

JAN/FEB  
2009

# the weaver

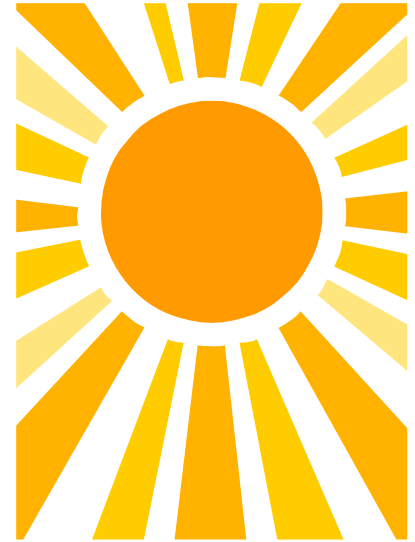
*a newsletter connecting women*

## *Sometimes*

*Sometimes things don't go, after all,  
from bad to worse. Some years, muscadell  
faces down frost; green thrives; the crops don't fail,  
sometimes a man aims high, and all goes well.*

*A people sometimes step back from war;  
elect an honest man; decide they care  
enough, that they can't leave some stranger poor.  
Some men become what they were born for.*

*Sometimes our best efforts do not go  
amiss; sometimes we do as we meant to.  
The sun will sometimes melt a field of sorrow  
that seemed hard frozen: may it happen to you*  
© Sheenagh Pugh



## 2009, A Year of Possibilities

Welcome to another year! The Front Women's Resource Center is delighted to be moving forward into a new year of connecting with and serving women in our community. As we've said so many times before, we would not be able to do it without the support of every one of you. Thank you for considering supporting us and being a part of this unique organization for another year.

We ended 2008 by celebrating the holidays with a heartwarming and delicious gathering held at Betty Tice's beautiful home. We all commented that Betty really raised the hostess bar by providing real wine goblets instead of the plastic variety we usually use. Our gifts to each other were shared stories of people who had brought light and inspiration into our lives this year. These individual stories are some of the greatest gifts that we can give to each other and one of the real strengths of the FRWRC. Our stories inspire, inform and connect us to one another. Photos of our gathering appear in this newsletter.

We also ended 2008 with money in the bank and ninety-one members, the largest membership in our 12 years of existence. We are proud to say that we run a "lean and mean" organization. Our administrative expenses are below 10% of our budget which means that at least 90% of your membership dues and contributions go towards services to our members and community.

### **MEETING DATES:**

**Wednesday, January 14**  
(Note: This is the 2<sup>nd</sup> Wednesday)  
**Wednesday, February 18**  
**Wednesday, March 18**

We meet on the third Wednesday of every month from 5:30 to 6:30 PM unless otherwise notified.

Monthly meetings are held at our office located at 316 N. Royal Avenue, Front Royal.

Half of our budget every year goes towards our grant programs. We are able to do this only because of you and our community members and partnerships. Our Dare to Dream Grant would not exist without the support of the United Way of Front Royal/Warren County, Beatrice Von Gontaard and Linda Taylor. We would not be able to have our lovely office space in town without the generosity of St. Luke's Community Clinic. To them and to all of you, we owe our deepest gratitude. Even in these leaner times, may we all continue into this new year with a generosity of heart and a deep gratitude for our many gifts and each other.

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 which 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.

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to 11:00 AM, Wednesdays.

Designed by:  
Weathervane Graphics

## **A Year of Possibilities**

An Editorial

For me, the beginning of a new year always seems to bring with it a hesitancy, a moment of pause before stepping forth into the beginning of another cycle. With all the horrific news - the deteriorating state of the world, the financial crisis in the United States, the environmental crisis looming, - it is easy some days to feel that we are living in the end-times. But the wise sages tell us that such times are potent times; it is when we come to the end of a cycle or reach the edge of near annihilation that transformation is possible. This then is the opportunity for 2009 that I am choosing to see - that we are entering a year of possibilities, a year of transformation.

We are living in mythic times and it is extremely difficult to realize the immensity of the changes that are being asked of us as we live through our day-to-day lives. We are all being asked by these times to toss out old ideas and patterns that do not work anymore and dare to turn towards the unknown for direction. We are being asked to not let fear make us smaller and self-concerned but rather to open our hearts and become more generous of spirit, more open and unafraid; to reach out rather than in, to gather together and support each other as we move into the unknown. The visionary Jean Houston writes, "This is not a time to close in, or stop moving or live in fear, but rather to come together to deepen, discern and discover new levels and realms of possibility, even the unheard-of."

