

MARCH /  
APRIL  
2006

# *the* weaver

*a newsletter connecting women*

## Women: Builders of Communities and Dreams

Every March, the National Women's History Project creates a new theme to celebrate Women's History Month. This year's theme, "Women: Builders of Communities and Dreams," speaks directly to our local celebration of women's history month this past March.

As I write this newsletter, I think back to Tuesday, March 28, when 53 amazing women (and two children!) gathered at Villa Giuseppe's to honor this year's Dare to Dream Grant recipients and to listen to Dr.

Judith Wheat speak. In my mind's eye, I look around that room and see women who are building our community as directors of agencies, members of non-profit organizations, owners of businesses, working women and mothers positively affecting the health and betterment of our community. I too felt like Dr. Wheat when she said at the beginning of her talk, "I feel the 'woman power' in this room!" I have no doubt about what women can accomplish when we put all our minds and hearts behind something - there is no mountain that cannot be moved.



Dr. Judith Wheat, our guest speaker, spoke so beautifully to this topic in her speech, "Finding Success 101 – Strategies to Realize Your Dreams." Judith supplied us with a wealth of quotes and resources to inspire us to move ahead with our dreams. On the "success 101 worksheet" she gave us, she asked the question, "If you could do anything you wanted to do without fear of failure, what would you do?" It is a question we all need to ask ourselves when we come to a turning point in our lives. For those of you who were unable to attend the breakfast, copies of her two handouts (*Worksheet For Success* and *Quotes to Inspire*) are available. Please email our office at [wrc@shentel.net](mailto:wrc@shentel.net).

The FRWRC Grant programs stand as a living testimony to how women are supporting dreams in our community. The Dare to Dream Grant has grown from \$200 to \$5,000 annually and now the newly established Girl Grant is receiving more donations than we ever dreamed of. We thought we might be able to give \$500 this year but now we will be able to present two grants to girls in our school system this year. And what is quite amazing is that it has happened almost effortlessly. Often I am reminded of the quote by Goethe: "Whatever you can do, or dream you can do, **begin it**. Boldness has genius, power and magic in it." There is genius and power and magic in our community of women and the Women's Celebration Breakfast on March 28 truly was a celebration of all of you remarkable women who are making our little corner of the world a better place to live.

The 2006 Dare to Dream Grants were presented to five women this year, four of whom were able to attend the breakfast. The following women received grants:

Ricki Ashcroft, also a 2005 grant recipient, is a single mother. She used her last year's grant to purchase a laptop computer which allowed her to do research for creating interpretive programs. She went on to volunteer with the

### Meeting Dates

We meet on the **third** Wednesday of every month unless otherwise notified.

Wed., April 12 (this is a 2nd Wednesday!)

Wed., May 17 (third Wednesday)

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**

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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

Smithsonian's Conservation and Research Center and instruct environmental education at Shenandoah River State Park. In an email, she wrote how the trust shown in her through the grant allowed her to move forward in life on all levels, emotionally as well as in her chosen career. This year, she will use her \$500 grant to attend LFCC and study with Rob Simpson, a world-renowned environmental and wildlife instructor.

Angela Blankenship was awarded \$500 to help her further her new business, *At Your Service*. Through her business, Angela is offering personal services to shut-ins such as running errands, grocery shopping and holiday or event planning. Angela will use her grant to advertise her business.

Johanna Elik is an artist, writer and holistic healer. Johanna lived and worked for a number of years in Montana and finally felt called back to the East and to the Shenandoah Valley. Her work, done in rich earth tones, reflects her connection to the earth and its cycles. She will use her \$1,000 grant to support her professional art career through creation of a web site and further marketing. (See a poem by Johanna in this issue)

Allyson Shaver is the owner of Skyline Music Academy, an early childhood music and movement program. She is the mother of two children and will utilize her \$1,000 grant to provide scholarships to students who would not be able to attend her music classes otherwise.

Cheryl Urbanski is an artist specializing in metal sculpture. She purchased the former home that housed the women's shelter and recently built a shed to store her welding materials. She will utilize her \$1,000 grant to create a web site and purchase a digital camera to advertise her art.

