

## Bulletin Board

### Radio Show Schedule

November 3 - Eka Kapiotis interviewed JoEllen McNeal. Jo Ellen, coordinator of the Front Royal Women's Resource Center since its inception, shared some of the many successes of the organization, including the Dare to Dream grant, and discuss future projects and plans.

**You can listen to Podcasts of this or any other past Radio Shows, just go to [www.theriver953online.com/](http://www.theriver953online.com/) and click on Podcasts. Look for the Valley Women Today or look up by date.**

December 1 - Eka Kapiotis interviews Cathy Bower. Cathy is a clinical aromatherapist and will share some of her personal experiences with the transformational power of essential oils. Cathy will discuss practical uses of oils, such as their antibacterial properties, and oils of the Bible.

Radio shows are on the first Thursday of every month, 12:30 PM– 1:00 PM. WZRN 1450 AM, 95.3 FM. **Our new host is Eka Kapiotis.** If you'd like to be on our radio show, contact Eka at (540) 635-7244 or email her at [ekapiotis@comcast.net](mailto:ekapiotis@comcast.net)

### Book Circle

Dear Readers, we continue to meet for lunch and discussion the third Friday of the month at 1:00 PM as follows:

**November 18:** any book by Elizabeth Gilbert (Barbara G. at [brg527@yahoo.com](mailto:brg527@yahoo.com))

**December 16:** (this could be you –please step forward)

**January 20:** *A Singular Woman: The Untold Story of Barack Obama's Mother* by Janny Scott (Lyn B. at [dllbement@comcast.net](mailto:dllbement@comcast.net))

For information about a specific book or month please call the hostess for the month. For general information or to be added to our mailing list, please contact Martha at [martha@marthawhitney.com](mailto:martha@marthawhitney.com).

**Holiday Celebration – Friday, December 9<sup>th</sup> from 6:30-9:30 PM at Calvary Episcopal Church (see flyer for details)**

**Sunday Solstice Second Annual Nap-A-Thon Sunday, December 18, 2011; 12:30 to 3:00 PM**

In sharp contrast to the regular holiday pandemonium let's do what our bodies are telling us to do in winter: lie down!! Take a delicious break with a solstice nap at the Arboretum. We had a great time last year, and hope you will try it out! Spend an afternoon on the ground and celebrate the earth, sun and all the cycles. Lying on the earth is an ancient way of replenishment and restoration. Let's make it a solstice afternoon slumber party!

☀ Schedule: 12:30 Meet at the back parking lot of the Arboretum. Lunch/snack and get ready for our nap.

☀ What to bring: Anything that will help you be warm and comfortable on the ground: yoga mat/sleeping bag/quilts/pillows, etc. Lunch for yourself, hot drinks in a thermos, or cold drinks if you prefer, snacks, journal and pen, if you wish to record your experience

☀ It worked like a charm last year, so let's create good weather again: on the days leading up to this event, imagine it being sunny and beautiful!!

☀ If you would like to join us, but are unable to be there, please lie on the earth (or your divan) wherever you are and we'll all be connected! RSVP by emailing ([ekacmt@gmail.com](mailto:ekacmt@gmail.com)) or calling (540) 635-7244 Eka and specific directions will be sent a week before the event.

**Our Second Annual Winter Membership Mixer at Samuels Library, this January!** Tuesday, January 10<sup>th</sup>, 6PM – 7:30PM (Snow Date Tuesday, January 17<sup>th</sup>).

**See a movie at our local Royal Cinemas** and watch the 30-second spot that United Way did that includes our Dare to Dream star, Teresa Bergida, along with the name of the FRWRC! While brief, this is a HUGE plug for our Dare to Dream program...and it plays 75 seconds before every feature film there until mid-January...Go see it!!

**FRWRC now has a Facebook Page!** If you are already on Facebook, please check out our new page! <http://www.facebook.com/pages/Front-Royal-Womens-Resource-Center-FRWRC/145444418849135> Be sure to 'like' us to help spread the word and build our online community! If you are not a Facebook member, please consider joining to share in the fun

**Mary Ellen South is Selling a Lenox Creche** with mahogany stable and crystal star to the top offer. It is valued per eBay at over \$500.00. The highest bid by Nov. 1<sup>st</sup> gets the item. There is a reserve of \$200. Mary Ellen will donate the proceeds to the Girl Grant fund. Please send your bid directly to her at [mesouth@embarqmail.com](mailto:mesouth@embarqmail.com). Winning bid will be announced via email on November 2<sup>nd</sup>. Thanks for your help.

### FRWRC Member Events

**Blue Ridge Singers Christmas Concert:** The repertoire spans centuries - its common thread is joy - secular and sacred. There are two concerts: Friday, Dec. 16, 7:00 PM at Front Royal United Methodist Church (100 W. Main St. at Royal) and Sunday, Dec. 18, 4:00 PM at Opequon Presbyterian Church, 217 Opequon Church Lane in Winchester.

**Peaceful Expressions Sign Language Event:** Mary Cave offers a sign language workshop every Thursday night at Page Master Bookstore, 904 John Marshall Highway from 6:30-8 PM. The cost is \$25 per family and all materials are provided. Visit the website at [www.peacefulexpressions.org](http://www.peacefulexpressions.org) or the blog at [www.peacefulexpressions.net](http://www.peacefulexpressions.net). Please RSVP at (540) 692-0905.