The changes needed will not be easy; habit, patterns, beliefs, roles, attitudes and feelings are all difficult to change if they have brought us some measure of comfort and perceived safety in our lives. Recently I began rereading the book, *The Artist's Way*, by Julia Cameron. The book is a recovery guide for one's creativity and contains wonderful deep wisdom. When writing about what keeps someone from fully living out their dreams of a creative life Cameron writes, "What you are is scared. Core negative beliefs keep you scared... Stripped to their essence, our multiple negative beliefs reveal a central negative belief: we must trade one good, beloved dream for another. In other words, if something feels too good to be true to you, you will devise a price tag for it that strikes you as unpayable." Hence change doesn't happen.

What is being called forth now for each of us as individuals, as a community, a country and a world is that we deeply examine our belief systems and put them to the test of Truth. Something may feel very real to us but is it true? And what is Truth? How do we know what is really true? Again, the sages tell us that Truth never changes. Truth is the same for every individual on the planet and makes no distinction. Truth is.

As each of our lives moves forward into this year, my wish for all of us is that we may bring a new consciousness to our actions and beliefs; that we may take time to smell the roses and trust in the Great Mystery to guide our way. May we join with each other to forge a new direction for ourselves and all future generations.

-JoEllen McNeal

## **We are looking for a few good women!**

We need your help! For those of you who would like to get more involved, we are looking for creative and motivated help in organizing our programs for 2009 and also in implementing our Dare to Dream grant process. The committees that could use your help are:

**Program Committee:** organizes all programs for the year. Generally we have monthly programs. The chair is Catherine Wolniewicz and she can be reached at [cwwebkensho.com](http://cwwebkensho.com).

**Grant Giving Committee:** Runs the Dare to Dream, Girl Grant and Stephanie Benzie grant programs. The current chair is Jean Barbour but she would like to pass the job on to someone new this year. This committee reads all the applications for the Dare to Dream, interviews the finalists and selects the recipients of the grant money. If you are interested in being part of this inspirational committee, please call Jean at 635-2717. We always have a lot of fun and do get things done as easily and quickly as possible. Contact one of these committee chairs to become a more active member and work with terrific women.

# Voices of Valley Women

*Writing by and about women living in the Shenandoah Valley*

## At Twilight

—for Stephenie Meyer

You grip the handle of a frying pan, spray on the non-stick coating, slap in a fish, squeeze a little lemon, add a dash of salt, quick, efficient, and no-nonsense as a mother tends to be, but you are not entirely where you seem. The book lies open on the counter, so tempting. You read it in furtive glances, short spurts, as if it were your forbidden lover. You clean out the litter box, set the table, pay some bills while the book breathes in and out, its dark story roiling forward until you are eighteen again, raw, unspoiled, eager to transform into something more than what you were born. In the bedroom, mountains of clothes rise from plastic baskets, demanding to be folded, organized, set straight. But laundry doesn't matter anymore. He is on his way to slip through your window late at night, silent and incredibly powerful, carrying a strange beauty in his frigid limbs, stirring inconvenient passions deep in the center of your suburban gut. You need to know if he will ever lose control, this angry vampire boy in love with a luscious human girl. He comes so close to boiling over as you brush your teeth, give your daughter a bath, empty the garbage. Barely able to breathe, you hold him at bay with the tips of your fingers until just the right moment, until the characters can't stand it anymore. Then you turn him loose with a snarl to wreck this mess of your mundane life. Your husband watches in horror—all that blood, all those unwashed dishes—until slowly, sweetly, with just a whisper, you let him in on the secret. But he isn't convinced, refuses to believe. That's when the final madness descends and you give in, crushing your lips to his with sudden fierceness, touching his skin with terrible abandon, every movement fraught with meaning, every heartbeat desperate, miraculous, melodramatic, over the top, kissing him like nothing ordinary could ever happen again, kissing like they only do in books.

© Heather Davis, 2009

## A Message from a Quilt

Let a large quilt hang from its rafters,  
Our White House adorned with colorful cotton.  
Declare as they did in the days of confinement  
A slave has succeeded – freedom is at hand.

