

D E C E M B E R 2 0 2 3

# Notable Notes

Notable Works Publication and Distribution Co., Inc.

## Announcements:

## Notable Works' Upcoming Event



Harbor Seals Photo by Ed Hughes

### Special Exhibit at Audubon *Seals and Society*

Visit **Audubon's Nature Center** (1401 Hope Street, Bristol, RI) to dive into the world of harbor and grey seals. Audubon is excited to host a temporary exhibit from the New Bedford Whaling Museum.

**January 15 to March 1, 2024**  
**Wednesday through Sunday,**  
**9:30 am - 4:30 pm**  
*Admission fees apply.*

For more information, visit [www.asri.org](http://www.asri.org)



WOONASQUATUCKET RIVER  
WATERSHED COUNCIL

### Saturday, December 2nd, 10am: Hike Sprague Farm!

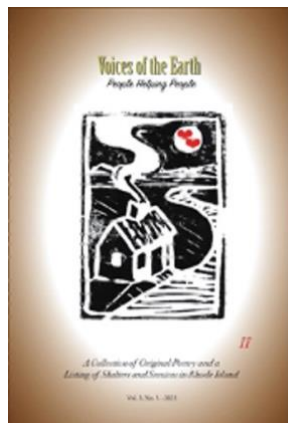
Join the **Woonasquatucket River Watershed Council** for a pleasant, 2-hour hike at **Sprague Farm** in Glocester. Consisting of nearly 1,200 acres of forest, Sprague Farm has several miles of foot paths created by the **Glocester Land Trust**. Most trails have a gentle slope and visit scenic ledge vistas. Sam will guide us along the path, stopping to share the history and ecology of the area.

**Pre-registration is required and space is limited.**

Click the link below to register:  
<https://wrwc.org/wp/events/sprague-farm-hike-5-21-23-copy/>

For more information about upcoming events: [www.wrwc.org/events](http://www.wrwc.org/events).

Notable Works will present "Songs and Poems for the Earth and the Season," on **Saturday, December 9, 2023 at 2 PM at the North Providence Union Free Library (1810 Mineral Spring Ave. North Providence, RI)**. This poetry, music and informative event, which is free and open to everyone, will feature a special presentation by **Alicia Lehrer, Executive Director of the Woonasquatucket River Watershed Council (WRWC)**, who will share this vital organization's efforts "to create positive environmental, social and economic change by revitalizing the Woonasquatucket River, its Greenway and its communities." **Featured Poets** will be: Sharon E. Alexander, who will also begin this event with a **Land Acknowledgement**, Diana Cole, Braden Collins, Lawrence J. Krips, Kate O'Kula, Jim Manchester, Heather Sullivan, and Yvonne Wingard, Communications Manager of the Woonasquatucket River Watershed Council. Music will be provided by **The Notable Works' Ensemble**: Alison Shea, Ensemble Director and pianist; Noreen Inglesi, composer, poet and vocalist; Beth Schapira, lead vocalist; Teresa Gervais, flutist and Maria Bilyeu, cellist with **Special Guests**: Mary Zema, mezzo-soprano and Bart Duarte, tenor. There will also be a musical performance by **Greg Berger's Music Class from Stephen Olney Elementary School in North Providence**, which will be singing some songs of the season. Also, former North Providence Music and Fourth Grade Teacher Dr. Anne Marie Vale will conclude this program with a performance of some familiar favorites on trumpet and drums. In addition, there will be an **Open Mic for Poetry** and **Complimentary Refreshments** will be provided by D. Palmieri's Bakery and Santoro's Pizza along with the local Stop and Shops. **Admission is FREE, the Library is handicapped accessible, and everyone is welcome!** At this event, Notable Works will be graciously accepting donations of hats, socks and gloves for this year's Notable Works' "**Love Warms the Homeless Heart**" **Tote Bag Project**, which provides the essential items listed above plus hygiene items as well as a resource guide to families and individuals in need during the winter months. For more information about this and other Notable Works' Projects, Publications, Presentations and Events and to sign up for Notable Works' monthly newsletter *Notable Notes*, please email: [info@notableworks.org](mailto:info@notableworks.org) or visit: [www.notableworks.org](http://www.notableworks.org).



