

Inside this issue:

Helping Children in Afghanistan	2
Women's Wellness	2
November Fundraising	2
December Craft Meeting	3
January Re-Gift Swap	3
Russian Icon Museum	5
Senior Center Speaker	4
Visit to NEADS	4

Of Special Interest

Be sure to find out about our October meeting as it will not only be a great civic contribution—it will touch the hearts of many children in Afghanistan. Anyone wishing to find out more about the schools there are encouraged to read the book, *"Three Cups of Tea"* by Greg Mortensen who has personally devoted so much of his life there.

North Central District

Organized in 1943

State Federation 1944

General Federation 1951



Carolyn Tinsley, President 2008–2010

Sterling Women's Club

Website: www.sterlingwomensclub.com

Email: swc01564@gmail.com

Our 67th Year!

Welcome Back Dinner

Thursday, September 10, 2009. Cocktails @ 6:30 PM followed by dinner at 7 PM at The **Chocksett Inn** in Sterling. Members and guests are invited to attend and the cost will only be \$25 for dinner—tax & tip included. (A cash bar will be available.)

Any late dues can be paid then to get everyone's name and information into the Blue Book which will be handed out at the October meeting. Since our mission statement this year is *"Grow Our Club,"* this is the perfect time for someone who is thinking about joining, to do so and get published in our Blue Book as well.

Welcome back and I'm honored to be President of the Sterling Women's Club again. I look forward to seeing everyone at this year's events and meetings.

Sincerely,

Carolyn

Schedule of Events

September 10, 2009

Welcome Back Dinner.

October 8, 2009

Helping Afghanistan Children

November 12, 2009

Women's Health-Wellness

December 10, 2009

Craft Night

January 14, 2010

3rd annual

"Yankee Re-Gift Swap."

February 11, 2010

Visit to Russian Icon Museum

March 11, 2010

Host a speaker at the Senior Center

April 8, 2010

Visit to NEADS

May 13, 2010

Annual Scholarship/Closing Dinner.

Joys and Concerns

As an important part of all our agendas and newsletters, we would like to keep in touch with our members and know if there is someone that should be mentioned in this section, such as births, graduations, illnesses, deaths, moving, etc...anything noteworthy.

Please join us in welcoming back our entire Executive Board from last year. They worked tirelessly in fulfilling the club's mission of "Getting Back to Basics" last year and will continue to strive to keep the Sterling Women's Club on track by "maintaining an active, aggressive interest in all things that pertain to the moral, social and civic welfare of our town."



2008 - 2010 Executive Board Members

President - Carolyn Tinsley

Vice President - Nicole Maier

Recording Secretary - Karen Manring

Treasurer - Kristin Reynolds

Corresponding Secretary - Gail Bergeron

Directors:

Melanie Glynn

Ranny Sabourin

Melanie Glynn

Diane Richard

October 8, 2009 - Helping Our Troops to Help the Children in Afghanistan!"

Brenda Ware's good friend, Susan Hall, in Princeton has a daughter serving in Afghanistan and her company there collects school supplies for the local Afghan kids. We are asking people to bring items to the October meeting, and Susan will do a program for us on the needs, etc. and show us her photos from Caitlin of the last distribution of the supplies. This is certain to be of interest to most everyone who is a member of the SWC.

The time is 7 - 9 PM and

will be held at the Old 1835 Town Hall at the corner of Route 12 and Maple Street.

The cost is whatever you are willing to donate—supplies or cash donations which are very appreciated.

Please call Chairperson, Brenda Ware at 978-464-5306 or her assistant, Melanie Glynn at, 978-563-1694 for any questions or to sign up.

As always, guests are welcome for a \$5 donation to the SWC.



November "Tuesdays" Fundraising

November Fundraiser

Once again, we are volunteering at the First Church in Sterling to "man" the concession stand during the John Power's Auctions. We hope to raise even more money than we did this last year and hoping to have the general membership assist us—as this is your club too!

If you are unsure of what to do, we'll have it all spelled out for you and you will also have plenty of help. We worked 2-1/2 hours shifts: (4—6:30 PM + 6:30—9:00PM) which made it easy and enjoyable.

If you are unable to help out on Tuesday nights, we will

be accepting food donations in the way of sandwiches, casseroles, desserts, beverages and condiments.

Contact Carolyn Tinsley at
978-422-5257 or email us at:
swc01564@gmail.com



November 12, 2009 - Women's Wellness

Last April, there was an overwhelming response to the Women's Health and Wellness meeting held by the Sterling Recreation Committee.

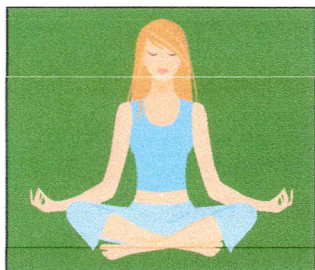
We have contacted the people who ran the meeting and they yet to respond. If anyone else knows of someone who would be willing to run this type of meeting,

please let us know ASAP.

The time is 7 - 9 PM and will be held at the Old 1835 Town Hall at the corner of Route 12 and Maple Street.

Although this meeting will probably be free for members, we are asking that your guests contribute a \$5 donation to the SWC.

Please call Chairperson, Gail Bergeron at 978-422-7804, or her assistant Karen Manring, at 978-422-7334 for any questions or to sign up. You guests may bring cash or a check made payable to the Sterling Women's Club to the meeting.