Our eternal thanks go out to the United Way and to Beatrice VonGontard for making these grants possible and to all of you who have made contributions to this grant program. We have now presented 30 grants to local women for a total of \$21,125.00. As Ricki Ashcroft pointed out, the trust shown in women's dreams by these grants far outreaches the actual dollars given. And we'd like to express our thanks to Linda Taylor for sponsoring our March breakfast and to the Chamber of Commerce for co-hosting these breakfasts with us. For many of us, this breakfast is our favorite event of the year as it truly is a celebration of women and our dreams.

*An email from a 2006 Dare to Dream Grant Recipient:*

Dear JoEllen, I have gotten my camera ... I have a young man coming to the house this Friday to begin the set-up of the web site. This has made such a tremendous difference already. So many people have asked me to see my work and now I will be able to direct them to the site. It is like having a bicycle to get around with and then suddenly having a car. I am very grateful to all of you and this wonderful organization that has helped me so much. Thanks JoEllen,  
With much respect and admiration, Cheryl Ann Urbanski

## Honoring Extraordinary Women

On the last day of March, we gathered at Wagner Hall at Calvary Episcopal Church to view a documentary film created by the History Channel and narrated by Cokie Roberts, "*The XY Factor: History of the Wife*." Following the film, three remarkable women who passed away at the beginning of this year and who have had a major impact on our country and our lives were honored: Betty Friedan, Rosa Parks and Coretta Scott King. Jean Barbour honored Rosa Parks, Victoria Gladstone honored Coretta Scott King and Ellen Joyce honored Betty Friedan. The presentations were very compelling; we would not be where we are without them.

In a celebration in her honor, Rosa Parks said, "I am leaving this legacy to all of you...to bring peace, justice, equality, love and a fulfillment of what our lives should be. Without vision, the people will perish, and without courage and inspiration, dreams will die – the dream of freedom and peace." May we all take her words to heart and pass them on to future generations.

## The Girl Grant

### *A candle loses nothing by lighting another candle*

The Girl Grant is off and soaring. Your response to this grant has been overwhelming! Our original hope when Mary Ellen South proposed the idea of the grant was to be able to grant one \$500 grant this year. With your generous response to our appeal in the membership mailing, we will be able to present more than \$500 this year to perhaps two young women in our community. We can't thank you enough for your generosity to this grant as well our Dare to Dream Grant.

The Grant will be offered to girls between the ages of 13 and 17. We hope to reach girls who need help with self-esteem, weight problems, family struggles, etc. This need not be someone of academic, athletic, or other frequently recognized talents. We are hoping to provide a hand up to a young woman who might not get recognized or singled out in the traditional ways but could use this validation of her self-worth.

This grant will be for a specialized program such as summer camp, a course in the arts, summer school needs, a training course or tutoring. We will work through the Middle School and High School counselors to reach the students who might be in most need.

If you would like to contribute to this grant or help with it in any way, please contact Mary Ellen South at 635-2430. Mary Ellen is inaugurating the Girl Grant in honor of her deceased daughter, Kim. We are proud to be the sponsoring organization of this most wonderful offering.

## Thank you! Thank You! Thank You!

Thank you to all renewing and new members. We are so glad that we continue to be an organization that you choose to support. If you haven't mailed in your membership yet, we hope to hear from you soon. Since we are a volunteer organization, we rely on your memberships to support our various programs. If you have any suggestions for programs that you would like to see or ideas how we can improve things, you can email us, write a note or call JoEllen at 635-2301.

## Voices of Valley Women

### Writing by and about Women living in the Shenandoah Valley

(In this issue, we feature a poem written by one of our 2006 Dare to Dream Grant Winners, Johanna Elik. Johanna is an Easterner by birth but felt called to go west as a young woman. She followed that call and lived in a cabin in the mountains of Montana for a number of years before returning east and settling in the Shenandoah Valley.)

#### Reflections On A Western Star

*Softly I hear the whisper of the pines next to my cabin door.  
Then feeling the wind embrace my soul,  
I move forward to that place where my eyes are drawn,  
To the Crazyes.  
Those snowcapped mountains just a breath away,  
Til the longing takes me to another time,  
not so long ago when my footsteps moved of their own accord  
without a doubt of where I would land.  
To Montana,  
Her splendor and beauty  
wrapped around my heart and my mind  
like none other.  
Then breathing in I take back what was  
and now has passed before me.  
Yet, knowing she's still there,  
that girl in me who prayed to the setting sun,  
eyes shining, heart pounding,  
walking the land  
feeling the pulse of it beneath my feet  
while looking upward  
to the dark of the night sky,  
stars well within my reach.  
Stars, oh stars, are akin to dreams  
held gently in the palm of my hand  
to unfold and gaze at when the need takes me.  
And then knowing all that to be true,  
in my mind, the shining dream star called Montana  
is just a heartbeat away.*

