

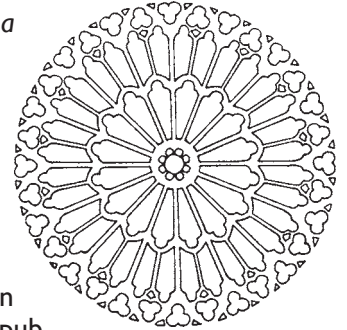
JANUARY /
FEBRUARY
2006

the weaver

a newsletter connecting women

Ten Years of Service 1996 - 2006

On October 17, 1996, twelve women gathered at the Shenandoah Area Agency on Aging for a discussion and brainstorming session. The goal of the meeting was to discover if there were needs in the community that a group of women, working together, could uniquely respond to. The invitation to the meeting asked the question, "Is a Front Royal Women's Resource Center an 'idea whose time has come?'" The twelve women gathered at that meeting answered with a resounding, "yes."



So began the January/February 2000 edition of our newsletter, the very first issue of *The Weaver*. It's hard to realize that it will be ten years this October since that first meeting and that we have been publishing this newsletter in its current format for six years. Where did the time go? But how wonderful that those of us gathered there that evening had little idea that we were co-creating a network of women that would sustain itself for ten years.

The original members of the Board of Directors were Judi Booe, JoEllen McNeal, Barbara Greco, Anne Harrison, Nan Hathaway, Carolyn Majors, Barbara Holly, Carol Trevey, Vida Timbers, Elaine Bromfield, Christine Andreae and Karen Fox. Judi, Anne, Carol, Barbara H. and Karen have since all moved to other parts of the country while Barbara G., Vida, Carolyn and Christine have become involved in other activities but still participate as members. Joining us as Board members in the following years were more fabulous women: Eka Kapiotis, Jean Barbour, Janet Brome, Mary Ellen South, Ellen Joyce, Martha Redstrom-Plourd, Charlotte Watson and Barbara Way. Nan, Elaine and JoEllen have remained as Board Members throughout. Each woman has made her own unique contribution to the life of the organization that has made us rich indeed.

Perhaps one of the great strengths of the Front Royal Women's Resource Center that has emerged over the years is that there is always room for everyone's voice. Since we do not have officers and our structure is loose (if you come to a meeting you get a vote), no one's voice is more important than the next. There is "magic" when a group of creative and open-minded individuals get together to brainstorm. Something always gets created that is always larger than the sum of its parts.

At the beginning of our tenth year of service, we look back with gratitude and some surprise that we made it this far. We are not only still alive, we are continuing to grow and evolve. Some programs like our Community Resource Directory have fallen away as other community agencies began to meet that need. Our original "Womangatherings" have turned into "Soup and Soul" evenings as we realized how much we loved gathering together around food and good conversation. The Women's Resource Breakfasts that we do twice a year in coordination with the Chamber of Commerce are still our most popular program offering, drawing fifty plus attendees to most events. Our Dare to Dream Grant program has grown so that now we can offer up to \$5,000 in grant money to local women each year. The radio program, *Valley Women Today*, continues with monthly programs under the talented guidance of Mary Ellen South and our Library Book Donation Program continues through the generosity of Nan Hathaway and Royal Oak Bookshop. We have donated over 60 books on women's issues to the Samuels Public

Meeting Dates

We meet on the **third** Wednesday of every month.

February Meeting: February 15, 5:30 pm

March Meeting: March 15, 5:30 pm

All meetings will be held at our office located at 316 N. Royal Avenue, Front Royal. Time is 5:30 - 6:30 pm. Meetings are open to everyone.

PUBLISHED BY
THE FRWRC

The Front Royal Women's Resource Center

P O Box 1748
Front Royal, VA 22630-0037

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The Weaver is published bi-monthly by the Front Royal Women's Resource Center that seeks to provide support, education, and information to women in Warren County for the enhancement of their personal, family and work lives.

The Weaver welcomes submissions and calendar listings from the community. All printed material will be at the discretion of the newsletter editor and we reserve the right to edit for clarity, style, and length.

Inquiries and letters should be sent to:
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316 N. Royal Ave., Front Royal

Office Hours: 9:00 AM
to 12:00 PM, Wednesdays.

