in my blood, thanks to a great legacy started by the Dowdy and Dandy women before me.

My strength and confidence comes from my mother Ethel Dowdy, one of the first-ever recipients of a Woman of Achievement Award in 2005. A role model for myself and others, two and a half years ago she fought the biggest battle of her life when she was diagnosed with Non-Hodgkin lymphoma, a type of blood cancer. I observed my mother as she smiled when we all knew that she wanted to cry. I listened as she consoled me over the loss of her beautiful gray hair, “God gave it to me once, He will give it to me again!” I marveled as she helped others with lessons of faith and compassion and I watched as she prayed her way through the cancer. Today, my mom is cancer-free.

I work for an organization that allows me to do what I love, which is to help and empower others. I have been employed by Neighborhood Health Plan of Rhode Island for nearly 12 years. When working with individuals and families, I always treat them as I would want to be treated. I have been given the task of teaching and empowering others to use their voice to make positive change in health care, in their families, and in their communities. I like what I do and how I do it.

As the mother of three girls, I am always pushing them to do their best. When we are doing homework my youngest will always say, “Mom, I am not perfect!” to which I always reply: I am not looking for perfection, I am just looking for your best. That is the same sentiment I share with all women. We must always strive for our best.

As I continue to mold, motivate and nurture my girls, I know it is not out of the realm of possibility that some day one of my own daughters will be a recipient of this stellar achievement. Today, I am honored to carry the torch. ✨

Jacqueline L. Dowdy has served as member advocate/ombudsman for Neighborhood Health Plan of Rhode Island since 2008, responsible for ensuring that members’ needs are being met and appropriate services are available to them. Previously, she was Neighborhood’s manager of substitute care and was the coordinator of school based health for Thundermist Health Center, Woonsocket. She is the mother of three girls ages 16, 10 and 9 years old; a member of St. James Baptist Church, where she is the director of community outreach; and a member of Rhode Island’s Global Waiver Task Force and DCYF’s Advisory Committee. She has a master’s degree from Yeshiva University’s Wurzweiler School of Social Work, New York, New York.
photo by Agapao Productions

Lynne B. Hannon

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?



A young woman today who seeks to find her strength, power and confidence in this world is no doubt embarking on a journey filled with incredible challenges. Attempting to break the “glass ceiling,” in a predominantly male environment can certainly add to those challenges. When I joined the Air National Guard over 20 years ago, I committed to live by the Air Force Core Values of “Integrity First, Service Before Self and Excellence in All We Do”. These are the cornerstones of our organization and have allowed me to become a part of something much greater than myself. My strength, power and confidence has been built and reinforced by believing in these values and having faith that I can persevere through the most trying of circumstances. Establishing and maintaining good, strong values is especially important for all young women as they aspire to rise above and overcome any obstacle in life.

One aspect of my Air Force experience has been seeking a mentor. Mentors provide positive influence, guidance and perspective. Their wisdom helps us to see things from a different standpoint and keep us true to ourselves. They can also empower us to stretch way beyond our limitations. The Air National Guard has given me countless opportunities, to mentor and be mentored. Wherever you are at in life, you can find a mentor. They come in all shapes and sizes and in my case, different ranks as well as individuals from within the community. Many of my mentors are women whom I admire and whose perspective on life is one that I’m continually intrigued by. Relationships are about sharing; the good, the bad and everything in between. The more we share, the more we allow others to do the same. Mentors have not only been people that I have worked for, but whom have worked with me and for me. Most importantly they believe in me. The best part about mentors is that you don’t have to have just one. The mentors in my life are extensive and have truly been a wonderful source of my strength, power and confidence.

As a leader, I continuously strive to live by my core values, pointedly keeping in mind the best interest of those that will be affected in some way by my decisions. Sometimes this process can be extremely arduous and gut-wrenching. It can also tempt us to question ourselves unceasingly. The truth is, in our hearts we simply know what the right thing to do is. My words of wisdom to all young women would be- it is important that others believe in you, but it’s even more essential that you first believe in yourself. Don’t be afraid to exhibit persistence and initiate making a difference or creating the change that you want to see. Be resilient and courageous in whatever you do and trust yourself. If you plainly live like you believe, you will build a worthy, solid reputation for yourself and one that speaks to the world your own sense of strength, power and confidence. ✨

Major Lynne B. Hannon is a full-time logistics officer with the 143rd Airlift Wing, R.I. Air National Guard, leading more than 70 airmen and directing logistics operations including transportation, aerial delivery and fuels functions for C-130J aircraft. A staunch supporter of mentoring and diversity, she is the founding director of the Women’s Mentoring Council, a group of Army and Air National Guard personnel that encourages career progression, integration, networking and relationship building as well as discussion of women-centric issues. She also volunteers as the Wing’s sexual assault response coordinator, assisting in the prevention of sexual assault in the military. She has been selected for promotion to the rank of lieutenant colonel in June of 2014.
photo by Agapao Productions

Sally Ann Hay

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?



