

Bulletin Board

Radio Show Schedule

March 4: Jenny Grooms, Director of Development, Warren Memorial Hospital
April 1: Joyce Jenkins Wimmer, College Access Network

Radio shows are on the first Thursday of every month, 12:30 PM – 1:00 PM WFTR 1450 AM, 95.3 FM. **Our new host is Molly Steadman.** If you'd like to be on our radio show, contact Molly at (913) 486-7841 or email her at mschro3@aol.com

FRWRC EVENTS

Dare to Dream Breakfast Honoring Women's History Month And Dare to Dream Recipients - Thursday, March 18, 7:30 – 9:00 AM, Holiday Inn & Suites, 111 Hospitality Drive. Featured Speaker is Cheryl Thompson-Stacy, President of Lord Fairfax Community College. \$15 at the door. Please RSVP to the FRWRC 636-7007 by March 12th. Join us for inspiration, connection and laughter on this special morning.

WomanLore With Betsey Means - A woman's history presentation co-sponsored by the FRWRC and the Friends of Samuels Library. Saturday, April 17th, 3:30 - 5:00 PM at Samuels Public Library. Plan to attend a tea and reception that will held before the presentation at 2 PM. This wonderful performance educates and entertains as Ms. Means presents the experiences and impassioned opinions of historical figures in the style of their time and place. No fee, donations accepted.

Iodine and A Woman's Health. Presented by Dr. Craig Zunka - Did you know that 72% of the world's population is affected by iodine deficiency disorder? That iodine can be used to treat ADD/ADHA, breast disease, headaches, fatigue and muscle cramps? That iodized salt is not enough? Come to hear this important health information for women and their families. Open to all. Date: Thursday, April 22nd. Time: 6:30 PM Place: Samuel's Public Library, 330 E. Criser Road, Front Royal, VA.

"Who Knew?" A Lively Lunch Series - Thursday, April 8, 12:00 Noon, Warren Memorial Outpatient Center Meeting Room, 120 N. Commerce. April's featured speaker is Ann Bogar speaking on "Travels On the Far Side." Join us for Lunch & Tell where we will be featuring talks by wonderful women from the area. The idea is for women to get together and inspire each other by sharing their unique knowledge and interests over a brown bag lunch. Very informal. Promises to be lots of fun with plenty to talk about! Free. Bring your own lunch and drink.

Book Club - Join us for our monthly book discussions and lunch. We meet on the third Friday of the month at 1:00 PM and take turns picking the book and meeting location. We will meet:
March 19: *The Rosewood Casket*, by Sharon McCrumb (Jane);
April 16: *Odd and the Frost Giants* by Neil Gaiman, For **Extra Credit**, read a Norse myth (Mattie);
May 21: *Bad Girl Creek* by Jo-Ann Mapson (Lyn);
June 18: (Barbara W.); July or August (Molly). If interested contact March Whitney at 631-0999 or email at martha@marthawhitney.com

MEMBER EVENTS AND NOTICES

C-Cap never has enough of the following items that are frequently requested and cannot be purchased with food stamps: toilet paper, disposable diapers and tampons. C-Cap is open Monday – Friday, 9 AM – noon. If you have difficulty getting there during weekday mornings, just leave items in the wooden box on Nan Hathaway's front porch, 107 Virginia Avenue and she will deliver them.

House of Hope, Men's Homeless Shelter, is doing the FlowerPower fundraiser again this year. For all you gardeners, a wonderful variety of plants and bulbs are available to purchase, such as Asiatic lilies, Bleeding Hearts, Gladioli, Peacock Orchids, Summer Daffodils, Dahlias, a fragrant Sarah Bernhardt Double Peony, Strawberries, Tomato pre-seeded pots, Sweet pepper pre-seeded pots, and so much more. The quality of the bulbs and plants is outstanding - they bloom and bloom. If interested, please contact Sigi Hepp-Dax at siggi@shentel.net or call 631-0956. She will send you a brochure with color pictures and order form. FlowerPower is affiliated with Gardner's Supply.

