

WomanSense

Women's Fund of New Hampshire Newsletter

SPRING 2006



Invest in the future of women and girls. No matter what its size, every contribution is important. At the Women's Fund, the Fund will leverage your gift with others to

tools to prosper, our New Hampshire communities thrive. The Women's

Make an Impact on the Lives of Women and Girls in New Hampshire

generosity of our donors has improved the lives of over 35,000 women and girls supported through our grants and programs. By giving a woman or girl the

have the greatest impact. Please make a difference by contributing today in the enclosed envelope. THANK YOU!

Thank You

The Women's Fund recently received grants from the Byrne Foundation and the Clowes Fund. Thank you also to East Colony Fine Art in Manchester for the use of the gallery for our Founder's Event in March.



The Women's Fund of NH 2006 Grantee Partners

Since 1999, WFNH has awarded grants to more than 100 organizations throughout the Granite State. The Women's Fund is proud to partner with these outstanding organizations that are enriching the lives of our state's women and girls through their expertise, innovative approach to problem solving and exemplary leadership.

For the most recent listing of Grantee Partners, see Page 2.

Good Beginnings of Sullivan County, a 2006 Grantee Partner (photo below).



2006 Grantee Partners

The projects listed below were awarded funding in March 2006.

The second round of 2006 grants will be announced in the fall newsletter.

Arts in Reach (AIR)

Dover—\$3,500

To support an intergenerational project that will connect girls with older women so that together they can utilize writing and photography to explore the theme of body image.

Bridges

Nashua—\$3,500

To provide funding for a young women's support group to girls who have experienced dating, domestic, and/or sexual violence.

Child and Family Services

Manchester—\$4,290

To provide access to a range of career opportunities in the North Country, including: job coaching, training in developing a resume, interview skills, and presentation skills.

The Circle Program

Plymouth—\$2,500

To support a summer camp program created to involve at risk girls, ages 12-16, in a series of workshops designed to develop life skills and provide career and education guidance.

Good Beginnings of Sullivan County

Claremont—\$5,000

To hire and train an additional Certified Lactation Consultant to assist women with individualized education and support to successfully breastfeed their infants and to establish a monthly support group for breastfeeding mothers.

New Hampshire Citizens Alliance

Concord—\$5,000

To engage immigrant women and women of color in activism through hands-on civic participation during the current legislative and election cycle (see photo on right).

Ozanam Place

Laconia—\$5,000

To support a two-year program providing job training, housing, education, and parenting skills to homeless single mothers.

Riverbend Parent-Child Center

Concord—\$3,000

To support a home mentoring program that enhances parent-child relationships and helps promote the healthy development of the family.

Whole Village Family Resource Cntr.

Plymouth—\$5,000

To support a full time child care center for homeless shelter residents and domestic violence shelter residents.

> For information about WFNH 2007 Grant Application deadlines, please go to www.wfnh.org.

Thank You

WFNH wishes to thank the members of this year's grantmaking committee for its contribution of time and expertise to our mission.



New to the Women's Fund Board of Directors

Lindley Shutz is an adjunct professor in the English and Continuing Education Department at the New Hampshire Technical Institute in Concord. Lindley has been a volunteer in her hometown of Concord, having leadership roles for the Friends of the Concord Public Library Board and the Concord Public Library Foundation Board. She holds a Bachelor of Arts from Dartmouth College and a Masters in Literature from the University of Virginia.



