



# What's Hot

General Federation of Women's Clubs of Rhode Island

April 2009

## PRESIDENT'S MESSAGE

**JUDY MARAK**

**783-4776**

Yes, we are getting April showers—in spades-- but those May flowers are just around the corner, believe me. Spring also means that the all the reports are done and in the hands of GFWC; now, it's wait and see. It has been an interesting year for me. I have learned a great deal. Surprise! I thought I knew all the GFWC of RI ropes. I've made my share of errors and you have remembered "to be kind" and I'm grateful for that. The reports were just amazing; we have so much creativity in our clubs as well as spirit and caring. The sole regret: the good works that didn't get reported. I know who you are and I know how much work you've been doing. Please, next year brag a bit and be admired. By the way, I truly enjoy your newsletters; they keep getting better.

Spring also brings our annual meeting on May 16 at The Village Inn in Narragansett. The Conservation Department is featured and Susan Porth, our conservation chairman, has engaged Sarah Kite of the RI Resource Recovery Corporation for the occasion and is pulling out all the stops. We will have surprises and prizes. Not enough for you? Our GFWC guest speaker is Babs Condon, Second Vice President and a charmer.

I urge you all to come to the meeting and mingle with your other GFWC of RI friends. Remember GFWC is not only a venerable volunteer organization but also a sisterhood of women with community improvement in their hearts. See you all on the 16<sup>th</sup>.

Best Federation wishes,  
Judy

## ARTS

**ORA WRY**

**737-2651**

As Arts Chair for the GFWC RI, I found that the arts are alive and well in GFWC. After reading

reports from different clubs, I realized that there



were so many different types of programs. Local clubs supported the making of crafts that were shared in their communities Musicians from high schools

performed. One club donated funds to an after school program in the arts as well as a curriculum that incorporates the arts as a therapeutic intervention. As a member of the GFWC South County, I am aware of the long-standing support of the Courthouse Center for the Arts which had its beginning in the late 1980's with an 'idea' which now has a rich and varied program. Some members of GFWC South County are sharing their arts expertise with high school students in the Lighthouse for Youth program. So, our members do enjoy and support the arts in a variety of ways. I enjoyed seeing how other clubs also supported the arts.

Poetry, short stories, painting, crafts, photography, music: we have so much to share. Thank you for your reports.

## CONSERVATION

**SUSAN PORTH**

**737-2651**

Did you know.....

We use over 80,000,000,000 aluminum soda cans every year, about 392 cans per person per year.

Once an aluminum can is recycled, it can become part of a new can within 60 days.

There is no limit to the amount of times aluminum cans can be recycled.

Americans use 2,500,000 plastic bottles every hour! Most of them are thrown away.

Plastic bags thrown in the ocean kill as many as 1,000,000 sea creatures every year.

Americans throw away 25,000,000 plastic beverage bottles every hour.

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To produce each weeks Sunday newspaper, 500,000 trees must be cut down.

If all of our newspapers were recycled, we could save 250,000,000 trees each year.

The average American uses 7 trees a year in paper, wood and other products that are made from wood.

This amounts to about 2,000,000,000 trees a year.

Approximately 1,000,000,000 trees worth of paper are thrown away each year in the US.

### **Tech Recycling**

The ecoNEW Tech Trade-In program is an easy way to upgrade your electronics while recycling your outdated technology. In return, you will receive a gift card to a participating retailer. Use the gift card toward your next purchase or save the cards from each trade-in to make a large purchase. Get a few more inches of flat screen or increase the memory of your next laptop. Its as simple as click, ship, and recycle. Go to [www.econewonline.com](http://www.econewonline.com).

### **#5 Plastics**

Whole Foods Market stores are piloting a new program for recycling #5 plastic with Preserve called Gimme 5. #5 plastic is commonly used in containers for yogurt, cottage cheese, humus, medicine bottles, etc. You can now bring your #5 plastics to a drop-off bin at Whole Food Markets in Providence and Cranston. They will send the plastic to Preserve, who makes recycled household products including toothbrushes, razors, tableware, and kitchen products.

Learn more about recycling and what Rhode Island is doing at the May Rhode Island State meeting. Sarah Kite, recycling coordinator from RI Resource Recovery Corporation, will be our guest speaker.

## **HOME LIFE**

**MILLIE OZIEMBLEWSKI 728-7056**

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### **Ever had Chickenpox? If so, you are at risk for Shingles**

Shingles is caused by the same virus that causes chickenpox. As we age, we become more at risk for shingles. This is because the body can't defend itself against the shingles virus as well as it could when you were younger.