### Love Warms the Homeless Heart II:

A Collection of Original Poetry and a Listing of Shelters and Services in Rhode Island.

*Edited by Noreen Inglesi*

Published by Notable Works Publication & Distribution Co., Inc.  
<https://NotableWorks.org>



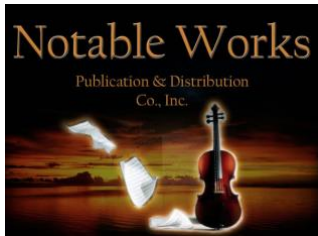
### Dinner at Six:

Voices from the soup kitchen.

By Helen Hudson

The Helen Hudson Foundation:

<https://www.helenhudsonfoundation.org>  
For more information please contact Thomas at: [ThomasElane@sbcglobal.net](mailto:ThomasElane@sbcglobal.net)



[www.notableworks.org](http://www.notableworks.org)

**Notable Works' 2023 Sponsors**

**Platinum Sponsors (\$300.00+)**

Rhode State Council on the Arts  
Helen Hudson Foundation

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Cindy Drake  
Ana Marsden Fox and Family  
Mary Inglesi  
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Richard and Martha Ventrone



**Land Trust Offers  
“Winter Wellness Walks”**



BARRINGTON, RI – As the days get shorter and the temperature drops, it's tempting to curl up inside by a fire or exercise indoors. Research shows, however, that outdoor exercise can boost your physical and mental wellness during the winter. To encourage healthy time in the outdoors this winter, the Barrington Land Conservation Trust is offering a series of “**Winter Wellness Walks**” at conservation properties throughout Barrington.

“These walks will be different than our traditional guided walks,” says Land Trust Executive Director Cindy Elder. “Since it's cold outside, we're going to keep moving at a moderate pace rather than stopping to explain the history and ecology of the property. These will be informal walks where we can get to know each other and just enjoy the sights and sounds of nature.”

Walks will be held on Wednesdays and Saturdays at 9 am between Wednesday, Dec. 6 and Saturday, Dec. 23. All of the walks will be one hour or less over gentle terrain, with occasional moderate inclines or uneven ground. Locations will include Sowams Woods, St. Andrews Farm, Osamequin Nature Preserve, Doug Rayner Wildlife Refuge, Allin's Cove and other locations, all of which are open to the public year-round.

To register, visit [www.blct.org/events](http://www.blct.org/events). All ages are welcome, and there is no cost to attend. Registrants will be notified in the event of weather cancellations.

**Getting Outside Can Make You Feel Better**

The benefits of spending time outside during the winter are many. Sunlight triggers the response the body needs to create vitamin D, which is essential for normal growth and bone development. Research has shown that vitamin D also can play a role in mood regulation.

According to Jason Hunziker, MD, chief of the division of adult psychiatry at Huntsman Mental Health Institute, “Some studies have shown that being outside triggers physiologic responses in our body that help reduce stress levels. Some feel that we have a strong connection to nature because of the way we evolved from living in nature for survival and that helps us feel peaceful in that setting.”

Benefits of exercise can include increased self-esteem, improved cognitive function, and reduced physical and emotional stress. According to Hunziker, while you are exercising, well-oxygenated blood is being pumped to your brain, which increases the release of neurochemicals, which in turn decreases the release of stress-related chemicals. Exercise can also improve neurotransmitter levels and increase the ability of the nervous system to respond from both internal and external stress.

“The beauty of the outdoors is inspiring in every season,” says Elder. “In the winter, you can experience the beauty of a first snow and listen to the sounds of animals foraging for food. You can photograph ice-sheathed branches glistening in the sun and observe the changes in salt marshes and lakes as the temperature drops. We hope these Winter Wellness Walks will encourage people to enjoy the public trails in Barrington all through the year.”