Sally Ann Hay has put skills learned during a career as a clinical social worker to use in volunteer work she now pursues during retirement. She says she is most proud of being active with Options, Rhode Island's lesbian, gay, bisexual, transgender news magazine; helping to create and later co-chair Equity Action, a LGBT philanthropic field-of-interest fund at the Rhode Island Foundation; being a founding member of the McAuley Village Women's Circle, and helping to lead SAGE/Rhode Island (Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders). Originally from California, she now lives in Lincoln with her partner, Deirdre Bird.

photo by Agapao Productions

When I first started to think about this question, my thoughts went to parental influence. This is a bit surprising as my parents were such difficult people for me and for a good part of my life, I would have told you much of my growth and success was in spite of them. But now that I am older, wiser, and . . . more mature . . . I can 'hear' them more clearly.

My dad wasn't much of a nurturer, so I particularly remember when he seemed to want to teach me about life. When he realized that I took the lack of religion in our household (he was an atheist, my mother an agnostic) as evidence of a lack of values, he told me that at the end of the day, he figured if he hadn't hurt anyone and he had done the best he could that day, it had been a good day. How simple is that?

When I was grappling with peer pressure and adolescent angst, he offered: "Don't forget – you are the only person who will go to bed with you every night for the rest of your life."

And when I was living on my own and talking with him about various car and home repair problems, he suggested: "If it can't be fixed with WD-40 or duct tape, you probably need help."

My mother left her mark as well, even though she died too early in my life. My favorite from her was scribbled on top of a family recipe, "Remember, if it doesn't have chocolate, cheese or garlic in it, it probably isn't worth making." Now, you need to know, my mother really didn't like being a homemaker (the women's liberation movement came too late for her) but she did believe that fun and humor were vital.

My understanding, then, of the childhood contributions to my strength, power and confidence would include the following pearls:

- be kind;
- know your limits and do the best you can on any given day;
- know the difference between spirituality and religion, and cultivate the former;
- be true to yourself;
- know when to ask for help; and
- be sure to laugh and have fun, especially when the task is onerous.

Finally, I would add a strand of wisdom that, for me, pulls the other pearls together in a strong, powerful and confident way:

- be willing to be the authority in your own life. ❖❖❖



Eileen Hayes, president and CEO of Amos House, received her master's degree from NYU School of Social Work in 1984, and throughout her career has held a variety of positions including the director of services for adolescents and young families at the YWCA of New York. Under Hayes' leadership, Amos House has grown into a comprehensive social service agency that includes 13 buildings, culinary arts and carpentry training programs, a literacy program, Mother-Child Reunification Center and businesses including the Friendship Café and More Than a Meal Catering. She lives in Providence with her four children.

photo by Agapao Productions

Eileen Hayes

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

I am incredibly proud to be receiving an achievement award from the YWCA. I was a young woman of 20 when I started my career as an intern at the YWCA of New York City. I mark that decision as the point in which I began my journey as a woman. I met three of the smartest women I had ever met at the YW. Not only did they teach me how to be a social worker, they taught me that I can do and be whatever I put my mind to. They gave me confidence when I had none, they pushed me beyond my comfort level and they showed me that there was nothing I couldn't learn. I went from an undergraduate intern to the director of services for adolescents and families in the span of my ten year stay. I was given more opportunities than I could have ever imagined and I know that part of the reason was my willingness to work tirelessly.

I grew up with four older sisters in a family where we didn't have much but we learned that whatever we did with our lives, we had to work for it. I watched my Mom, born and raised in Ireland with an 8th grade education sit at the dinner table each night pecking away at a typewriter so that she could get a job. She was terrified to go out into the world. She believed that she wasn't smart enough or pretty enough, or talented enough, but she had no choice but to find a job to support her 7 children.