Designed by:
Weathervane Graphics

Library and this year provided over two hundred books to children in the community for Christmas. We continue to provide programs of interest each year (like this year's *Homeopathy for the Home* with Craig Zunka, D.D.S. and *Women on the Frontlines* movie night), co-sponsor the Candidate Forums during election years, and collect women's stories and writings in our *Voices of Valley Women* project. We now have interviewed and taped four older women for our oral history video that will hopefully be produced in the next two years.

We ended 2005 with 84 members, our best year yet! Since we do very little advertising and only one membership mailing a year, we are grateful that all of you found out about us and cared to support us through your memberships. Some of you have never come to a meeting or a program, some of you come only to the breakfasts - it doesn't matter. We are grateful for your support. When we put out a call for aid, you always answer. Because of you, we were able to provide \$1,472.46 to women in need through our Emergency/Independence Fund this year. And the book wrapping at Christmas took only a few hours as opposed to a full day because of your help. This year our email connections provided two office spaces and a new job for members through your responsiveness.

We would once again like to thank each and every one of you for your support. As we begin our 10th year, we honor the unique contribution that each of you make to our organization, to our community and to the world. Thank you for being Phenomenal Women!

As the article in the same January/February 2000 issue of *The Weaver* says, "We plan to be around well into the next millennium, serving the needs and interests of women and their families." We hope that you will continue to be a vital part of us this year and onward.

Planning Meeting Held

On November 10, we met at JoEllen's home to review our programs and plan for 2006. Charlotte Watson, our moderator for the evening, posed two questions for each of us to answer: 1.) What are your favorite things about the FRWRC? 2.) What's missing?

The answers each of us gave for the first question were unanimous – we all liked the fellowship, the sharing and connecting with other women most of all. Stephanie Benzie coined the best word of the night by naming it, "womanship." We also all loved our Dare to Dream Grant and the book donation program to Samuels Library.

On the "What's missing?" question, answers included needing more gatherings to experience "womanship," having a constant presence in our office, reaching out to more women, creating more diversity in our membership, and providing more enrichment programs like writing workshops or movement classes.

Suggestions for ways we could improve our services included: sending out meeting agendas over the internet, providing all members with a complete list of members with phone numbers and work affiliations, creating a sign-up sheet and guidebook for office sitters, creating a pocket sized resource directory and providing outreach to more people via church bulletins, newspapers, our newsletter, brochures in key places, and having a "bring a friend" event. We brainstormed program ideas that included the following: a music program with Charlotte Watson, more Soup and Souls, a Japanese tea ceremony and Kimono program with Atsuko Asada, another Dream Board workshop, a presentation by Ed Thorson on the Avtex Heritage Museum, Nora Roberts for a book signing and lecture, more writing and art workshops.

We also talked about having activities and meetings at other times of day and on weekends- perhaps a luncheon instead of a breakfast once a year? Over the next year, we hope to realize many of these ideas.

Now we are sending out the same two questions to each of you over the internet and would appreciate it greatly if you would take just a few minutes to answer them for us. The results will be published via email and in our next newsletter. If you are dissatisfied with something we might or might not be doing or if you have ideas for programs or improvements to our membership services, please let us know. We want and need to hear from each of you so that we can strengthen our program and

services offerings in 2006. Thank you in advance for letting us hear your voice.

Girl Grant to be Established

At our November planning meeting, the suggestion of establishing a grant for girls, ages 13 – 17, was made. The idea of the Girl Grant would be to assist girls financially while they are still in school so that they can have a “jump start” on their life after graduation. It would be for girls who probably are not going to be college bound. The grant could be used for a summer camp, a special educational trip, a new computer for school or any enrichment activity that the girl would not be able to do without a little financial “hand up.” We will work through the Middle School and High School counselors to reach the students who might be most in need.

Our goal is to be able to offer the first \$500 grant to a girl this spring. If any of you would be interested in contributing to the Girl Grant, let us know via email or call Mary Ellen South at 635-2430. Mary Ellen is starting the Girl Grant in honor of her deceased daughter, Kim. We are proud to be the sponsoring organization.