It is estimated that about one million cases of shingles occur each year in the United States, and

that 1 out of 2 people who live to the age 85 will have shingles.

Zostavax ( Zoster Vaccine) is indicated for prevention of shingles in individuals 60 years of age and older.

Shingles vaccinations are covered, less patient deductible, by a number of Medicare Part D prescription plans, as well as by Blue Cross Blue Shield of Rhode Island

The Wellness Company encourages you to speak with your medical provider about this new vaccine. Shingles clinics are now being offered throughout the state. If you are interested in checking your coverage or scheduling an appointment, please call 401-490-0942. The Wellness Company is located at 132A George M. Cohan Blvd, Providence, RI 02903.

### **Female Heart Attacks**

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack (Myocardial infarction)--the sudden stabbing pain in the chest, the cold sweat, grabbing the chest and dropping to the floor. Here is the story of one woman's experience with a heart attack.

I had a heart attack at about 10:30 pm with no prior exertion; no prior emotional trauma that one would suspect might've brought it on. I was sitting snugly and warm, my cat on my lap, reading a book with my feet propped up. A moment later, I felt that awful sensation of indigestion. After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my spine. This fascinating process continued on into my throat and branched out into both jaws. I stopped puzzling about what was happening. I'm having a heart attack! I pulled myself up, walked slowly into the next room, and dialed the Paramedics. I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She was immediately sending the Paramedics, instructed me to open the front door and lie down on the floor where they could see me when they came in. I did that and then lost consciousness. I did awake briefly when we arrived at the ER and saw that the cardiologist was already there in his

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surgical blues and cap asking me questions. I nodded off again, not waking up until the cardiologist had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stents to hold open my right coronary artery.

Why have I written this? To inform you.

1. Be aware that something different is happening in your body. Heart attacks are commonly mistaken as indigestion. Call the Paramedics if anything is unpleasantly happening. It is better to have a false alarm visitation than to risk your life guessing what it might be.

2. If you can, take an aspirin. Time is of the essence! Do not try to drive yourself to the ER. Do not have your husband drive you. Do not call your doctor. If it's at night, you won't reach him. The Paramedics carry the equipment that you need to be saved--principally oxygen that you need ASAP. Your doctor will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count- an elevated reading is rarely the cause of an MI. MI's are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and aware. The more we know, the better chance we could survive.

Please be a true friend and send this article to all your friends (male and female) you care about!

## MEETINGS

**ETHEL DELLASANDRO**

**942-6683**

**DONNA GIBB**

**647-0259**

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Looking forward to seeing everyone at our Annual Meeting, which will be held at The Village Inn in Narragansett, RI, May 16 at 9am. We will have a speaker from RI Resource Recovery Corporation and donations will be collected for the Blackstone Valley Advocacy Center. We are also thrilled to announce that Babs Condon, GFWC International Second Vice President will also be addressing our membership at the meeting. Hope you are all planning on attending!

## MEMBERSHIP

**MADELINE PERREAULT**

**294-8570**

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### MEMBERSHIP MATTERS

Even though GFWC has existed for over 100 years, the national organization is doing everything it can to be current and useful to its member clubs. This year's utilization of on-line reporting is one example of GFWC's 21<sup>st</sup> century outlook. Now GFWC is about to unveil its long-awaited member database, xCatalyst. The technology will assist all levels of the Federation. Every GFWC member who has Internet access (or can use public access such as libraries) can update her personal information, manage her subscriptions, participate in online communities, and utilize all of GFWC's online resources. Club Presidents will be able to use xCatalyst to maintain accurate club rosters, including information on members who don't access the Internet. Dues payments by the state federation will be simplified with this technology as well. The Members-Only section of the GFWC website ([www.GFWC.org](http://www.GFWC.org)) will include projects and programs and information to download and use in your club. Online reporting will continue to be a major feature of this new technology initiative. Visit [www.GFWC.org/CountMein](http://www.GFWC.org/CountMein), sign on and log in. GFWC may be nearly 119 years old, but xCatalyst means we're not "too old to learn new tricks!"

Congratulations, once again, to all the RI Clubs that added new members! The statistics in Reporting indicate that RI had an eight percent (8%) growth overall! Nationally 413 clubs in 47 states welcomed 3,018 New Members during the 2008 ACT in OCT campaign. This is a new record and one to be proud of. But don't forget that it's just as important to retain and recognize our long-standing members. For suggestions order "How to Retain GFWC Members" from the GFWC Marketplace ([www.GFWC.org/Marketplace](http://www.GFWC.org/Marketplace))

Share the Experience!