Elik  
2004

#### A poem for Mothers Everywhere

*Mother,  
We go to you  
for Wisdom  
and, like the earth  
that shelters sprouts  
as they harden in the cold,  
protected by your understanding  
You show us what we would not see.  
You are my teacher, my friend,  
my body;  
You are Gaia, my mother.*

Carol Toba  
March, 2006

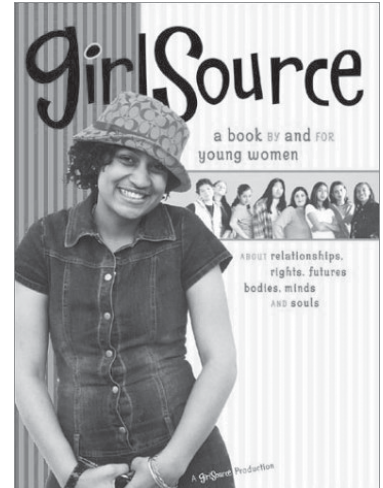
Please send us your writing: a letter, a poem, a haiku, a story, your thoughts on any topic, etc. Email submission to [joellen@shentel.net](mailto:joellen@shentel.net) or mail to our post office address. We would love to hear your voice!

# Books For March/April

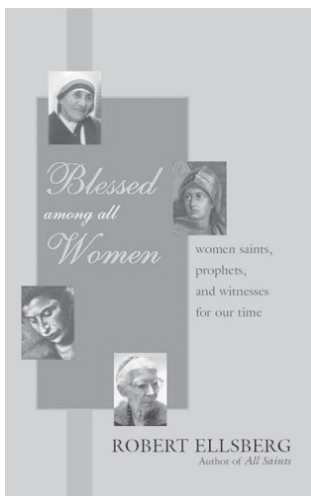
The Front Royal Women's Resource Center and the Royal Oak Bookshop co-sponsor book donations to Samuel's Public Library that are by and about women.

## **GirlSource: A Book By and For Young Women** Edited by the GirlSource Editorial Team.

The community program GirlSource, located in San Francisco, brought together ten young women to create this book of answers to the questions teen girls ask. "How can I feel better about myself?" "How do I know who my real friends are?" "What happens at a gynecological visit?" "What do I do if I'm kicked out of the house?" "How do I know if I'm ready for sex?" "How do I deal with depression?" These and many other topics dealing with health, safety, freedoms, choices, and career planning are addressed. This is a very frank and direct book, with an excellent teenager-friendly format. The reader can turn right to the page dedicated to her question. She'll find an answer with discussion, definitions, first-person comments from teens, and resources for follow-up. She will also find some bias. An effort was made to present different viewpoints, but it would be near impossible to write a completely neutral discussion of those controversial subjects with which our society struggles. Just including the questions on topics such as birth control and sexual orientation could displease some parents. But the information is there for those who are seeking it.



## **Blessed Among All Women: Women Saints, Prophets, and Witnesses for Our Time** By Robert Ellsberg



From Mother Teresa to Mother Jones, these are fascinating biographical sketches, many of them inspirational. Author Robert Ellsberg doesn't restrict his subject to canonized saints. There are lay women, historical figures, non-Catholics, anonymous women, and even figures of folklore included in his list of 136 honored women. When he heard comments about the low female representation in his earlier work *All Saints*, he decided to make amends with this book. Organized in chapters titled with lines from the Beatitudes, Ellsberg is inclusive in his selections, describing the women as "faces of holiness." Activists, writers, nuns—he doesn't shy away from entering his editorial opinion in retelling their stories. The synopsis for each is a page or two at most, making the book an easy one through which to browse.

All books are reviewed by Beth Heaton, Royal Oak Bookshop

## Services Offered

**AT Your Service**, a personal service business is offering a wide variety of assistance in such diverse areas as excavating, hauling, holiday or event shopping, grocery shopping, errand running, courier services, and services for shut ins. This business is co-owned by one of the FRWRC's 2006 Dare to Dream Grant recipients and her husband. For prices and service information, contact Angela Blankenship at 636-1000.