It's Dare to Dream Time

The Dare to Dream Grant cycle is in full swing. All of you should have received applications in the November/December newsletter for your use or to pass on to a woman who you might know that is looking for support to move forward in her life. **We've extended the application deadline to Friday, February 10** so if you are planning to apply or know someone who is, please mail your applications in soon!

Remember that the purpose of the grant is to support women in their dreams. If there is a dream that you have been holding back on because you didn't have the money to take the massage course or attend the painting workshop in Italy or study philosophy or, or... this is your opportunity to take that dream off the shelf, dust it off and try to bring it into reality.

Beatrice Busch Von Gontard has once again generously donated to the grant and the United Way has approved our grant funding request again this year. We also received a generous \$500 anonymous donation from one of our members so we will have approximately \$4,000 available to give out in 2006.

If you lost the application we sent you or if you need another one, applications can be picked up at Royal Oak Bookshop and Samuels Library. If you have questions, call Nan Hathaway at 683-1774. Mail all applications to: FRWRC, P.O. Box 1748, Front Royal, VA 22630 by February 10th. Applications postmarked February 10 will also be accepted.

*Whatever you can do, or dream you can do, Begin it.
Boldness has genius, power and magic in it.* – Goethe

Voices of Valley Women

Writing by and about Women living in the Shenandoah Valley

The following two poems were read by their authors at our Holiday Celebration this past December. We print them here to share with you.

A Season

*Autumn, disappearing in a streak
like the siren in a red dress
you thought you saw
that left you begging another glimpse,
unsure of your vision,
when all remaining was her trailing train
of icy vapor.*

*Winter? Not now!
Surely there's time for another swim
in water holding dreams of comfort
despite the snow on upper ridges
that prods like an intermittent chime
intruding on our sleep.*

*Reluctantly, the summer dreams become a memory
of winters when North blew South
entwining a harmony of Yin and Yang,
wakened bears and budding branches
with snow-capped blooming daffodils.*

*Winter! The pale sun stays longer
giving a wink and a promise and beckons southward
to worship prostrate 'neath his rays.
But Gaia's restless stirrings
feel uneasy beneath my feet,
her pulse uneven as she
vomits hurricanes and earthquakes.*

*So I poise for steadying in Virginia,
neither North nor South, but both,
a balancing point to hold to keep from falling,
a place to spend the time between the last rose
and the first snowflake;
a spot to put feet on the ground,
and, in safety, carry light.*

Carol Toba
November 26, 2005

Winter Trees

*Poets have written of the starkness of winter trees
but as I look out tonight into Gently Woods
the moon illuminates a glorious silhouette
of branches blowing in a gentle night wind.*

*Atop those branches the twinkling lights
of stars appear and provide
a majesty unlike the lights of holidays
a radiant decoration supplied by nature.*

*I marvel at the wonders I can see
from any window I view
God's gift to us all, no matter what season
I will track the beauty and marvel.*

Mary Ellen South
2001

Please send us your writing: a letter, a poem, a haiku, a story, your thoughts on any topic, etc. Email submission to joellen@shentel.net or mail to our post office address. We would love to hear your voice!

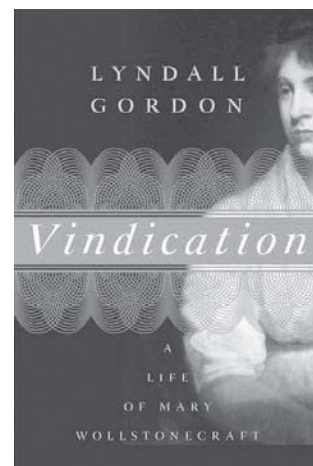
Books For January/February

The Front Royal Women's Resource Center and the Royal Oak Bookshop co-sponsor book donations to Samuel's Public Library that are by and about women.