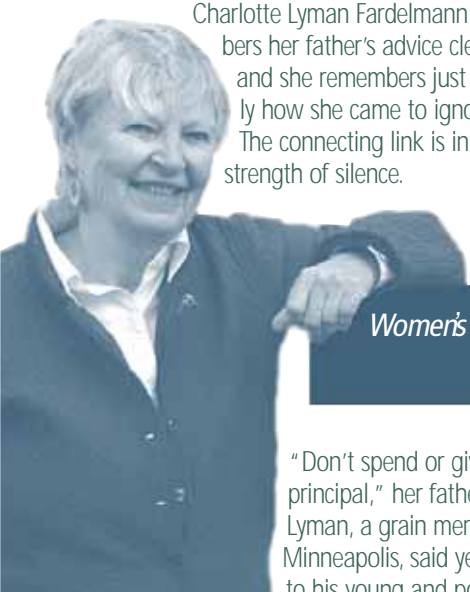
Susan Werner Thoresen, a resident of Portsmouth, is Associate Vice President and financial advisor of Morgan Stanley Dean Whitter. Thoresen specializes in goal setting, risk management, asset allocation and asset management, working with individuals, businesses and non-profit organizations. With over 30 years of volunteer experience, Sue has served as a member of governing and advisory boards for many institutions. She is a graduate of Smith College and holds a Masters of Public Administration from the Maxwell School at Syracuse. Sue is one of the forty original founding members of the Women's Fund.



Rona Zlokower, of Manchester, has led and participated in public/private partnerships in the healthcare, corporate and nonprofit sectors for over twenty-five years. Rona collaborated in the creation of MediaSmart which assists professionals and lay people working with youth in understanding the effects of mass media on child and teen health and behaviors. Rona has extensive experience with organizations dealing with violence and abuse and understands the intervention needed. She has a Masters degree in Communications Management from Simmons College.



To learn more about WFNH Board of Directors, visit www.wfnh.org.



Charlotte Lyman Fardelmann remembers her father's advice clearly, and she remembers just as clearly how she came to ignore it. The connecting link is in the strength of silence.

Women's Fund Founder **Charlotte Fardelmann**
by Shirley Elder

Photo - Truda Bloom

"Don't spend or give away principal," her father, Ted Lyman, a grain merchant in Minneapolis, said years ago to his young and potentially wealthy daughter. "Use the income and keep the principal to pass down in the family." That's what he had done -- passed his money, some of it inherited and some from smart investments -- down to his family. That's not what Charlotte Fardelmann is doing; she's giving it away.

"Have you given away a lot of money?"
"I have."

To understand the Charlotte Fardelmann who became a devout Quaker, a founder of the Women's Fund of New Hampshire, a freelance journalist, a teacher and creator of her own charitable foundation, The Lyman Fund, it is necessary to take a look back.

She grew up in an affluent corner of Minnesota but skipped what she called the "high society world . . . the showy parties, the formal gowns and social drinking." After graduating from Wellesley College, she shared an apartment with college friends in New York City and then married a young medical student. But all along the way she said she was uncomfortable with the money that enabled her to live in ease. Even when she got a job, she knew she didn't have to work to get by. "It wasn't a lot of money," she said of her wealth. She was sitting in her pleasantly cluttered home by the Piscataqua River in Portsmouth. "It just was more money than my friends had. It made me uncomfortable. I didn't want to talk about it."

Time passed. Her doctor husband, Dale Fardelmann, became a urologist. Charlotte became a mother of four children in five years. In the early 1960s, the family moved to Portsmouth to this house once known as the

"henery" or hen house for the Wentworth Coolidge mansion next door. Charlotte described the place lovingly in her book, *Nudged by the Spirit*: "My home stands at the confluence of two rivers near enough to their ocean mouth to be filled by the strong currents of the salt sea tides twice a day." She loves the river, and regularly hauls her kayak out for spin.

In 1970, the Fardelmans divorced. When her own Episcopal Church turned its back on divorcees, Charlotte searched elsewhere. She meditated. She tried transcendental meditation. Then in 1977, she turned to the Religious Society of Friends, the Quakers, in Dover. She described herself as a "high-pressure, fast-paced, achievement driven" journalist and writer. The problem, in the early 1980s, was that she developed a writer's block just as she was supposed to produce a book about the islands of Maine.