## DAY OF SERVICE

**ROBERTA BIANCO**

**783-2791**

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By the time you all are reading this, several clubs will be celebrating having completed a successful Day of Service. I did not hear from each club, so I can comment only on four diverse and exciting

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sounding events. The idea of this year's Day of Service was to do what was needed in your individual communities. As you will see, these clubs did just that.

The GFWC Women's Club of South County will be participating in a 5k walk-a-thon to benefit South County Hospital. Those purple shirts should make people take notice and if they don't the banner proclaiming "GFWC Women's Club of South County It's a Volunteer Thing" certainly will. Once again, GFWC Rumford Women's Club will be sponsoring their Secret Boutique. Proceeds will benefit the Women's Center of Providence and the food bank among others. Meanwhile, in Pawtucket, the GFWC Pawtucket Woman's Club is having a two day event with a Wednesday spent cleaning and planting (weather permitting) gardens at the Blackstone Valley Advocacy Center. On Saturday they will return to the library to collect items for the shelter. Finally, the GFWC Warwick Women's Club is having a week of service, more or less. On the 18th they will be cleaning the garden beds and whatever else may need doing at the Clouds Hill Victorian Museum. On Thursday they will be volunteering at the "Dancing with the Stars of Mentoring" event, along with several who are just attending. And to end the week, members are baking for the Grand Re-opening of the Warwick Museum of Art's three day event (4/24-26). Wow! I got tired just writing about these wonderful events!

So, those clubs who reported details to me seem to have enthusiastically grabbed hold of this third Day of Service. With Madeline's article for Serve Rhode Island, we should get much more PR.

GOOD LUCK to all clubs, and don't forget to write all about it next year's reporting!

**GFWC CRANSTON COMMUNITY  
WOMEN'S CLUB  
ETHEL DELLASANDRO 942-6683**

Last month we celebrated our Annual "International Night" and enjoyed good food and learned about customs and lay of the land, places of interest; etc for Isreal, China, Holland, Italy, Hawaii, England, Poland and Armenia. We also got to see clothes and artifacts, pictures;etc. The food was fantastic and members brought their recipes for the dishes and desserts that we shared. We also got to enjoy Jenna Bush's trip to Latin America [Anna's Story](#)- which

can be download from You Tube. US Fund for UNICEF.

Our Day of Service will be held on 04-25-09 and our members will be assisting Stop & Shop in Cranston with collecting donations for the Dana Farber Pediatric Brain Tumor Clinic...ALL proceeds will go the Clinic. Stop & Shop's Corporate Goal is Two and a half Million Dollars. Our members will be at the Stop & Shop on Atwood Ave., Cranston, RI 02920 for the whole day, so we have our work cut out for us. Once again our members will be going to the State House during Federation Week and attend the Senate Session. Senator Hannah Gallo will present GFWC CCWC with a Proclamation again this year

In May, we will again be visiting the residents of SStar Birth. We visit them on the Friday proceeding Mother's Day and bring presents for the Mothers and Mother's-to-be and their children. We've been doing this for many years now and they look forward to our visits. Our members usually stay and enjoy some snacks and soda with them and just chit chat with them. We also support their efforts throughout the year.

In June we will be assisting the ALS of RI with their [Night of Hope](#), which we have been doing for 11 years. We help them with their Silent Auction and handle Registration for the event.

[Save the date and join us for "Tea by the Sea" on Sunday, August 2, 2009.](#) More info to follow. Spring is finally here... I've actually seen a lot of flowers appearing in the garden. We will be weeding out the grounds of the Historical Cemetery we've adopted next weekend. We don't skip a beat, as all Club Women do. That's what it's all about!

**GFWC PAWTUCKET WOMAN'S CLUB  
RUTH BENNET 724-7732**

April and May are very busy months for the Pawtucket Club. Our annual fundraiser for charity is being held on Wednesday, April 15<sup>th</sup> at the Pawtucket Country Club. Luncheon will begin at 12:00 noon, followed by bridge games, drawing of the baskets and door prizes.

During the Week of Service, April 20 – 25, club members will spend one morning cleaning out the Mother's Garden at the Blackstone Valley Advocacy Center. On Saturday, April 25<sup>th</sup> club members will

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be at the Deborah C. Cook Public Library in Pawtucket collecting cleaning products, detergents, and paper products for the BV Advocacy Center. We will be passing out information about the center and a profile of our club.

On Tuesday, May 5<sup>th</sup> the club will hold its Annual Meeting at the Pawtucket Country Club with a luncheon served at 12:00 noon. The meeting will include the installation of new officers and board members, the annual memorial service, the presentation of the annual scholarship, and the honoring of the volunteers.