December 10, 2009—Boxwood Trees

Craft/Night Meeting

Thursday, December 10th we will be meeting at the Sterling Greenery on Route 140 in Sterling to make a boxwood tree or a wreath for the up-coming holiday season.

It was such a huge success, we decided to add a "wreath" project as well. When you sign up, you will be asked to choose your project.

If you would be willing to help provide some finger snacks and/or beverages, please let us know.

The cost for the class and materials is \$20 for members and \$25 for non-members. If you have any questions or could assist in organizing this event, please contact Chairperson, Nicole Maier at 978-422-7421.



January 14, 2010 - 3rd Annual Re-Gift Swap

Brought back by popular demand, we will be hosting our 3rd Annual Yankee Re-Gift Swap again in January. There no cost involved—other than bringing a wrapped gift that does not suit your needs. It is always fun to see what "anonymous" gift turns out to suit some else's taste.

The time is 7 - 9 PM and will be held at the Old 1835

Town Hall at the corner of Route 12 and Maple Street.

Please call Chairperson, Ranny Sabourin at 978-422-7972 or her assistants, Betsy Sabourin, at 978-422-7550 and Kristin Reynolds, at 978-422-8968 for any questions or to sign up. As always, we are asking that your guest (s) contribute a \$5 donation to the SWC.

Refreshments will be served at this meeting and anyone looking to bring some "finger" foods or beverages, please let anyone on the board know so we can coordinate the food items.



February 11, 2010—Russian Icon Museum

A Visit to the Russian Icon Museum in Clinton

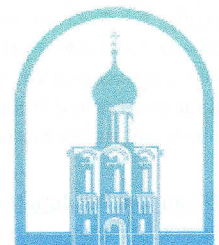
Thursday, February 11th at the Russian Icon Museum located at 203 Union Street in next-door Clinton. Anyone who needs a ride or would like to car pool, can let us know when you call to sign up with Chairperson, Melanie Glynn at

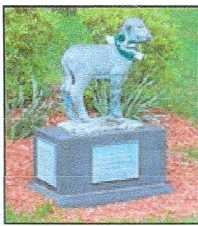
978-563-1694 or her assistant, Karen Manring at 978-422-7334. The collection includes over 350 Russian icons—the larges of its kind in North America. Its one of the largest private collections outside of Russia!

This event will be open to spouses and significant others

as well, since they had such a wonderful time when we toured the Sterling Historical Society House last February.

You might want to "pair-it-up" with a dinner out as a couple before the event since it is just 3 days shy of Valentine's Day!





We're on the web at:

www.sterlingwomensclub.com

Sterling Women's Club

The Sterling Women's Club is open to all women of Sterling and adjoining towns. The purpose of this non-sectarian, non-partisan club is to maintain an active, aggressive interest in all things that pertain to the moral, social and civic welfare of our town.

March 11, 2010: Hosting a Speaker at the Senior Center

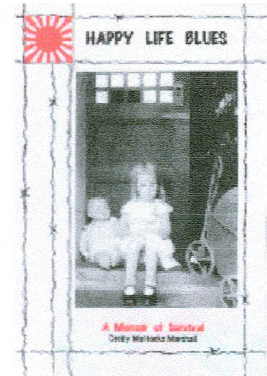
Last year we hosted author, Cecily Mattocks Marshall, at the Sterling Senior Center. She was an excellent speaker and you could have heard a pin dropped all the while she spoke—which was over an hour!

This year we are looking for some help in finding a suitable speaker to present to the Sterling Seniors once again.

We are also looking for a couple of finger dessert donations which are always a "hit" with the visitors there.

Please contact Chairperson, Carolyn Tinsley at 978-422-5257 to either give us ideas for a speaker, sign up to attend, help with "goodies," or to assist with the meeting.

For those of you who missed her lecture, you can read all about her life in the Phillipines as a little girl when the Japanese bombed Pearl Harbor, by picking up a copy of "Happy Life Blues."



April 8, 2010: Visit to NEADS



NEADS Dogs For Deaf And Disabled Americans



NEADS (Dogs For Deaf and Disabled Americans), of Princeton, MA, is a non-profit organization, organized under section 501c (3) of the IRS code. NEADS was established in 1976 to train and provide independence to people who are deaf or physically disabled through the use of canine assistance. These assistance dogs become an extension of their owners and bring security, freedom, independence and relief from social isolation to their human partners.

NEADS national headquarters is located in Princeton, MA, a rural setting close to Worcester in Central Massachusetts. NEADS is the oldest continuing hearing dog program in the country and the only program of its kind in New England, as well as one of the country's largest.

NEADS has trained well over 1300 assistance dog teams from all states since 1976. Each year we train over 50 teams and hold three heart-warming and inspirational graduation ceremonies (spring, summer and fall) to mark the occasions. Among the types of dogs trained are: hearing, service, social, specialty, service dogs for the classroom, ministry,

NEADS trains all breeds and mixed breeds of dogs to help people who are deaf or physically disabled live more independently. Most hearing dogs are rescued from animal shelters throughout New England. Most service dogs are donated as puppies by breeders throughout the country. Most service dogs are Golden or Labrador retrievers, however, many other breeds are also suitable. Any dog "with the right stuff" can partner with a person to provide independence and companionship by reducing physical and social barriers.