I have two daughters and two sons. I want my daughters to know that they are better than good enough; that they do not need to be defined by what they look like or by what others say about them. I want them to know that they can and should have friends from many different walks of life and that the most important quality in any woman is her ability to be honest with herself and others. I want my daughters to be proud of their accomplishments while at the same time remaining humble and open to being wrong. I want them to know that it is in their mistakes and challenges that they will stretch beyond their wildest dreams.

I am soon to be a grandmother of a baby girl. My granddaughter will be a child of color and as with my daughters, I want her to know that she can be anything she sets her mind and her heart to be. I pray that when my granddaughter is a young woman she will not be defined by the color of her skin and that her generation comes even closer than my own children in breaking the barriers that come with race and ethnicity. I am excited for all of our children, especially our girls as they have the most to gain in the world we are becoming. I wish that all of us continue to believe in something greater than ourselves. Finally, I wish all of our daughters the gift of faith. ✨



Sister Ann C. Keefe, of the Sisters of Saint Joseph of Springfield, Massachusetts, MSW Fordham University, 1982, has been a teacher and school social worker since 1970 and, for the past 30 years, parish minister at Saint Michael's Church, Providence. She is a founder or co-founder of numerous organizations including the Institute for the Study and Practice of Nonviolence, Providence CityArts, The Good Friday Walk for Hunger and Homelessness, AIDS Care Ocean State and Open Doors, reflecting her belief that the faith community can lead people to justice and peace without institutional church control. She serves on many City of Providence committees and is the chair of the Providence Human Relations Commission.

photo by Agapao Productions

Ann C. Keefe

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

From the Desk of Ann Keefe, SSJ

Dear Young Woman of many cultures, languages, and history:

My apologies for not having written sooner. So much has happened. I know, no excuses!

If it is advice that you seek. I certainly hope that you will take these words to heart. After all they are coming from mine. And you did ask.

Our world could stand for you to help open eyes and hearts and design a way to engage in the work of justice and peace. You are a leader and are capable of social change for justice. Choose wisely. I am confident that you have already begun this life's work for justice. Find a way to refresh yourself, be strong.

Your work for peace will be tested. Too, often far away places are just that, far away. The faces of people all become one. Don't

lose heart. Stand up and with those most vulnerable. You know, and I have said this to you before, nonviolence is for courageous people and you are courageous! Did you participate in the vigils for peace and no bombing? Good for all of us to stand together for peace.

The desire for peace is near, there are people searching for peace and I am sure you have met them. If you haven't, meet them! Is peace so hard?

Have you met the children in your neighborhood? Their eyes speak volumes as they struggle with education and poverty. O, did you get a chance to volunteer at your library? The children will really enjoy you. You have a sense of humor and your kindness is so welcome.

Have you had time to talk with your little sisters, your Mother and other women in your family? Don't forget your Grand Mother! Call them by name so never to forget. Create

opportunities to be with them, learn from them and enjoy them. Time goes so quickly.

Nothing will stand in the way of your life if you seek counsel from the wise, trust your instincts, and be generous, greed has no place in success. Remember you are courageous and strong!

Time to close. This letter of love is short but I hope, thought provoking.

I hope that it is not too late to ask how you are. And since we have a lot more to talk about, lets have tea sometime. Thanks for asking what I was thinking about and hope that my responses helped. I hope that I wasn't preachy.

Peace, ✨

Ann Keefe, SSJ

PS: Your turn to write.



Julie A. Rawlings is the minority outreach specialist for Lifespan, serving as the liaison to community members and agencies with a focus on underserved populations. In five years, she has expanded outreach to communities and individuals, helping the hospital system improve the health of Rhode Islanders. As a result of her work, she was appointed by Dr. Michael Fine, director of the State Department of Health, to serve on the Commission for Health Advocacy and Equity, and by Governor Lincoln Chafee to serve on the Rhode Island Healthcare Reform Commission. She is committed to eliminating health disparities and increasing access to care for Rhode Islanders.

photo by Agapao Productions

Julie A. Rawlings

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

Strength, power and confidence all come from within. Before you find your role models and those who have your best interests at heart, look within yourself to ensure that you have your best interest at heart! Believing in you is your first order of business. After all, if you do not believe that you are a diamond in a society that can be challenging and judgmental, you may not find other people who can see your brilliance. Empowering yourself with the belief and understanding that you are valuable while surrounding yourself with others that share the same attributes is a tremendous strategy for success in whichever field you choose. It is always wise advice to surround yourself with those who inspire you, individuals with qualities you would like to strengthen within yourself, people who are smarter, or in positions that you find desirable. This will ensure you are always learning and constantly training to be your best.