The Barrington Land Conservation Trust has preserved nearly 300 acres of open space in perpetuity for the benefit of the public. For more information on the Land Trust and its properties, visit [www.blct.org](http://www.blct.org) or email [cindyelder@blct.org](mailto:cindyelder@blct.org).





For more information, please contact:  
[info@easternriconservation.org](mailto:info@easternriconservation.org)  
or visit:  
[www.easternriconservation.org](http://www.easternriconservation.org)

**Upcoming Events:**

**Cloverbud Ranch Tour**  
**Friday Dec. 1 - 1:00 PM**

Cloverbud Ranch  
497 Jepson Lane Middletown, RI

Join us for a family-friendly **tour of Cloverbud Ranch**, where we will hear about pasture management, soil biology, rotational grazing, manure distribution, stocking density, heritage breeds, and more! For more information and registering online, [click here.](#)

**Financial and Technical Assistance for Farmers—  
Information Session**

**Monday Dec. 4 - 6:00 PM**

Tiverton Public Library  
34 Roosevelt Ave, Tiverton, RI 02878

**Call to RI Landowners and Farmers!** Join us for an information session to discover how you can work together with the **Eastern RI Conservation District (ERICD)** to install environmentally-smart practices on your land. For more information and registering online, [click here.](#)



# RainSnap



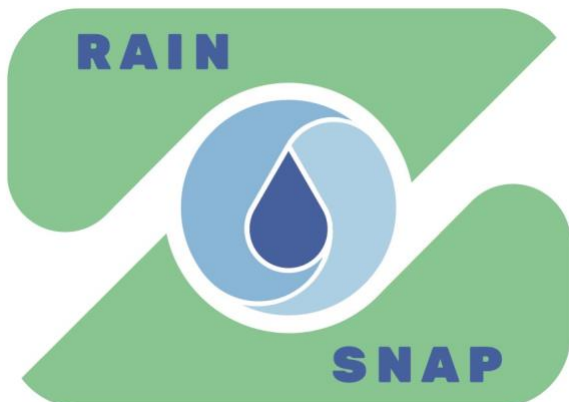
**Audubon Society  
of Rhode Island**

[www.asri.org](http://www.asri.org)

