

JOHN E. FOGARTY
2D DISTRICT, RHODE ISLAND

COMMITTEE:
APPROPRIATIONS

Room 1133
HOUSE OFFICE BUILDING

RHODE ISLAND OFFICE:
200 CUSTOMHOUSE BLDG.
PROVIDENCE 3, R. I.

Congress of the United States
House of Representatives
Washington, D. C.

January 10, 1961

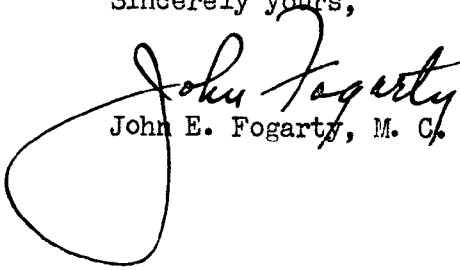
D. Everett Whelan, City Clerk
City of Providence
City Hall
Providence, Rhode Island

Dear Everett:

I wish to acknowledge receipt of the certified copy of the Providence City Council Resolution No. 540 concerning the proposed amendment to the Social Security Act and to thank you for sending it along to me.

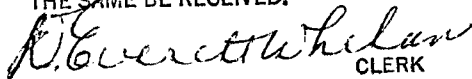
With kindest personal regards, I am

Sincerely yours,


John E. Fogarty, M. C.

IN CITY COUNCIL
JAN 19 1961

READ:
WHEREUPON IT IS ORDERED THAT
THE SAME BE RECEIVED.


CLERK



State of Rhode Island and Providence Plantations

House of Representatives

HARRY F. CURVIN
PAWTUCKET

December 29, 1960

Mr. D. Everett Whelan
City Clerk
City Hall
Providence, Rhode Island

Dear Mr. Whelan:

I have received the certified copy of the Resolution of the Providence City Council requesting legislation to establish a pension plan for elected officials of the City of Providence.

As soon as the Legislature meets I will have this matter noted in the records and will refer the resolution to the proper committee for their information and instructions.

You may be sure of my interest and co-operation.

Very truly yours,

Harry F. Curvin
Harry F. Curvin
Speaker

HFC:c

IN CITY COUNCIL
JAN 19 1961

READ:
WHEREUPON IT IS ORDERED THAT
THE SAME BE RECEIVED.

D. Everett Whelan
CLERK

OFFICE OF
THE CITY CONTROLLER

CITY HALL



JOSEPH C. KEEGAN
CITY CONTROLLER
JOSEPH P. DUFFY
JACK WILKES
ASSISTANTS

CITY OF PROVIDENCE, RHODE ISLAND
WALTER H. REYNOLDS, MAYOR

January 3, 1961

D. Everett Whelan, City Clerk
City Hall
Providence, Rhode Island

Dear Sir:

This is to inform you that under authority of Section 33, Chapter 1665 of the Public Laws of 1945 of the State of Rhode Island, I have this day appointed Mr. Joseph P. Duffy, residing at 90 Metropolitan Road, Providence, Rhode Island, as Assistant City Controller.

Very truly yours,

Joseph C. Keegan
City Controller

JCK/CD

IN CITY COUNCIL

JAN 19 1961

READ:

WHEREUPON IT IS ORDERED THAT
THE SAME BE RECEIVED.

D. Everett Whelan
CLERK

State of Rhode Island and Providence Plantations

THE CITY OF



PROVIDENCE

I, JOSEPH P. DUFFY, do

*solemnly swear that I will support the Constitution of the United States
and of the State of Rhode Island and that I will faithfully discharge
the duties of the office of*

Assistant City Controller

to the best of my ability.

Joseph P. Duffy

I, D. Everett Whelan, Clerk

do hereby certify that on the 8th *day of* March, *A. D.* 1961,

I did administer unto JOSEPH P. DUFFY

duly appointed to the office of

Assistant City Controller

the above subscribed oath.

D. Everett Whelan

OFFICE OF
THE CITY CONTROLLER

CITY HALL



JOSEPH C. KEEGAN
CITY CONTROLLER
JOSEPH P. DUFFY
JACK WILKES
ASSISTANTS

CITY OF PROVIDENCE, RHODE ISLAND
WALTER H. REYNOLDS, MAYOR

January 3, 1961

D. Everett Whelan, City Clerk
City Hall
Providence, Rhode Island

Dear Sir:

This is to inform you that under authority of Section 33, Chapter 1665 of the Public Laws of the State of Rhode Island, I have this day appointed Mr. Jack Wilkes, residing at 100 Lori-mer Avenue, Providence, Rhode Island, as Assistant City Controller-second.