My inspirations for sustaining strength, wisdom and power come from various sources such as family, friends and the communities in which I serve. I have come to find that those who are less fortunate also tend to have the most courage and spirit to overcome the hurdles that lie before them. Working with underserved communities inspires me to continue to touch others and provides me with the strength to continue my work. While doing this work I hope to encourage and pave the way for the next generation to go beyond the achievements of women today, continuing on a path of breaking barriers and fulfilling lifelong dreams.

Many hurdles will come along your way as well as triumph and victory. It is up to you how to overcome the hurdles and ride out your achievements to the fullest. There is no such thing as luck. . . it is about being prepared for every opportunity. ✨



Angela Romans is a lifelong educator whose career focus has been on increasing college readiness, access and success for underserved youth. She is currently principal associate at the Annenberg Institute for School Reform, a national education policy research and reform support organization. Romans worked most recently as education advisor to Providence Mayor Angel Taveras and spent many years in the Brown University admissions office. After earning degrees in biomedical engineering and education at Harvard University, Romans taught math and science in alternative public high schools in Boston and New York City. She is chair of the award-winning Board of College Visions and is an Annie E. Casey Foundation Children and Family Fellow.

photo by Agapao Productions

Angela Romans

What wisdom do you offer to young women as they seek to find their own strength, power and confidence in the world?

As part of a leadership development fellowship, someone recently asked me, “Angela, when do you feel most powerful?” After thinking for a while, I responded with two very different examples: when I perform as a backup singer for an amazing local female singer/songwriter, and when I lead a group of talented, engaged people collaboratively toward a common goal. Both, for me, illustrate how much I derive strength, power, confidence, and joy from the challenge and accomplishment of being part of a high quality team, and from teaching and learning, whether a new song, a new skill, or a new way of thinking about the world. My passion for my chosen field of education is a fundamental part of who I am, so I draw strength and inspiration from the young people I advise, mentor, serve, and admire, and from educators and activists who share my passion for making positive social change. I also admit that “dressing up” makes me a little

more confident – a takeaway from being raised by an African American mother in the South.

As a feminist, educator, and leader, I think a lot about how to draw on my own background, strength, and skills to help achieve gender, racial, and other types of equity in education, in my community, and in my life, and how to empower young women to do so as well. I have a few pieces of advice that I give when speaking to groups of young women leaders seeking to find their own strength, power, and confidence in the world:

- Find your passion and follow it. Think about what brings you joy, and do more of it. We are most confident when we know we are good at something.
- At the same time, don’t be afraid to fail forward. We learn from doing, and the best inventors, entrepreneurs, and change agents build on their mistakes.
- Figure out how to say no – strategically,

gracefully. Constantly taking on more than you can handle does not make you Superwoman, it just saps your strength and effectiveness.

- Seek out mentors. Identify people you admire professionally and/or personally, ask them to coffee, find out how they are successful, and, if they agree, build a relationship with them. Good advice and networking go a long way.
- Finally, cultivate a handful of people (friends, family, partner) who are in your corner no matter what. They should tell you when you are wrong, give you advice when you need it, and ultimately support you toward your goals.

To make change in the world, women need to find our own power sources to recharge, regroup, and reboot. By tending our own gardens and finding our own strength, we can be best prepared to support the next generation of leaders. ❖❖❖



Quota International of Pawtucket and Woonsocket



photos by Quota International, YWCA Rhode Island and Agapao Productions



In 1919, Quota International was founded by a group of five women who decided they wanted to create a place where women could unite for a common purpose and make their efforts count. The group formed the Quota Club International and chose the name "Quota" meaning "a share of one part to a whole". Quota's membership today includes women as well as men in about 300 clubs in 14 countries. With a motto of "We Share", Quota International is known especially for its service to disadvantaged women and children and to people who are deaf, hard of hearing and speech impaired, Worldwide, Quota members donate hundreds of thousands of hours and more than a million dollars each year to address local and international needs.

Quota International of Pawtucket was chartered in 1930 and at present has 30 dedicated Quotarians that share their time, talents and resources to further Quota's service goals.

