

The University of Maine

DigitalCommons@UMaine

Maine Women's Publications - All

Publications

5-1-2018

Women's Initiative Newsletter Vol. 2, No. 5 (May 2018)

Women's Initiative Staff

Women's Initiative

Follow this and additional works at: https://digitalcommons.library.umaine.edu/maine_women_pubs_all



Part of the [Gender and Sexuality Commons](#), [Organization Development Commons](#), and the [Sociology of Culture Commons](#)

Repository Citation

Staff, Women's Initiative, "Women's Initiative Newsletter Vol. 2, No. 5 (May 2018)" (2018). *Maine Women's Publications - All*. 360.

https://digitalcommons.library.umaine.edu/maine_women_pubs_all/360

This Newsletter is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Women's Publications - All by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.



Women's Initiative



WOMEN'S INITIATIVE

We Stand Strong;
Backs Together,
Facing Outward,
Leaning On,
Depending On
One Another.
Seeing all
Obstacles
before us.
WE CAN do
Anything,
Tap My Strengths
I'll Tap Yours



May

Newsletter

Newsletter Date:

5/1/2018

Volume 2, Issue 5

Schedule:

Mon-Fri

11:30am-5:00pm

Location:

60 West River Road

Chapel Building

207-692-0290

Thoughts:



Monday, May 21st is Coloring Day. 1pm-3pm Bring a page you love or choose one from our amazing stock. Let your worries go and create an amazing work of art!

Conversations with Dianne

Eating in Season will be held on **Tuesday May 29th 1pm-2pm**, Due to the Memorial Day holiday.



Up and coming!

FRIDAY—May 4th Women's Initiative will be CLOSED

Monday May 14th—Upper body/neck massage 1pm to 4pm. By appointment or walk-in. Donations go toward Women's Initiative funds.

Friday, May 18th— Jewelry Making. From 1:00pm to 3:00pm. You'll be able to take home something beautiful that you made and help out Women's Initiative at the same time.

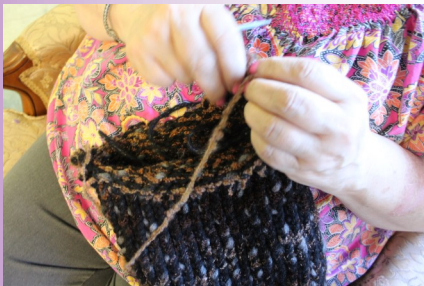
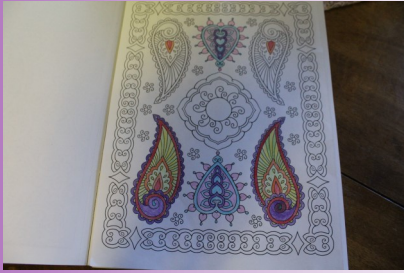
Artist of the Month

Tina Richard

" My name is Tina Richard and I love taking photos of birds. Photography is my passion and I have a lot of patience when it comes to capturing the perfect shot. If you are ever with me , don't be surprised if you hear me say "There is a!" My nickname is Eagle Eyes.



Busy Hands

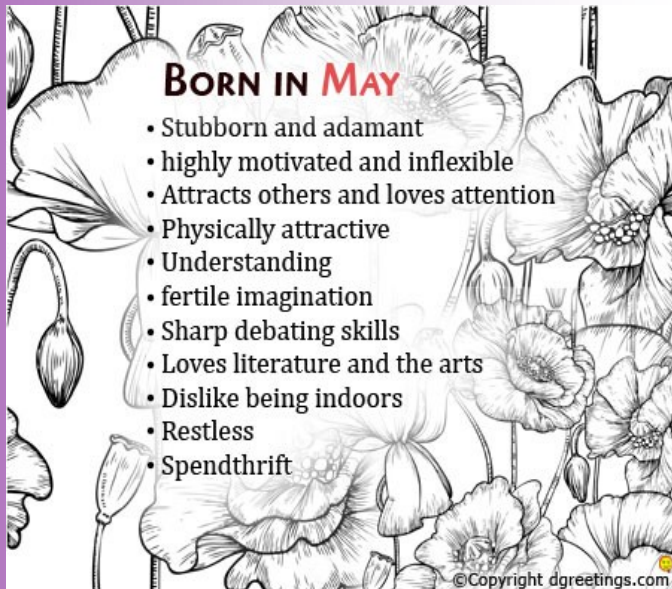


Finished Projects



Many busy hands at Women's Initiative, from crocheting, toothbrush rugs, latch hook, to quilting! Our new products are so amazing that they are practically sold before they are finished. Need lots of **help** to restock our products! And always need help with our annual Kindness Project—Making Hats, Scarfs, Mittens etc for anyone in need. Please come help create more amazing products for Women's Initiative.

Other News!



Don't forget Monday May 28th is Memorial Day!

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as **Decoration Day**, it originated in the years following the Civil War and became an official federal holiday in 1971.

Special Woman

Martha

Dempski

I want to take just a few moments to celebrate Martha! This amazing woman has provided women with a safe, comfortable, loving environment great for learning and growth. From helping a young lady to sew, to supporting each project and woman, Martha stretches herself beyond compare. Her history and compassion provides guidance to so many. We can not express how much Martha means to us all. When you see her, tell her how much she means to you. We all need to hear it!



MAYTreat!

Frozen Fruit Smoothies

Ingredients

- 1 frozen banana, peeled and sliced
- 2 cups frozen strawberries, raspberries, or cherries
- 1 cup milk
- 1/2 cup plain or vanilla yogurt
- 1/2 cup freshly squeezed orange juice
- 2 to 3 tablespoons honey or to taste

Directions

Put all the ingredients in a blender and process until smooth. Pour into glasses and serve.

Cooks note: For non-dairy smoothies, substitute 1 cup rice milk for the milk and yogurt. Or, use soy yogurt or milk instead of dairy.

Women's Initiative

P. O. Box 1836

Waterville, Maine 04330

1.

WOMEN'S INITIATIVE

Together We Are Women's Initiative

a REM
Project



**REM – Revitalizing
the Energy in ME**

PLEASE
PLACE
STAMP
HERE