During the last week in May club members will return to the BV Advocacy Center to plant flowers in the Mother's Garden.

In June, president, Ruth Bennett, will attend the GFWC International Convention in Cleveland, Ohio as the RI LEADS candidate. Member Doris Landry will be attending with her.

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**GFWC RHODE ISLAND EX-CLUB**  
**ANN HOGAN** **725-0846**

Members of the GFWC Rhode Island Ex Club are reminded that April means meetings and lots going on...

**April 24 GFWC Federation Day**  
**April 25 GFWC RI Day of Service**

Do try to contact a club near you to see what is going on, to take part where or when possible, and to support our GFWC Rhode Island when you can. Hope to see you at the GFWC Rhode Island Annual Meeting on May 16.

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**GFWC RUMFORD WOMEN'S CLUB**  
**CINDY THRANA** **438-2545**

The Rumford Women's Club is proud to announce their second annual Secret Boutique Show. This event showcases female entrepreneurs and empowers women thru networking and the promotion of their product or service. It is being held at the Wannamoisset Country Club on Hoyt Ave. in Rumford on April 26th from 10:00-4:00. A ticketed Luncheon will also be held with a fashion show and a speaker, Joann Daly of UBS Financial. Cabi clothes, Silpada jewelry and Bijou Bags will be featured. Proceeds will benefit East Providence charities, the E. P. Food Bank and the Women's

Center of Providence. Call Cindy Thrana, Pres. at 438-2545 for information or reservations. We would appreciate emailing or posting our flyers, which can be found on the website to promote this special event. Free and open to the public! You won't be disappointed, this event is UNIQUE!

The 18<sup>th</sup> Annual *Spirit of Giving* Sixth Grade Essay contest for all schools in the city of East Providence is also under way. Criteria for the contest is an essay on "If you had \$150 to give to a charity which charity would it be and why? Winners will be announced in May with a social event for the winners and the charities at the Myron J. Francis School on May 11th at 7:00p.m. Good Luck to all our area students!

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**GFWC WARWICK WOMEN'S CLUB**  
**SUSAN PORTH** **737-2651**

April and May are very busy months. We have 3 members attending the Historic Preservation Conference, April 25th.

Our Day of Service will be held on Saturday, April 18, 9:00am -12:00pm at Clouds Hill Victorian House Museum.

We will be cleaning up the grounds and garden beds. Public is welcome. Bring any gardens tool you may need.  
4157 Post Road, Warwick RI

Warwick Women's Club "Spring into Summer" Fundraiser Dance will be held on Saturday, May 30, 6:30pm - 11:00pm at the East Greenwich Fireman's Hall. Price of a ticket is \$22 which includes a buffet dinner. They'll be a DJ, raffles, door prizes and lots of dancing. Come and listen to the Beach Boys, Jimmy Buffet and others.

The Club has donated a total of 30 sneakers to the 'Reuse-a-Shoe' program at Nike. We are hoping to get lots more when the schools close for the summer.

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**GFWC WOMEN'S CLUB OF SOUTH COUNTY**  
**KIM MCHUGH** **782-9808**

Scholarship News

As many of you know, Louise Smith, one of the founding members and Past President of the GFWC Women's Club of South County, passed away last

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December. Louise was an enthusiastic supporter of the GFWC South County Scholarship program, established in 1997 to advance continuing education among women with limited financial or educational opportunities.

At Louise's memorial service, GFWC South County President, Kim McHugh, shared memories and stories with Louise's brother, Edward Fassino. Ed was unaware of his sister's involvement with GFWC and its scholarship program. It turns out that Ed had established a Family Foundation, and had been awarding three scholarships a year since 1993, benefiting students from three high schools in his area. He was amazed that he and Louise had never discussed their mutual delight in helping others secure their education.

A few days after his conversation with Kim, Ed called with an offer to fund a Scholarship through the GFWC Scholarship program, as a tribute to his sister, Louise. **The Margaret Louise Fassino Smith Memorial Scholarship**, a \$5,000 award, was established in January, and will be given out annually, in addition to the GFWC Women's Club of South County Scholarship. Moreover, family and friends of Louise's donated approximately \$1300 in her memory to supplement this year's Scholarship funds. Many thanks go to Louise's brother, Ed, and her children, David Smith and Teresa West, for their wonderful support of GFWC Women's Club of South County and our Scholarship program.

Rhode Island is a small state, so if any of you know a woman resident of Washington County, who is 21 years of age or older, has financial need, and is registered or enrolled in a college or certificate degree program, pass the word on about the GFWC

South County Scholarships. Information and applications are available at [www.gfwcri.org/southcounty.htm](http://www.gfwcri.org/southcounty.htm).