As a group, they support the hearing impaired via academic scholarship and financial aid. Their main focus, is on the disadvantaged through its service to YWCA Sarah Frances Grant Homestead in Central Falls and Boys and Girls Club of Pawtucket.

Quota International of Pawtucket held a "Kitchen Shower" for the residents of the homestead. The importance of these "showers" are to provide them with household items needed when residents transition to their own apartments.

Quota International of Pawtucket also host Bingo Nights and collect food items to be used in Thanksgiving Baskets for needy families from the Boys and Girls Club as well as from the YWCA Sarah Frances Grant Homestead. They provide gifts to families during the holidays.

Quota of Pawtucket makes other donations to the: Blackstone Valley Advocacy Center, Backpacks to Fight Hunger, CASA, Edesia Global Nutrition Solutions, Wanda Frey Joiner Fund, We Share Foundation, and more. Pawtucket Quotarians are involved in a variety of personal volunteer services in the community.

Quota International of Woonsocket is dedicated to helping deaf, hearing and speech impaired individuals and disadvantaged women and children. The club has 45 members and is celebrating 80 years.

They hold several fundraisers, including a Halloween Breakfast, Autumnfest Button Sales, Holiday Bazaar, Pasta Dinner and 25 Week Club. Quota of Woonsocket assists Parish Food Pantries, Adopt-a-Family, Connecting for Children and Families, Haven of Grace, Family Resources, Sojourner House, Woonsocket Head Start and Even Start Programs, Meeting Street School, and YWCA Rhode Island for two camperships.

Other local efforts include providing education scholarships and visiting nursing home residents.

Their world service donations assist in feeding malnourished children through Edesia Global Nutrition Solutions, Haiti Medical Center, Smile Train - the world's leading cleft palate charity, and Love and Motion in Haiti.

In continuing with assistance to the deaf, hearing and speech impaired, they sponsor the Stadium Theatre's Imagination Series which includes sign language interpretation. Quota of Woonsocket and YWCA Rhode Island have co-sponsored a Health and Hearing Fair for over 10 years.

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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*.

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artist canvas

kite cover art ✨

The Kite Mural was created and installed by Providence CityArts. CityArts is a community arts organization, serving 1500 urban at-risk youth. The organization's mission is based on the ideal that all children need quality arts learning in their development and childhood, and that teaching artists can be inspiring agents of social change in young people's lives. The mural installation was a group project led by teaching artists Deb DeMarco and Juliette Casselman, funded by the National Endowment for the Arts. It can be found in the Kennedy Plaza Skating Rink Tunnel.

Editor's Note:
See "salute" from Providence CityArts to Woman of Achievement honoree, Sister Ann Keefe, on page 4.

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**ROSIE'S
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Dear Friend:

During this past summer YWCA Rhode Island in partnership with Sophia Academy and the National Association for Women in Construction, Rhode Island Chapter, co-created and co-delivered the YWCA Rosie's Girls program.

Rosie's Girls combines the best of YWCA Rhode Island and Sophia Academy gender specific programming and offers a unique experience for adolescent girls (ages 11-13) designed to build self-esteem, perseverance and leadership through learning and applying basic skills in the trades (e.g. carpentry and stone cutting).

Rosie's Girls is supported chiefly through a mix of funding and donations from individuals, foundations and corporations. The overwhelming majority of our campers require financial aid. In fact, last summer 100% of our campers received full tuition scholarships to attend our program.

The pages that follow offer a small window into the summer of 2013 program specifics and the day in the life of a Rosie's Girl. And now that summer is officially over and the saws that buzzed Rosie's Girls program are silent we have begun to plan for the summer of 2014.

We invite you to join other women and men in becoming a member of our "Rosie's Circle", a group committed to pledging financial support to the program to ensure that no girl will be turned away from the camp because of family income.

- *\$50 will help supply two campers with a set of hand tools
- *\$150 provides twelve girls with a day of carpentry instruction
- *\$750 provides a full scholarship for one girl to attend Rosie's Girls for three weeks

Thank you for your consideration.

Very truly yours,

Deborah

Deborah L. Perry
YWCA Rhode Island
President/Chief Executive Officer



Sign me up! I want to join the Rosie's Circle:

Name:

Address:

Phone:

Email:

Enclosed is a donation in the amount of:

___ \$750

___ \$150

___ \$50

___ Other

Mail to:

Rosie's Circle
c/o YWCA Rhode Island
514 Blackstone Street
Woonsocket, RI 02895



Rosie's Girls

Building Strong Girls

Girls in early adolescence have few, if any, opportunities to learn about careers in STEM (science, technology, engineering and math), technical or trades-related careers – careers with potential for significant earnings and professional achievement.