He comes from a mixture-Kenyon and White,  
Blessed by a family that held together.  
No color distinguished in their skin or love,  
Our new leader – a blend of world history.

Let a large quilt hang from its rafters,  
As his forefathers did to send a message of hope.  
There is progress in every man's journey  
A leader is born by perseverance.

We honor this man and all before him,  
Who believed in success for everyone  
A mark in history in the 21<sup>st</sup> century,  
A day of jubilation for every American.

-Mary Ellen South  
Honoring Barack Obama January 2009

## Recipe for Winter Soup

This is a delicious, mildly spicy and restorative soup with typical South East Asian flavors. Serves 4

3 pounds roasted deli chicken or 4-6 chicken tenders, cooked.  
(can use less)  
1 T vegetable oil  
2 T minced fresh ginger  
2 garlic cloves, minced  
4 C chicken broth  
1 C water  
2 T Asian fish sauce  
1 tsp honey  
1 C cooked jasmine rice (may use brown)  
8 shelled medium shrimp, halved lengthwise and deveined  
2 T fresh lime juice (juice of 1 lime)  
¼ C chopped cilantro  
2 T chopped basil or 1 tsp dried  
1 jalapeno pepper, seeds removed and thinly sliced

Remove skin and cut cooked chicken into bite sized pieces and set aside. In a large saucepan, heat the oil. Add the ginger and garlic and simmer for 5 minutes or until soft. Add broth, fish sauce and honey and bring to a boil. Add the chicken pieces and rice and simmer for 5 minutes. Stir in the shrimp and cook 1-2 minutes until opaque. Stir in lime juice, cilantro, basil and pepper. Serve immediately.

Note: if you don't have cooked rice, start it cooking first. You can try more rice, less chicken, or omit the shrimp. Two people can eat this as a main course.

Please send us your writing: a letter, a poem, a haiku, a story, your thoughts on any topic, etc. Email submissions to [joellen@shentel.net](mailto:joellen@shentel.net) or send to FRWRC, PO Box 1748 in Front Royal.

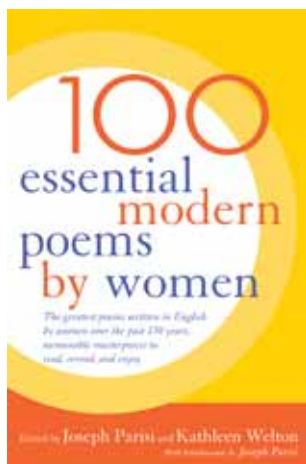
## Books for January, February 2009

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

### 100 ESSENTIAL MODERN POEMS BY WOMEN

SELECTED BY: JOSEPH PARISI AND KATHLEEN WELTON  
Introductions and Commentary by Joseph Parisi

"I want my poems—I want all of my work—to engage, and to empower people to speak, to strengthen themselves into who they most want and need to be and then to act, to do what needs being done." Thus was the root and purpose for the artistic creativity that stirred Audre Lorde, one of the amazing women depicted in this profound collection of literary works. Included in this book are poets, like Emily Dickinson, who will be instantly familiar and yet many, perhaps like Lorde, who may not. But this is the intrigue and wonder of this accumulation. One is exposed to so many delectable, intellectual 'jewels' in this book that once engaged, it becomes almost impossible to put aside.



Through succinct, yet thorough biographical portrayals, the reader is allowed to identify with each poet in a very personal way. You are made aware of just how important their lives and their relationships with their families, in particular, impacted the poetry for many of these women. Still others were driven by social injustices, the environment, erotic/sensual experiences or depths of despair that are almost too horrific to realize. Then there were those, like Emma Lazarus, who were compelled to write words that touched our lives in a very special way:

*Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tossed to me,  
I lift my lamp beside the golden door!*

(Excerpt from "The New Colossus")

It is truly believed that this book will refresh memories in terms of the literary beauty and genius that are vital in the knowledge of the heritage of these women. The acknowledgements, awards and the bounty of works that went far beyond their prowess as poets spark pride as well as deeply rooted emotion. With all of that, there is the addition of the particularly glorious feeling of satisfaction that remains after its completion.