Pam's European Skin Care Offering a variety of services: Treatment for all types of skin. No matter what age, Pam can help you look younger and feel better about yourself. Call or drop by for a free consultation and for every referral you send, receive your next facial free! Hours: Monday through Friday, 10 AM to 5 PM. Evening and Saturdays available by appointment. Gift certificates are also available. For appointments and/or information contact Pam at 683-1675 or email at pambrown51@hotmail.com Pam is a licensed esthetician. Her office is at 135 B. North Royal Avenue in Front Royal.

Mindful Meditation and Exploration - Please join us on March 27 at 1:45 PM. Mindfulness is awareness of the moment as it happens. Saturday, March 27th at 1:45 - 4:00 PM, in Front Royal, VA (please RSVP for specific location). Facilitator: Martha Whitney, L.M.F.T. Visit www.marthawhitney.com for more info. Suggested donation of \$20-40 per gathering. RSVP, space is limited, to martha@marthawhitney.com or (540) 631-0999.

Refresh Yourself! Celebrate the official beginning of Spring on March 20! - Preparing yourself energetically now for the coming of spring will help you move into the season with ease and a renewed sense of wellness and balance, in other words, more fun! In this Refresher you will: Receive a Reiki Refresher attunement. Renew and harmonize your energy. Use Reiki to open, balance and protect chakras, the main energy centers. Use movement to stabilize and ground the changes you seek. Learn techniques you can take home and use immediately to renew and balance your energy. Enjoy practicing Reiki with like-minded friends, embracing the changes of Spring. March 20, 2010, 9:00 AM – 4:00 PM. Warren Memorial Hospital, Front Royal, VA 22630. Prerequisite: Reiki I Training from any instructor \$125. Early registration discount: if registered and paid in full by 3/12, \$95. For more information or to register, please contact Eka Kapiotis at ekapioti@valleyhealthlink.com or (540) 635-0751

Logo Contest – The Royal Shenandoah Greenway is conducting a contest for the best logo. There is a four plus mile hiking, biking, walking trail being planned by the Front Royal/Warren County Tree Stewards and the Town of Front Royal. The winning entry becomes the property of the Royal Shenandoah Greenway. Designs can be multi-colored yet adaptable to reproduction in black and white. Design must express the theme "Where the mountains meet the river." All art must be original. Entries must be postmarked by March 31. Please send to FRWC Tree Stewards, Attn. RSG Logo Contest, PO Box 2001, Front Royal, VA 22630. Winner will receive \$500. For more info email frwctreestewards@comcast.net or go to www.TreesFrontRoyal.org.

Samuels Library Programs: Vibes at the Libes - an ongoing series of lunchtime musical performances, one Friday each month. On Saturday, March 13, *Hamlet* will be presented by the Traveling Player Ensemble. Geared toward the entire family, come join us for this fun and entertaining production. *Birds of Prey* presented by The Blue Ridge Wildlife Center. Saturday, March 27th. *Butterflies!* Saturday, June 19th @ 2 PM and October 16th.

Gardening Series: Meets every other month on the 2nd Saturday of each month at 3:30 PM. Presented in partnership with the Master Gardeners of Warren County. Topics will be announced in advance. The next program will be held on May 8th at 3:30 PM.

SRO Toastmasters Club - Want to become more comfortable and competent before an audience? Want to be a better leader? Toastmasters is a non-profit international organization offering a proven and enjoyable way to practice communications and leadership skills. Learn by doing in a fun and friendly environment - no pressure, no instructor. Members learn from each other and provide positive and helpful feedback. Emphasis is on building confidence and reaching your full potential - at your own pace. Membership fees are minimal - \$20 when you join, plus only \$5.50 per month. Meetings are held on the first and third Monday, from 7 PM to 8:30 PM, in the Chamber Conference Room. All are welcome to attend. For more information contact Karen Hade at kmhade@gmail.com.