Fewer than 5% of all students enrolled in high school construction or technical programs are girls. Our experience demonstrates that it is not because women and girls don't want to pursue careers in non-traditional fields; it often simply does not occur to them.

What is Rosie's Girls?

Rosie's Girls summer program is an exciting day camp that helps girls develop and strengthen their capacities and confidence while exposing them to a range of educational and career opportunities they may have never considered.

At Rosie's Girls camps, girls (entering 6-8th grades) receive training in skilled trades and technical fields combined with lots of arts activities and games.

The program was piloted in 2000 by Vermont Works for Women and has been successfully replicated in various sites around the country including Santa Monica, California, Cleveland Ohio, seven cities in South Carolina, and in Rhode Island.

How Did Rosie's Girls Get its Name?

Rosie's Girls takes its name from Rosie the Riveter, the fictional World War II icon who represented the women who went to work in shipyards and factories to fill shortages while men fought overseas.

What are the program goals?

The goals of Rosie's Girls program are:

- to increase girls' self-efficacy and self-confidence;
- to expose girls to a variety of trades and technical fields; and
- to encourage participants (and the adults in their lives and communities) to challenge the expectations our society has for girls and women.



Rosie's Girls What Happens

Building Strong Girls

Rosie's Girls campers have a chance to get their hands dirty, express themselves creatively and explore what the world has to offer them and what they have to offer the world. Combining hands-on instruction in the skilled trades with lots of arts activities and games, the program supports girls in finding their own strength, power and confidence in a fun, positive atmosphere.

Building and Exploration

Rosie's Girls learn and apply basic carpentry skills including measuring, cutting, hammering and tools safety.

Rosie's Girls explore other nontraditional career fields from women such as welding, firefighting, and automotive technology.

Arts and Creative Expression

Rosie's Girls express themselves through activities that span a broad range and include collage design, Paper Mache, vision boards and improvisation.

A Girl's World

Rosie's Girls engage in thought provoking activities that examine the messages they receive about the role of women and girls in our society and explore who they are and what they can be

Physically Challenging Activities

Rosie's Girls engage in teambuilding, soccer, and plain old everyday fun.



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Rosie's Girls Helping Girls Identify and Challenge Limiting Cultural Assumptions

Building Strong Girls

According to the Joint Center for Political and Economic Studies (JCPES), women who completed high school earned 50% more than those who did not and those who completed some college increased their annual earnings by 20-25% more. And those with bachelors or advanced degrees earned about 50% more than those with some college.

YWCA has a long-standing commitment to providing programs and services for teen parents and advocating for systems that help them become successful and productive members of our community.

Curriculum Focus

The Rosie's Girls curriculum includes a variety of "Girls World" activities that seek to help girls understand the subtle (and not so subtle) messages that women and girls receive about how they should act, what they should look like, who they should please and what they can become – messages that can limit girls' options, opportunities and attitudes.

Media Messages

Program participants are also provided with opportunities to critically assess the media's impact, particularly print advertising's impact, on them and our society by examining the implicit and explicit messages in the ads they see – and to challenge their underlying assumptions about women and girls. Exercises are divided between those that are intended to give girls an opportunity to explore media messages and those that give them an opportunity to react and take positive action.



Rosie's Girls

What They Are Saying

Building Strong Girls

"Rosie's Girls has taught me leadership skills."
- Alexa, age 9

"Having carpentry skills makes me feel more confident and empowered."
- Yamelly, age 12

"All of the team challenge games and activities were so much fun."
- Linsey, age 9

"Rosie's Girls has opened my eyes up to looking at things differently. I think I am more willing to try new things because I know if I have the confidence and follow the directions, I can do anything I put my mind to."
- Nyree, age 13

"Camp has helped me think more outside the box!"
- Angela, age 12

"Building the gardening beds and planting the vegetables was the best. It makes me want to build one in my own backyard. I'll know how to construct it and which seeds to plant now."
- Lesly, age 11

"Making friends at Rosie's Girls was easy because we are all building the projects together so you need to work as a team and have a lot of communication."
- Kaita, age 12

"The Rose and Thorn activity helps us reflect back on our day. Its fun to hear what everyone's favorite part of the day was."
- Junia, age 12



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