### How to Find Us

Email: [wrc@shentel.net](mailto:wrc@shentel.net)  
Web: [www.frwrc.org](http://www.frwrc.org)  
Phone: 540-636-7007  
Address: PO Box 1748, Front Royal, VA 22630-0037

**Skyline Music Academy** offers early childhood music and movement classes in our community. Allyson Shaner, one of our 2006 Dare to Dream Grant Recipients, is the owner of this business. She incorporates the Musikgarten program into her curriculum that focuses on music education for children ages birth to 7. For more information contact Allyson Shaner at 683-9768.

# Bulletin Board

## \*Radio Show Schedule

April- United Way, Christal Yowell, Director  
May- Lisa Mauck, Choir Funding in Public Schools  
June- Lynda Mille, 2004/2005 Dare to Dream Grant Winner  
July- Lori Norto, Warren Memorial Hospital  
Our radio shows air on the second Friday of each month, 12:30 – 1:00 pm, WFTR 1450 AM, 95.3 FM. Mary Ellen South hosts the show. Contact her at 635-2430 or email [msouth@shentel.net](mailto:msouth@shentel.net) if you would like to appear on our program.

## \*Town Council Candidates Forum

The FRWRC will be co-sponsoring the Candidate's Forum for Town Council on Wednesday, April 26, 7:00 p.m. at the Warren County Government Center, 220 N. Commerce Avenue in Front Royal. The Candidates are: Fred Foster (incumbent), Bret Hrbek, Thomas Sayre, Eugene Tewalt and Kerry Young. Mayor James Eastham is running unopposed. Forum moderator will be Mike O'Dell of Oldies Radio 95.3 FM/1450 AM. Call the Chamber at 635-3185 for more information. Come and learn more about the candidates' positions on important town matters and make an educated vote at election time.

## \*Introduction to Reiki: Discovering the Power in Your Hands to Heal

An evening to benefit the FRWRC Girl's Grant

Reiki is a simple, but effective technique of very light touch bodywork. The practice of Reiki is based on the concept of restoring and balancing the life energy (ki) in our bodies to support health and healing. Reiki can alleviate pain, reduce anxiety and depression, increase intuition and relaxation, and brings balance enhancing natural healing processes. It's easy to learn without lots of training or any special equipment. It can be used for self-healing or for others and can be practiced any time in any setting. Instructor is Eka Kapiotis, CMT, NCTMB, Reiki Master Teacher. The workshop will be held on Sunday, April 30 from 1:00 - 5:00 pm at Wagner Hall in Calvary Episcopal Church. The event is free of charge. Donations, as you are able, will go to support the Girls' Grant. Call Eka at 635-7244 for information.

## \*Spring Soup and Soul Gathering

We will be holding another one of our popular Soup and Soul evenings on Tuesday, May 16, from 6:00 – 9:00 pm at JoEllen McNeal's home near Browntown. The theme of the evening will be "Honoring Women in Our Lives." The dinner will be potluck and will be followed by an informal sharing of stories, poems, artwork, photographs, etc to honor special women in our lives. Please RSVP at [joellen@shentel.net](mailto:joellen@shentel.net) or call our office and leave a message. These are wonderful evenings full of "womanship" and we hope to see you there.

(\* designate FRWRC events)

## Other Events

**The OUTA Sight Foundation is hosting another benefit concert on Sunday, April 30th.** David Lingebach (pianist) will be performing with Friends and Family Chamber Orchestra. Most of the works performed will be a Tribute to Mozart. It should be a fabulous concert. There will be a reception after the concert and one of our own local artist Carole Lang will be displaying her art work in the Fellowship hall. Carole has agreed to donate a percentage of the cost of her paintings to OUTA Sight Foundation. We hope you will join us. For further information regarding the concert or directions please call: 540- 635-1349 after 6pm. Place: Dumbarton United Methodist

Church, Georgetown DC, 3133 Dumbarton Street, NW. Concert begins at 3pm

**Front Royal Oratorio Society** will present their spring choral concert on Saturday, April 29<sup>th</sup> and Sunday, April 30<sup>th</sup>. They will be performing Faure's "Requiem" along with other beautiful pieces. The Saturday concert will be held at Bogg's Chapel at 7:00 p.m. No charge.