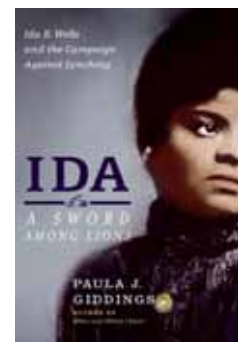
### IDA , A SWORD AMONG LIONS

Ida B. Wells and the Campaign Against Lynching  
AUTHOR: PAULA J. GIDDINGS

.....Go on, thou brave woman leader,  
Spread our wrongs from shore unto shore;  
Until clothed with his rights is the Negro,  
And lynchings are no more.....  
And the wise Afro-American mother,  
Who her children of heroine tells,  
Shall speak in tones of gratitude,  
The name of Ida B. Wells! (Katherine Davis Tillman)

March, 1894: 'Amidst a vociferous crowd of men, women and children, a black woman in San Antonio, Texas was boxed in a barrel with nails driven through the sides and then rolled down a hill until she was dead. It was rumored that she had committed a crime against a white woman.' April, 1899: 'A black male was unjustly accused of killing a well known farmer and raping his wife in the town of Palmetto, Georgia. Nevertheless, in midday, the man was made to remove all of his clothing and was then tied to a tree. He was mutilated and forced to confess. His face was skinned and his genitals removed and held aloft for the crowd to see. After all, many of the onlookers had taken a train to observe this lynching and they wanted souvenirs. He was then set on fire and as his body was engulfed and swept away from the blaze, the onlookers pushed it back into the inferno. When the flames subsided, remnants of his body were taken from the ashes.' These are only two horrific portrayals of hundreds of lynchings that took place in this country so many years ago when just being a person of color could be a death sentence. This heinous act became the mortal storm that consumed Ida B. Wells from her moment of awareness and eradicating it became the determination of this petite, fearless, extremely determined Afro-American woman. It, along with other campaigns, would become a lifelong challenge.

Ida B. Wells (1862-1931) was a teacher, journalist, author, suffragist and, most of all, activist. It was through her unrelenting determination to achieve her goals that prompted accolades as well as slanderous comments regarding her character and threats of death. Her perseverance knew no bounds and her ability to mobilize people to act was known in this country and abroad. As a result, many of her efforts were said to be the catalyst for the development of many women's organizations, the furtherance of the impact of the NAACP and the eventual development of the civil rights movement. She was, indeed, a force to be reckoned with and is intellectually illuminated in this riveting profile. To be sure, Wells would be bursting with pride if she was with us at this most historical time in this country. However, it is believed that beyond her jubilation there would be that melodious, yet persistent voice reminding us that the task has just begun and that we must never be daunted by the challenges that await. May we endeavor to be 'swords among lions'.



The entire list of donated books can be picked up at Royal Oak Bookshop, Samuel's Public Library or at [www.frwrc.org](http://www.frwrc.org)

Sheila Lamonzs, Reviewer

## It is Time to *Dare to Dream*

*I used to want the words, "she tried" on my tombstone. Now I want, "She did it."*  
-Katherine Dunham

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. The application deadline is Sunday, February 15 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. You can apply for up to \$1,000!

If you lost the application we sent you or if you need another one, applications can be downloaded from our website, [www.frwrc.org](http://www.frwrc.org) or picked up at Royal Oak Bookshop and Samuels Library. Mail all applications to: FRWRC, P.O. Box 1748, Front Royal, VA 22630 by February 8th. Applications postmarked February 15 will also be accepted. If you have questions or need help filling out the application, call Jean Barbour, 635-2717.

## Setting New Directions

Our annual planning meeting was held in November 2008 and continued into a second session held on December 3 at St. Luke's meeting room. Karen Hade chaired both meetings and ably guided us in the process of evaluating our past year and setting clear goals for the upcoming year.

One of the clarifications that came out of the meetings was the creation of a vision statement. Our Mission Statement is: "to provide support, education and information to women in Warren County for the enhancement of their personal, family and work lives." Since we aren't a social service organization per se, we realized we needed a further clarification of what the FRWRC actually is. Out of the discussions arose the following Vision Statement: "We are a cultural resource that showcases the talents of women and celebrates the extraordinary among us."

This new vision statement honors all our members who are leaders, artists, healers, mothers, homemakers, business women, community organizers and teachers in our community. We realized that the opportunity provided by the diverse talents of our members is to utilize these talents in our program offerings. Many of our programs are already provided by our members but this further clarification will help us plan our programs and serve our members more effectively. Programs offer our members the opportunity to network and share their expertise with the community and also give the presenter the opportunity to market their business or service.