Very truly yours,

Joseph C. Keegan
City Controller

JCK/CD

IN CITY COUNCIL
JAN 19 1961

READ:

WHEREUPON IT IS ORDERED THAT
THE SAME BE RECEIVED.

D. Everett Whelan
CLERK

State of Rhode Island and Providence Plantations

THE CITY OF



PROVIDENCE

I, JACK WILKES, do

*solemnly swear that I will support the Constitution of the United States
and of the State of Rhode Island and that I will faithfully discharge
the duties of the office of*

Assistant City Controller - Second

to the best of my ability.

Jack Wilkes

I, D. Everett Whelan, Clerk

do hereby certify that on the 8th day of March, A. D. 19 61,

I did administer unto JACK WILKES

duly appointed to the office of

Assistant City Controller - Second

the above subscribed oath.

D. Everett Whelan



Edward M. Flanagan
Recorder

CITY OF PROVIDENCE - RHODE ISLAND - Walter H. Reynolds, Mayor

RECORDER OF DEEDS

CITY HALL

Walter A. Lough
Deputy Recorder

January 2, 1961

To the Honorable, The City Council

City of Providence

Dear Sirs:

In accordance with the provisions of Sec.
37, Chapter 832 of the Public Laws, 1940, I have this
day appointed Walter A. Lough, of Providence, Deputy
Recorder of Deeds.

Respectfully,

Edward M. Flanagan
Recorder of Deeds.

IN CITY COUNCIL

JAN 19 1961

READ:

WHEREUPON IT IS ORDERED THAT
THE SAME BE RECEIVED.

Robert H. Wilson
CLERK

January 3, 1961

Mr. John E. Meade,
Deputy Director of Public Works,
City Hall, Providence, R.I.

Dear Mr. Meade:

In accordance with the Providence Charter Act of 1940 as amended by Chapter 2308 of the Public Laws, approved May 8, 1949, I have the honor to inform you that today I have appointed you, with the approval of Mayor Walter H. Reynolds, Deputy Director of Public Works.

Very truly yours,

Charles F. McElroy
Charles F. McElroy
Director of Public Works.

CFM:k

IN CITY COUNCIL
JAN 19 1961

READ:
WHEREUPON IT IS ORDERED THAT
THE SAME BE RECEIVED.

Robert H. L...
CLERK

PROVIDENCE R.I.
CITY CLERK

JAN 3 11 24 AM '61

JAN 3 11 54 AM '61

CITY CLERK'S OFFICE
PROVIDENCE, R.I.

СГЕВК

THE ABOVE BE RECEIVED
BY THE BUREAU OF THE
RECORDS AND COMMUNICATIONS DIVISION
ON 11/13/68

7 PM 1. 192

ИЗДАТЕЛЬСТВО

07-08-5

DATE: 11/11/1964

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 12-week training program. The HR and HRR were measured at rest and during maximal exercise at baseline and at the end of the 12-week training program. The results showed that the training group had a significantly lower HR and HRR at rest and during maximal exercise compared to the control group at the end of the 12-week training program. The control group had a significantly higher HR and HRR at rest and during maximal exercise compared to the training group at the end of the 12-week training program. The results suggest that a 12-week training program can improve the HR and HRR of sedentary middle-aged men.

1. The first step is to identify the problem. This involves understanding the situation and the goals that need to be achieved.

1990

CONFIDENTIAL

2017 2018

State of Rhode Island and Providence Plantations

THE CITY OF



PROVIDENCE

I, JOHN E. MEADE, do
solemnly swear that I will support the Constitution of the United States
and of the State of Rhode Island and that I will faithfully discharge
the duties of the office of

DEPUTY DIRECTOR OF PUBLIC WORKS

to the best of my ability.

John E. Meade

I, Walter H. Reynolds, Mayor

do hereby certify that on the 4th day of January, A. D. 1961,

I did administer unto John E. Meade

duly appointed to the office of

DEPUTY DIRECTOR OF PUBLIC WORKS

the above subscribed oath.

Walter H. Reynolds