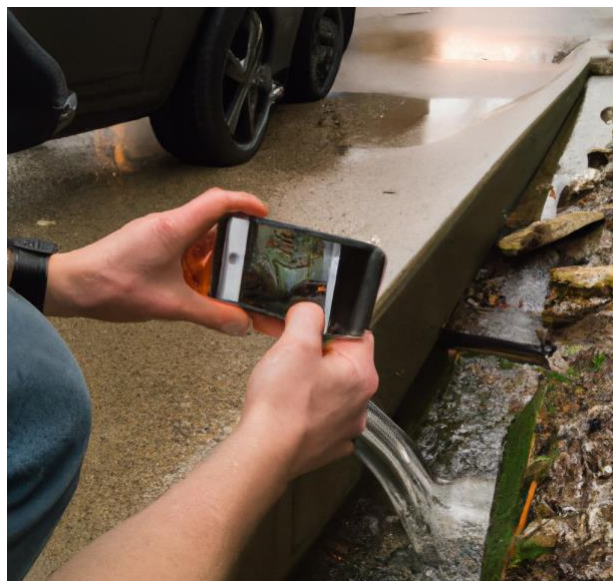


**Stormwater  
Innovation  
Center**

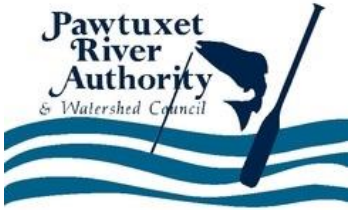
<https://www.stormwaterinnovation.org>



"The **Stormwater Innovation Center** (an initiative of the **Audubon Society of Rhode Island**) is seeking Providence, RI metro residents to be paid participants in our community green infrastructure monitoring initiative **RainSnap**. **RainSnap.org**: <https://rainsnap.org> is a website we have developed to help track the efficacy of select green infrastructure sites in the Providence area. During heavy rain events, participants take photos and videos that capture the performance of green infrastructure. This important information about each site is then relayed to green infrastructure owners. No experience is required – training materials are available on the **RainSnap** website, and Stormwater Innovation Center staff are available to assist as needed. If you have a flexible schedule, are interested in having an impact on your community's water quality, and want to make a little extra income, please get in touch with **SIC Education & Outreach Coordinator Rebecca Reeves** at [rreeves@asri.org](mailto:rreeves@asri.org) **RainSnap** is funded through the **Stormwater Innovation Center** by a **Restore America's Estuaries** grant."



Announcements Continued from Page 3:



For more information and to register for upcoming event, visit: [www.pawtuxet.org](http://www.pawtuxet.org)

The Pawtuxet River Authority and Watershed Council is pleased to introduce 3 new board members this fall! **Matthew Jerzyk** from Cranston, **George Kuzmowycz** of Scituate, and **Peter Meusert** of Scituate have all joined the Board of Directors. By state law, we are required to have a very specific make-up of participants on our board, with a specific number of each to represent the cities and towns along the river. We are happy to report most towns have full representation, but are still looking for another board member from Warwick. If you happen to know anyone with a passion for the watershed looking to make a difference send them over to our next board meeting on Monday, December 4 at 6 pm in Hope--the public is always welcome! We are especially looking for folks who may have unique skills to offer, such as fundraising, marketing, social media/communications, web design or IT, teaching/outreach, project managers or volunteer coordination.

TEN AWARD-WINNING SHORT FILMS FROM FOUR CONTINENTS  
EXPLORE THE HUMAN AND ARTISTIC RESPONSE TO CLIMATE CHANGE

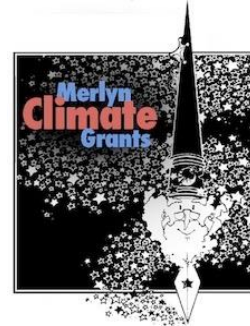


CLIMATE FUTURE

FILM FESTIVAL

HONORARY JUDGE:  
**BILL McKIBBEN**  
FOUNDER OF THIRD ACT

DRAMA - DOCUMENTARY - DARK COMEDY - ANIMATION



TUESDAY, NOVEMBER 28, 6 PM

The CLIMATE FUTURE FILM FESTIVAL

will screen at the WOODMAN CENTER on the campus of MOSES BROWN SCHOOL. The 2-hour climate film program is free and open to the public and features new drama, dark comedy, documentary and animation. Ten films from four continents in two hours explore the human and artistic response to climate change. **BILL McKIBBEN** introduces the evening in a videotaped introduction; McKibben also selected the Festival's Best Film, Best Director, and Best Cinematography. Watch the teaser and read a stirring review, below.

[CLIMATE FUTURE FILM FESTIVAL WATCH TEASER](#) [READ REVIEW BY MALCOLM STREITFELD](#)

QUOTE OF THE MONTH

**“If you’re lucky enough to find a way of life you love, you have to find the courage to live it.”**  
..... **John Irving**

Today, John Irving is one of the world’s most popular and respected writers of fiction, known for his colorful and eccentric characters, humorous voice, and imaginative plots. But like many writers, he had his struggles. His first three novels attracted reasonably positive reviews but failed to gain large readerships, and he found himself unable to fulfill his dream of making a living purely from writing fiction. Nonetheless, Irving continued to pursue his passion. His fourth novel, “The World According to Garp,” was a massive hit, selling millions of copies and remaining on bestseller lists for years. “Garp” is one of several Irving novels that have been adapted for film, along with “The Hotel New Hampshire,” “The Cider House Rules,” “A Prayer for Owen Meany,” and “A Widow for One Year.” This quote from “A Prayer for Owen Meany” reminds us that while deciding how we want to live our lives is a great first step, we also have to find the strength within us to make that ideal life a reality.