**Enso Art Gallery Workshops** are on-going in April and May: April 6-8 – Asian Brushwork with Meditation; April 13-15 – Watercolor Washes: Expressive Backgrounds; April 20-22 – Zen Watercolors: Painting Fruits & Flowers; April 27-29 – Artistic Bookmaking. Classes cost \$100 per day and run from 11-2:00 pm. All supplies included. To enroll call Billie at 636-9075.

**Red Cross Blood Drive – Thursday, April 27**, 1:30 – 6:30 p.m. at Front Royal United Methodist Church. For information contact sponsor, Beth Waller at 671-6145.

**4<sup>th</sup> Annual Shrimp and Oyster Fest** to benefit the FR/WC American Red Cross is Saturday, April 29 from 4 pm – 8 pm on the grounds of Ivy Lodge on Chester Street. All you can eat and drink and an extensive silent auction. Tickets are available at The Apple House, Front Royal's Fussell Florist, All State Insurance and at the Red Cross Office at 326 N. Royal Avenue. Call 635-2333 for information. \$50 per Person.

**Time to Conquer Chaos!** - A workshop sponsored by the Chamber of Commerce will help you learn how to accomplish more work without adding hours to your day. You'll discover ways to identify habits and behaviors that help or hinder the way you manage your time and how to make better choices throughout the day for increased productivity and less stress. Cost is \$45 for Chamber member, \$60 for non-member. Date: Tuesday, May 2. Where: The apple House. Time: 8:30 – 11:30 am. Register by calling 635-3185 or online at [www.frontroyalchamber.com](http://www.frontroyalchamber.com).

**Mindfulness & Compassion Workshop**, a workshop for psychotherapists, medical and bodywork practitioners, other healers and those interested in personal growth and healing will be held Friday, May 5 (9:30 am to 6 pm) and Saturday, May 6 (10 am – 4 pm). In this workshop you will learn to experiment with and develop mindfulness in the context of compassionate loving presence, teach others to be mindful, use mindfulness to access deep information, and include the body and the spirit in the process. Cost is \$220 (\$180 if paid by April 15). Location: Jo-gan Retreat Center in Linden Virginia. Workshop will be led by Greg Johanson, Ph.D. who leads Hakomi workshops worldwide. For more information call Martha Whitney at 631-0999 or email at [mwhitney@earthlink.net](mailto:mwhitney@earthlink.net) Certified for Continuing Education Credits by the National Board of Certified Counselors, Provider #5476.

**20<sup>th</sup> Annual Virginia Wine & Craft Festival** is happening in historic downtown Front Royal on Saturday, May 20 from 10 am to 6 pm. Come down and sample wines from 16+ wineries, eat delicious food, hear live entertainment and buy arts and crafts. Ine admission is \$10 advance and \$15 at the gate. General admission is \$2. No pets Please.

**2006 Shenandoah River Sojourn III** will take place from May 22 through May 25. It will begin at Morgan's Ford Low-water Bridge in Warren County, Virginia, travel through Clarke County, VA, and end in Jefferson County, West Virginia.

The Pure Water Forum has provided the Sojourn with a website at <http://www.purewaterforum.org/index.php>.

There are two types of participants, Sojourners and Day Trippers. We are now accepting Day Tripper registrations. A Day Tripper may paddle with the group from one to four days but will not camp out with the Sojourner group. To register, contact Andrea "Andy" Putscher at [aputscher@yahoo.com](mailto:aputscher@yahoo.com) ; telephone: 703- 691-2999

**The Front Royal  
Women's Resource Center**  
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## Give the Gift of Helping Women this Mother's Day

We are pleased to offer you a unique way to honor your mother and special women in your life this Mother's Day - May, 14. For your gift of \$15 per card mailed, the FRWRC will send you a beautiful card to present to your mother or special woman of your choice.

Your donation will be used to support our Dare to Dream Grant, our recently initiated Girl Grant and other programs. These grants are supporting young girls and women in our community to take a step forward in their lives. We have now presented thirty Dare to Dream grants to local women totaling \$21,125.00 and we will present our first Girl Grant(s) this spring. What a wonderful way to honor the supportive mothers and women in your own life!

If your mother is no longer living, we can send you a memorial card. Her name will be published in loving memory in our May/June newsletter along with the names of other mothers and women honored for the holiday.

To participate, please use the response form included in this newsletter. The form contains an image of the card that features original art work by local artist, Janet Brome. You may also call the FRWRC at 636-7007 or email [wrc@shentel.net](mailto:wrc@shentel.net). Please note that the deadline to order a card is April 30th.