Our name, The Front Royal Women's Resource Center, has been part of the confusion. Technically, we are not a center as we do not have a physical center with a particular location. The more appropriate name for who we are and what we do would be to

call us a network. Until we jump through the legal hoops of renaming ourselves, our new vision statement will serve as an important guide for our programs and services and clarify the description of who we are.

Another issue that was discussed is how we can get younger women interested and involved and how we can elicit more membership participation in our events. Many of us have been at this for a long run and we know that if the FRWRC is to keep going, we will need new and creative members to get involved. We realize that everyone is leading extremely busy lives and that there is never enough time to do all we would like to do. Ideas on how we might begin to increase member involvement included tightening up the Board structure with term limits and elections so more members could participate on the Board, offering more select programs and networking events for women during the day, creating a Blog to discuss women's issues and making personal phone calls to members to get them involved. Other ideas included producing a directory of our membership this year that would list all of our individual skills and interests and arranging for special interest articles in the newspaper on women in the community.

Catherine Wolniewicz is replacing Janet Brome as the new program chair. She is already moving ahead with getting her committee together and has come up with a list of exciting ideas for this year. Among the ideas are a movement and art workshop, international cooking classes, women's health series, how to make extra money online, a dream building workshop, and a women's spirituality video series. If you or anyone you know of has special interest, knowledge or gifts they could share as part of our programs this year, please let us know.

# Bulletin Board

## Members News

**Book Circle:** Please join us in the afternoon of the third Friday of each month to discuss a book. Anyone is welcome. For general information please contact Martha Whitney at [mlwhitney@embarqmail.com](mailto:mlwhitney@embarqmail.com), 631-0999. Our next few meetings and books are as follows: January 16 - *Telex from Cuba*, Rachel Kushner. February 20 - *The Book Club*, by Mary Alice Monroe. March 20 - *The Last Girls* by Lee Smith.

**Art Classes and Open Studio with Instructor Kelly Walker** Beginning on Wednesdays in January, Gift Certificates Available. If interested contact Kelly Walker, 540-683-9688 or email [kwalker@doubledogdesigns.com](mailto:kwalker@doubledogdesigns.com).

**Watercolor Class Offered at Sun Studio.** Front Royal artist Ann Harrison will be teaching a watercolor class at Sun Studio starting Tues. Jan. 20th. This course is for all levels of experience including beginners. Deadline for registration is Jan. 17th, a deposit of \$50 is required for enrollment, class is limited to 8 students. Total tuition is \$90 for 6 weeks, 2 hours per night 6:30-8:30 PM. For more information call Candy at 636-6511.

**Eka Kapiotis is teaching three Reiki courses this winter** at the Winchester Medical Center. For information or to register call Eka at 540-636-0605 or email at [ekapiotis@valleyhealthlink.com](mailto:ekapiotis@valleyhealthlink.com)

Reiki I Refresher: Enhancing Your Skills  
Prerequisite: Reiki I training from any instructor  
January 17, 9:00 AM - 5:00 PM  
\$95 early registration by January 9 or \$125 thereafter

Reiki II Training: Exploring Possibilities in Healing  
Prerequisite: Reiki I training from any instructor  
February 21 and 22, 9:00 AM - 4:00 PM each day  
\$200 early registration by February 13 or \$225 thereafter

Reiki I Training: Foundations of Healing  
March 21, 9:00 AM - 4:00 PM and March 22, 9:00 AM - 3:30 PM  
\$175 early registration by March 13 or \$200 thereafter

**Five Rings Very Little Theatre presents "You're A Good Man Charlie Brown,"** music, lyrics and adaptation by Clark Gesner. The Five Rings children's theatre series features quality children's theatre by adults for children (and adults). Performances will be held at Five Rings Theatre, 620 Virginia Avenue, Front Royal. Performances are Saturdays, February 7, 14, 21 & 28 at 1:30 and 4:30 PM. Tickets are \$5 and can be purchased at the door or by calling 636-2787.

**With every facial at Pam's European Skin Care** you will receive a complimentary makeover. Call (540) 683-1675 for more details.

**The Blue Ridge Arts Council** will have photographs from local artists including, Sandra Patterson, Valerie Garvey, Charlie Sackett, Evan Cox, Mary Bowen, Lois Jordan Rogers, Andrea Stuart and our own Bob Way (Barbara Way's husband). Exhibit Dates: January 15 - February 27. Opening Reception: January 15, 5:00-7:30 PM.