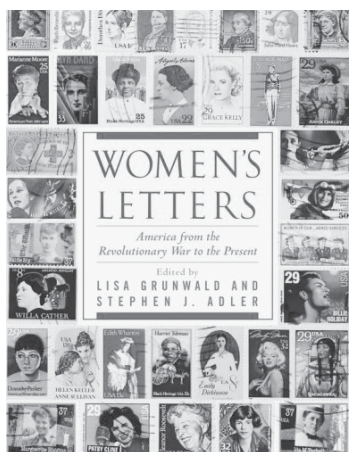
Vindication: A life of Mary Wollstonecraft **By Lyndall Gordon**

She was an early voice of feminism. Many of Mary Wollstonecraft's ideas about the role and status of women, parenting, and education are commonly accepted now but were considered revolutionary in the eighteenth century. She was ahead of her time in questioning the status quo through her writings and novels, especially, of course, with her *Vindication of the Rights of Women*.

Lyndall Gordon has written an exhaustive account of Wollstonecraft's life. She shows how events and people shaped Mary through the stages of her life spent in England, Ireland, France and Scandinavia and how those events and people were represented in her writing.



Women's Letters: America from the Revolutionary War to the Present **Edited by Lisa Grunwald and Stephen J. Adler**



A flirting teenager, Sally Wister, writes about Revolutionary soldiers outside her door. Sarah Carey describes a total eclipse of the sun in June of 1806. Virginia Boyd, a slave, begs not to be sold. Mrs. Hillyer invites the Seattle Prohibition Bureau to raid her husband's stash of bootleg. Jacqueline Kennedy writes to Nikita Krushchev in December, 1963.

This is a fascinating book. It is America's history told through the letters of women, both regular folk and the famous. I liked that there is little editorial commentary between the letters; the letters are allowed to speak for themselves. The editors contribute only a paragraph or two to give background and epilogue of each letter writer's life. The letters are not arranged by topic but by chronological order, providing a picture of the decades. Letters describing everyday family life are juxtaposed to ones commenting on world events.

All books are reviewed by Beth Heaton , Royal Oak Bookshop

Books for Children

We'd like to thank our generous donors and the volunteers who made our Annual Holiday Book Giving event this past December a great success.

For the past three years Lee Bowen, owner of Ramsey's Hardware, has contributed \$300 to the FRWRC for the expressed purpose of purchasing books for children in need. This year several other donors made generous donations to the book program so that the FRWRC in partnership with the Royal Oak Bookshop was able to provide over 209 books to children this Christmas.

A number of you wonderful women showed up on a bitter cold morning in December to wrap the books. The "wrappers" were so efficient that the work was finished by noon. The Salvation Army distributed the books to the appropriate families.

Our thanks go to the volunteers who wrapped and to Lee Bowen, Wayne Niskanen, Joey Waters and Janet Brome who made generous financial donations. Of course, none of it would have happened without Nan Hathaway who made the whole program work by selecting and ordering the books and purchasing them at cost through her bookshop.

Captain Tammy Broome at the Salvation Army reports that she has received over twenty responses to date that included enthusiastic responses to the books.

How to Find Us

Email: wrc@shentel.net
Web: www.frwrc.org
Phone: 540-636-7007
Address: PO Box 1748, Front Royal, VA 22630-0037

Bulletin Board

Radio Show Schedule

January – Victoria Gladstone, artist, writer and freelance graphic designer, speaks about her life and how the Dare to Dream Grant supported her to attend a writer's workshop.

February – Lynda Mille, nursing student and winner of two Dare to Dream grants

March – Jazan Turner, 2005 Dare To Dream Grant winner, mother of five adopted foster children.

Our radio shows air on the second Friday of each month, 12:30 – 1:00 p.m., WFTR 1450 AM, 95.3 FM. Mary Ellen South hosts the show with Martha Redstrom-Plourd co-hosting. Contact our office via email or phone if you would like to appear on our program.

Up-Coming Events

March – Women's Resource Breakfast, Thursday, March 23
Dessert and movie night

April – Springtime Soup and Soul – A Traditional Japanese Tea Ceremony

September – Women's Celebration Breakfast

October – 10th Anniversary Celebration

(Also in works: Japanese Spa and Lunch Winter Retreat, Kimono Program with Atsuko Asada, Summer Writing Workshop)

Winter Workshops at Enso Art Gallery & Studio – presented by Billie Benegar

January – Tuesdays & Wednesdays, 11:00 a.m. – 2 p.m.