GFWC South County is always inspired by the reporting of Suzan Amoruso, chair of the Home Life Committee. She and her members volunteer at the Lighthouse for Youth. They do crafts, have parties, and prepare food under the tutelage of our club members. The high school girls really appreciate our efforts. Shirlee Rosenthal made a DVD of the December Holiday party. Our club collected items and Shirlee prepared large red stockings with each girl's names on them. They were filled with delights from club members.

## **GFWC OF RI WEB SITE**

**JANICE ADLER**

**245-7329**

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Have you checked out your club's web page on the GFWC of RI website? Does the page have information about your club that attracts new members? Or is it just a blank page?

This is a reminder to all clubs that the Internet is an important membership tool. Each club has a page on the GFWC of RI website, but it is up to you to make sure that I get the information I need to update it. Submissions and pictures can be e-mailed to me at [JLAdler@aol.com](mailto:JLAdler@aol.com). Just make sure to put GFWCRI website in the subject line.

## **A Networking Opportunity**

GFWC of Rhode Island has seized an opportunity that will benefit all the GFWC Clubs in Rhode Island. As a result of the presentation by Kim Stowell at the GFWC of RI Mid-Winter Meeting, the leadership of the state federation has endorsed the idea of joining Serve RI. Now local clubs can access volunteer resources and generate participation in their own community efforts.

But first a little background: the Rhode Island State Commission for National and Community Service, Serve Rhode Island, was established in 1994 to administer the AmeriCorps program of the federal government. Serve Rhode Island presently administers nine current AmeriCorps programs funded by the Corporation for National and Community Service. In 2008-2009 Serve Rhode Island made grants

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totaling \$2,278,000 in federal AmeriCorps funds to support the work of 285 AmeriCorps members assigned to Rhode Island educational support programs including: The Brown University College Guides Program, City Year Rhode Island, Mt. Hope Learning Center, Providence Children's Museum, Ocean State Environmental Education Collaborative, Ready to Learn Providence, Bridges 4 Learning, Community Education Collaborative and RISD Rhode Island Campus Compact.

Better known to many RI Clubwoman is the Volunteer Center of Rhode Island, especially by its weekly column in the *Providence Sunday Journal*. For 40 years, The Volunteer Center of Rhode Island (VCRI) has been connecting people and opportunities for effective community service. On January 1, 2009, VCRI merged into Serve Rhode Island to become the Volunteer Center at Serve Rhode Island. This merge creates one statewide organization dedicated to meeting the volunteer service needs of the Rhode Island community.

Thanks to Past-President Roberta Bianco who attended the press conference describing this merger and her secured Kim Stowell, the Communications Coordinator at Serve RI, as a presenter in February; and to the GFWC of RI leadership this networking opportunity is now available to RI Clubs. GFWC of RI's membership affords the local clubs to register on-line and request volunteers (and solicit new members) for its various activities and functions. This state-wide service will allow your club to access community support and volunteer hours. GFWC of RI (and thus its member clubs) will also be included in Serve Rhode Island's literature and press releases. As part of GFWC of RI's membership in Serve Rhode Island the state federation will be a participant in the Call to Service 2009 Campaign. This public awareness operation will take place May 9<sup>th</sup> through the 16<sup>th</sup>. Its goal is to "raise awareness of all Rhode Island residents of the needs and opportunities for volunteer service." We are hopeful that our participation will assist us in meeting our vision ". . . *to be one of the most respected and recognized organizations of women volunteers in Rhode Island.*"

For more information on Serve RI visit [www.serverhodeisland.org](http://www.serverhodeisland.org)

### ***IMPORTANT DATES TO REMEMBER***

***July 16, 2009 – Executive Board Meeting – at Madeline's home***

***July 23, 2009 – Board of Directors Meeting – South County***

***September 26, 2009 – Fall Meeting***

***October 16, 17 & 18 – New England Regional***

***November 12, 2009 – Board of Directors Meeting – Pawtucket***

***December 2, 2009 – Executive Board Meeting – at Judy's home***

***January 7, 2010 – Executive Board Meeting***

***January 14, 2010 – Board of Directors Meeting***

***February 6, 2010 – Midwinter Meeting***

***March 18, 2010 – Executive Committee Meeting***

***March 25, 2010 – Board of Directors Meeting***

***May 15, 2010 – Annual Meeting***

***Still to be determined – Mini- LEADS training.***



General Federation of Women's Clubs  
of Rhode Island  
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