**The Blue Ridge Hospice** announces the following workshops: Drop-In Grief Support Group, 3<sup>rd</sup> Saturday of each month, 10 AM - 11:30 AM at Blue Ridge Hospice Residential Center Family Room; January 8<sup>th</sup>, Safe Passages Support Series, every Thursday for 8 weeks, 2 PM - 3:30 PM. 13 West 2<sup>nd</sup> Street. For more information or to register call 540-536-5210 or 800-238-5678.

**Reality Store Volunteers Needed!** The Chamber's Education Committee is coordinating the "Reality Store" for all sophomores at Warren County and Skyline High Schools. The Reality Store will take place at Skyline High School on Wednesday, February 11<sup>th</sup> and Warren County High School on Thursday, February 12<sup>th</sup> from noon until 2:30 PM on both days. The Reality Store provides students with a look at life after high school and helps teach a valuable lesson on the importance of further education. Volunteers are needed for both days. Contact the Chamber at 635-3185 or [info@frontroyalchamber.com](mailto:info@frontroyalchamber.com) to volunteer or for more information.

The Front Royal-Warren County American Red Cross  
First Annual Valentine's Day Dance  
Saturday, February 14<sup>th</sup> from 7 PM - 11 PM  
at Bowling Green Country Club North  
Tickets—\$25 (includes 2 drink tickets, snacks & entertainment)  
Dress up or dress down, come with your Valentine or find one there! Bring a tax-deductible donation of a gift certificate or other item for the silent auction to be held April 25<sup>th</sup> at the Shrimp, Oyster & BBQ Fest, and you'll earn chances for a fabulous door prize raffled during the dance! Call the office at 635-2333 or Beth at 671-6145 for tickets/information!

**Sacred Circles, A Celebration of Women's Spirituality** will be held at the Washington National Cathedral on Friday and Saturday, February 13-14. Outstanding presenters include renowned religious historian, Karen Armstrong; Afghan women's empowerment activist, Sakena; pioneer of spiritual transformation, Elizabeth Lesser and award-winning singer-songwriter, Beth Nielsen Chapman. For information and registration call (877) 537-2228 or email [tickets@cathedral.org](mailto:tickets@cathedral.org). Cost for Friday evening and Saturday is \$139.