3rd & 4th – Asian Brushwork

10th & 11th – Watercolor Washes

17th & 18th – Zen Fruits and Flowers

24th & 25th – Artistic Bookmaking for Beginners

February – Wednesdays & Saturdays, 11:00 a.m. – 2 p.m.

1st & 4th – Asian Brushwork

8th & 11th – Watercolor Washes

15th & 18th – Zen Fruits & Flowers

22nd & 25th – Artistic Bookmaking for Beginners

All classes are \$125 (materials included) and are held at Enso Gallery, 12 Chester St.

Phone 636-9075 to enroll.

Children's Mixed Media Art Class – Wednesdays in January and Feb., 4:30 – 5:30 p.m. \$10 all ages.

Aquatic Exercise Class focusing on flexibility, core strength and balance, is being held on Tuesdays and Fridays, 11:00 .am., at Signal Knob Recreation Center in Strasburg. Cost is \$40 for a five week session, or \$5 per class walk-in. For more information contact Elva Harkrader, instructor, 636-4465.

Front Royal Oratorio Society has begun practices for their spring choral concert to be held on April 29 and 30. Come and add your voice to the choir and learn Faure's "Requiem". Rehearsals are held every Monday evening from 7:30 – 9:30 p.m. at RMA's Fulton Fine Arts Center. No auditions are required. For more information call 636-8321. Also visit the FROS website at www.frontroyaloratoriosociety.org.

On Going Reiki Group is forming in Front Royal. The first meeting is on Monday, January 23 at 6 p.m. at Wellness Services, Warren Memorial Hospital. If you are interested, contact Eka Kapiotis at ekapioti@valleyhealthlink.com or call 636-0367.

The Indigo Evolution, a documentary exploring the phenomenon of indigo children, is being shown on January 27, 28 and 29th at 7 p.m. at Unity of the Shenandoah in Stephens City. Ticket price is \$10. Please email unityshenandoah@verizon.net to request reservations.

February

I Do Bridal Showcase sponsored by the Chamber of Commerce, Debbie's Ivy Garden and Bowling Green Country Club will be on Saturday, February 4 at Bowling Green Club. Held from 10 a.m. – 4 p.m. Brides and their friends will be treated to an elegant day of wine tasting, planning workshops, cake tasting, a fashion show, food sampling and an exquisite take-home goodie bag.

February Business After Hours will be held at Debbie's Ivy Garden, 1201 N. Shenandoah Ave, from 5:30 - 7 p.m. Don't forget your business cards. R.S.V.P. to the Chamber at 635-3185.

Fundraising for Non-Profits Seminar sponsored by the Chamber will be held on Tuesday, February 28, 8:30 a.m. at the County Government Center Community Room.

March

Bone Up On Your Bones – is being offered by Ginger Joy/ The Well Woman, on Saturday, March 11 from 10 a.m. to noon.

It is not just about enough calcium! Get ahead of the curve; learn about *bone-busters* and *bone-boosters* and what role an alkaline diet plays in keeping bones strong as well as some bone loading and Osteoball exercises. Learn what minerals are really needed to build the tensile strength of the bone, as well as the most absorbable calcium that is as efficacious as *Fosamax*.

St. Luke's Clinic 10th Anniversary Celebration will be held on Saturday, March 18, at Shenandoah Golf and Country Club. Marge Rowe would like to hear from anyone who was involved in the early days of the clinic. Contact her at rowestluke@adelphia.net or call 636-4325.

**The Front Royal
Women's Resource Center**
Post Office Box 1748
Front Royal, Virginia 22630-0037

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*A Proud Member of the
Front Royal-Warren County
Chamber of Commerce*

Join Us!

Please take a moment to fill out the Membership Application.

It will be the most rewarding \$30 you spend this year.

One year membership includes Participation in Meetings, Newsletters, and the Women's Resource Directory

I would like to receive my newsletter by email to save FRWRC printing and mailing costs.

Select One:	
_____	\$30 Member
_____	\$50 Friend
_____	\$100 Benefactor
_____	Other Amount
_____	\$_____

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

Vocation _____

Special Interests/Talents _____