She made plans to attend a Quaker center for study and contemplation at Pendle Hill. It was, as she said with the calm assurance of the faithful, "an incredible spiritual transformation that changed my life."

From there, Charlotte Fardelmann went on to tackle the demon of her own wealth. She studied money, and "sensed" she should start giving it away. She defied her father's advice by dipping into principal. The largest single contribution, \$500,000, went to The Lyman Fund, which she created to help people, mostly Quakers and mostly women, "take the next step on their spiritual journey." Other projects -- like the Women's Fund -- have benefited as well. She likes to be in at the beginning of things.

Her life has become a mix of quiet time (she leads "stillness" retreats), prayer, music (she's in two singing groups -- the Shanty Singers, who are marine docents of the Great Bay Stewards, and the Voices from the Heart), travel, daily entries in her journal, and philanthropy.

"It's been very rewarding for me to give money," she said in an interview. "Giving and receiving are two aspects of one whole, like yin and yang. If you give with the right spirit, you are receiving as you give. If you receive with the right spirit, you are giving to those you receive from . . . It's just wonderful."

From the Director Marianne M. Jones

"It is said that sometimes we need a story more than food in order to live."



Rachel Naomi Remen, M.D.,
author of *Kitchen Table Wisdom*

To the left is the story of one of our Founders, Charlotte Fardelmann. We have begun an oral history story project to collect profiles of the women and men who are our Founders. These are the people who believed enough in *the idea* of this foundation to be the building blocks of our first endowment dollars and operating funds starting in 1998. Two talented and experienced volunteers are contributing their time and expertise to make the project happen: Shirley Elder, a former reporter for The Washington Star and the Boston Globe's New Hampshire Weekly, and Truda Bloom, photographer. As the profiles of our Founders are completed, they will be posted on our website and included in upcoming newsletters.

If you have a story that you would like to share, please send it to us at info@wfnh.org. We look forward to hearing from you.

Exeter Giving Circle

The Women's Fund of New Hampshire is proud to support the work of The Exeter Giving Circle. The 2006 Exeter Giving Circle grants are:

Richie McFarland Children's Center, Stratham, \$1,000 to *Parent Support and Education Program*

Arts in Reach, Dover, \$3,200 to *Voices of AIR*

New Outlook Teen Center, Exeter, \$3,000 to *Trailblazers*

Portsmouth School Department, Portsmouth, \$1,500 to *The Friends Project*

Do you have a book group, a running group or a group of friends who want to invest in social change for women and girls? Let the Women's Fund help you to leverage your philanthropy. For more information on the Exeter Giving Circle, or to learn how to form your own giving circle, please contact us.

THE WOMEN'S FUND OF New Hampshire

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Upcoming Events *Save the Date*

Details about these and other community events are available online at the WFNH *Every Woman Online Resource Center*, www.wfnh.org.

Donor and Grantee Partner Celebration

May 24, 2006, 5:00 – 7:00 p.m.

Tuck Library
Concord, NH

"Girls Night Out" at the Ball Game with WFNH

June 27, 2006, 6:35 p.m.

NH Fisher Cats vs. Trenton Thunder
Manchester, NH

Want to throw out the first pitch?

Buy a chance online at www.wfnh.org

Third Annual Recipe for Change

September 21, 2006, 5:00 – 9:00 p.m.

Grappone Conference Center
Concord, NH

Women's Fund Recipe for Change *A Soiree to Benefit New Hampshire Women and Girls*

The 2006 Recipe for Change is going to be bigger and better than ever. Scheduled for September 21st at the Grappone Center in Concord, the fundraising event will feature both live and silent auctions, delicious food and drink, celebrity sightings and an opportunity to connect with women from across the state. Last year this fun and successful event raised over \$32,000 to benefit New Hampshire's women and girls.

For more information on upcoming events or volunteer opportunities, contact Angela Yanski at 226-3355 or ayanski@wfnh.org.