## Radio Show Schedule

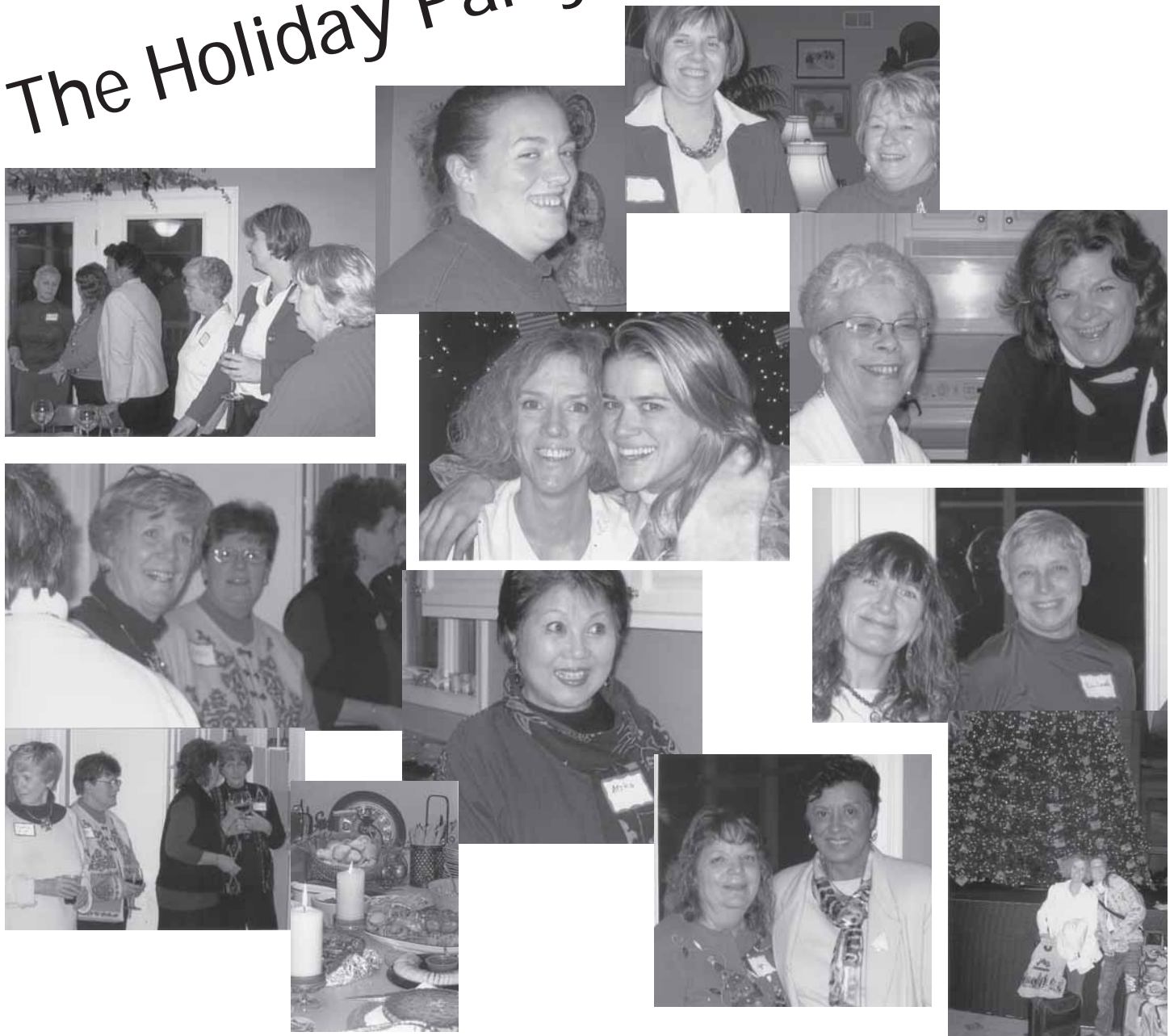
*January* - Dare to Dream Grant winners talked about their Therapeutic Horsemanship program.  
*February* - "Heart to Heart" with a representative from Warren Memorial Hospital.  
*March* - Jennifer Buff from the Conservation Research Center

### Fascinating Fact:

The press is always alerting us to presidential wives who are considered to have too much power. But what of poor Mrs. Calvin Coolidge? Her husband did not even let her attend to those things that are considered wifely duties. He picked out all White House menus and even her wardrobe.

-from *The Ladies' Room Reader, The Ultimate Women's Trivia Book* by Alicia Alvarez.

# The Holiday Party



## Stay Connected – New Email Address!

Our email connections let you know of FRWRC meetings and events and events of our members. You can let us know of your organization's events or classes or what your business is doing and we will send it out to our membership. If you are looking for help with anything, we will put out the word. We have found office space, house cleaners, renters, apartments and jobs for people.

Remember that our office email is now [wrc@frwrc.org](mailto:wrc@frwrc.org). Please note it and change it in your address book. We will be sending out all member announcements through the office mail instead of JoEllen's. Please still use [joellen@shentel.net](mailto:joellen@shentel.net) for personal communication with her and for newsletter items.

Make sure we have your new email address if you have changed it so you can continue to be informed about FRWRC goings-on. We do not share our email list with anyone and we try to not overload you with too many emails. Please keep us up-to-date so you can be an informed member of the FRWRC.

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

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And Proud Member of the  
Front Royal-Warren County Chamber of Commerce

### Amendment of By-Laws

*The Board of Directors is recommending changes to our by-laws to make them more current. Proposed changes will be sent to the membership via email and will be posted on our website. If you do not have access to email or our website, copies of the proposed changes will be available for pick-up at the office. Please take a few minutes to acquaint yourself with them. The membership will be voting to adopt the proposed by-laws at the February Board meeting. Your presence is welcomed.*

Join Us! It's a new year and time to renew your membership for 2009 or join us for the first time. Please take a moment to fill out the Membership Application.

It will be some of the most rewarding money you spend this year. One year membership includes participation in meetings, newsletters and our email connection resource.

I would like to receive my newsletter by email instead of snail mail in order to help FRWRC defray postage costs.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Vocation \_\_\_\_\_

Special Interests/Talents \_\_\_\_\_

\_\_\_\_\_

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