



Sterling Women's Club

Spring Update

Website: www.sterlingwomensclub.com

Email: swc01564@gmail.com

February "Wellness"

Thursday, February 12, 2009 we held our meeting at the old Town Hall. Denise Welsh, LMT introduced us to four areas of fun and relaxation. She talked us through giving each other neck/shoulder massage therapy using long, smooth strokes to soothe our spirit. She then showed us some craniosacral therapy—a channeling of healing energy delivered from the compassionate heart through sensitive hands. We then moved to the floor where we practiced "Shake Your Soul/

Kripalu Yoga Dance which was so much fun. We moved to our own rhythm to music from around the world in easy dance movements. Denise then closed the class with Meridian Yoga with some easy stretches that brought us into a quiet, calm feeling. Everyone was energized and felt great after this experience.

Denise Welsh, DMT can be reached at 508-612-7777 or visit her at 15 Waushacum St., Sterling, MA inside the Historic Cider Mill building.

Schedule of Events

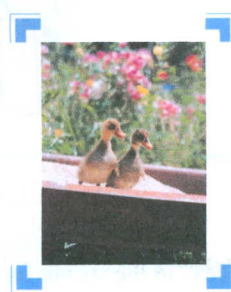
March 12th, Inspirational speaker, Cecily Marshall. to be held at the Sterling Senior Center at 12:15 PM

April 16th, Nominating/ Planning meeting to be held at the old Town Hall.

May 14th, Scholarship Dinner to be held at the Twin Oaks Restaurant in Sterling.



Don't forget to mark your calendars to attend our annual Scholarship Dinner which will be held on May 14th. More details to follow.



Joys and Concerns

We sent condolence cards to Mary Anne Ryan on the death of her husband, Daniel F. Ryan who died on Dec. 11. Mary Anne SWC Pres. 89—90, now resides in NY and also Dorothy Knight on the death of her mother, Jane Knight who was one of our long-standing members. Jane left us on December 25th and had been a member since 1967.

New Member

Please join us in welcoming Marsha Paine to the Sterling Women's Club. Marsha has already rolled up her sleeves and assisted at our November fundraiser. Thank you, Marsha. She can be reached at 978-563-1819 or marsha528@gmail.com

F. Y. I.

Helen Fifield, past President from 1985-1987 wanted to let us know that in earlier years of the SWC, one had to be a Vice President for 2 years before becoming the President—also for a 2-year term! That was when making a 4-year commitment seemed to be a bit easier than it is today.

Inside This Issue

Upcoming Meetings and Events for 2009.

Club Notices

What's Ahead for the Sterling Women's Club?

Our 2008—2009 Executive Board

President	Carolyn Tinsley
Vice President	Nicole Maier
Treasurer	Kristin Reynolds
Recording Secretary	Karen Manring
Corresponding Secretary	Gail Bergeron
Directors:	
Melanie Glynn	Ranny Sabourin
Diane Richard	Brenda Ware

Up-Coming Meetings & Events for 2009

Inspirational Speaker

March 12, 2009

12:15 PM at the Senior Center

Our speaker is Cecily Marshall, whose family was living in the Philippines when the war broke out. Her father was a missionary...a minister from England, her mother was a teacher from Mass. They were there when the Japanese attacked Pearl Harbor, and eventually found themselves in a POW camp. She has written **HAPPY LIFE BLUES** which describes conditions in that camp.



Nominating/Planning Meeting

Thursday, April 16, 2009

It's that time of year again when we need to start putting together next year's "Executive Board." We will be holding this meeting at the old Sterling Town Hall from 7:00 p.m.—9:00 p.m.

We ask that many of you come to assist us in the nominating of those members as well as help us plan next year's agenda with programs that are of interest to you! *Contact Carolyn Tinsley to sign up at 978-422-5257 or email us at swc01564@gmail.com*



Annual Scholarship Dinner

Thursday, May 14, 2009

Place: Twin Oaks Restaurant

Time: 6:30 PM cocktails, followed by dinner at 7:00 PM.

Cost: \$___ All inclusive (TBD)

Contact Melanie Glynn at 978-563-1694 or email her at melanie-bikes@comcast.net for more information.



Friendship-Tea

We will be holding a "Friendship Tea" in the spring for anyone interested in joining our club. Please notify Carolyn Tinsley if anyone is interested in joining our club.



Here Comes Summer!

June—August 2009

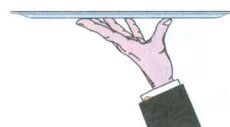
There are no meetings held during the hot, summer months. Please keep an eye on both the Landmark and the Sterling Meetinghouse News for upcoming meetings and events for our 2009-2010 season!



Welcome Dinner

September 10, 2009

Details to follow in the local newspapers the end of August. Have a safe and happy summer!



Club Notices

Club Historian

Betsy Sabourin is our "**Club Historian.**" Charlotte Gildutis handed over the reins to Betsy for safe keeping.

If you have any articles or photographs that pertain to the Sterling Women's Club and should be kept for others to remember, please send them to her. She can be reached at 978-422-7550.



SWC Website

Melanie Glynn has spent many hours updating our club's website. Please be sure to check it out and let us know what you think. Thank you Melanie.

<http://sterlingwomensclub.com>

