

MAR/APR
2010

the weaver

a newsletter connecting women



"Some of us are old enough to remember when women were not even considered for non-secretarial jobs much less advanced degree positions, had to leave work when pregnant so as "not to offend," and then there was the business wearing pantsuits — absolutely forbidden in most office environments despite the fact that they covered one like a burqa. Amazing it was merely a generation or so ago..."

(- an email from Lynne Lewis)

March is Women's History Month

It is with the greatest pleasure that we celebrate National Women's History Month. March 2010 marks the 30th anniversary of the national recognition of Women's History Week, which later became Women's History Month. This year is also the 90th anniversary of women receiving the right to vote. We have much to celebrate!

This month, we honor and remember the many women who fought so hard to obtain the right to vote for women. The 19th Amendment, which gave women the right to vote, was ratified on August 18, 1920, when the 36th state, Tennessee, voted to ratify the amendment. The ratification was certified on August 26, 1920. We have come a long way in 90 years due to the legacy of determined women who braved imprisonment and ridicule so that all women's voices could be heard. We hope that you will join with us to celebrate our history this month.

In celebration of women, we have some wonderful programs planned and you will find a flyer insert in this newsletter containing all the details. First up is our Dare to Dream Breakfast where we present our annual Dare to Dream Grants. This year we will present 6 grants to local women totaling \$4,450.00. This year's grant recipients are as follows: Teresa Chillemi will utilize her \$500 to receive a medical office assistant certification at LFCC; Michele Shenk will use her \$1,000 to pay tuition at Shenandoah University where she is working on a master's degree in Organizational Leadership; Celinda Davidson will utilize \$750 for an on-line course in real-time Court Reporting; Julie Jenkins will put her \$700 towards a new computer for her home tax business; Felicia Burke, a high school student, will take a \$1,000 cosmetology course to provide a vocation while putting herself through college; and Melissa Fritts will utilize \$500 to take an on-line course in Planetary Herbology. We hope that many of you will come out to meet and congratulate these women who are moving forward with their dreams while being inspired by the words of Cheryl Thompson-Stacy, the female President of Lord Fairfax Community College who will be the keynote speaker.

MEETING DATES:

**Wednesday, March 17 (St. Patrick's Day!)
Wednesday, April 21**

We meet on the third Wednesday of every month unless otherwise notified. Monthly meetings are held at our office located at 316 N. Royal Avenue, Front Royal, from 5:30 – 6:30PM. Meetings are open to all.

We are excited about a special program that we are co-sponsoring with the Friends of Samuels Library. Betsy Means, a professional actress based in Chicago, will present dramatic portrayals of famous women from history utilizing journals, history and period costumes. It is an honor to have Betsy with us and we invite you to attend a lovely tea and reception before Betsy's presentation to meet the actress.

PUBLISHED BY
THE FRWRC

The Front Royal Women's
Resource Center
P O Box 1748
Front Royal, VA 22630-0037

Board of Directors

Coordinator
JoEllen McNeal

Financial Officer
Carolyn Landis

Jean Barbour
Janet Brome
Karen Hade
Eka Kapiotis
Mary Ellen South
Molly Steadman
Betty Tice
Barbara Way
Catherine Wolniewicz

Special Advisory Committee
Christine Andreae
Elaine Bromfield

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.

Inquiries and letters should be sent to:
Editor, *The Weaver*
The Front Royal Women's Resource Center
P O Box 1748
Front Royal, VA 22630-0037

Phone: (540) 636-7007
Email: wrc@frwrc.org
Web: www.frwrc.org

The FRWRC Website is designed and maintained by Bob Way of ShenvalleyTech.com

Office located at: St. Luke's Clinic,
316 N. Royal Ave., Front Royal

Office Hours: 9:00 AM to 11:00 AM, Wednesdays.

Designed by:
Weathervane Graphics

Program Update

We have some terrific programs planned for the next few months and into the rest of the year. During our planning meeting, we created a calendar for events with dates and times which we will be sending you. The highlights for March and April are featured on the enclosed flyer for your convenience.

One of the new programs to come out of our planning meeting is *Who Knew?: A Lively Lunch Series*, an informal lunch meeting to be held on the second Thursday of every month and will feature women from the FRWRC and the area sharing their knowledge, interests and expertise. We know from our membership roles that there are so many of you out there with incredible life experiences and fascinating stories to tell so we came up with this simple way of showcasing you and your stories. April's lunch will feature Ann Bogar, a world traveler, biologist and environmentalist sharing her "Travels On the Far Side." We hope that many of you will come out to lunch with us. If you would like to participate as a future speaker, contact Karen Hade at kmhade@gmail.com or call 635-1385. We will love to hear your stories.

Our **Women's Health Series** has been popular in the past so in April, we will be featuring Craig Zunka, D.D.S. who will be speaking on the benefits of Iodine in our diet. Having just returned from a weekend seminar on the topic with one of the country's leading experts in the field, David Brownstein, M.D., this editor is convinced that all of us need to supplement with iodine. There is a myth that iodized salt is enough but it isn't true and supplementation can prevent a host of diseases and mental/emotional problems such as depression, ADD and ADHD. Infant health is dramatically affected by iodine deficiency resulting in lower IQ and chronic problems. Breast health is particularly improved by iodine which is vital since breast cancer will affect one out of every seven women today. This talk is open and relevant to both men and women. For you and your loved one's health, consider attending this timely presentation.

FRWRC is on Good Search!

We're excited to announce that the Front Royal Women's Resource Center is now participating on GoodSearch and GoodShop! More than 84,000 nonprofits and schools are now participating in this web based program and 100 new organizations are joining daily! The FRWRC is up and running on our two sites:

1. **GoodSearch.com** - The search engine with a unique social mission. It's powered by Yahoo!, so you get great search results, and each time you search. GoodSearch makes a donation to our cause!
2. **GoodShop.com** - The new online marketplace that donates a percentage of your purchase to the nonprofit or school of your choice. You can choose from hundreds of popular merchants and the experience of shopping through GoodShop is exactly the same as going to the retailer's websites directly.

Want an easy way to help your favorite local women's organization – FRWRC? Just use Good Search for all your FRWRC needs as well as your starting point for purchases online. It costs you nothing and FRWRC gets a small percentage of money based on your activity.

Here is how it works:

1. Go to www.goodsearch.com
2. Look for the statement in the grayed out box "who do you search for?"
3. In the box directly underneath this question type in Front Royal Women's Resource Center.
4. Click the "verify" button.
5. Our name should then appear under the question.
6. Now you can do all your searching using the Good Search search box!
7. You can also shop from this site by clicking on the "shop now" button.

Any time you spend money online – as long as you go through www.goodsearch.com a portion gets donated to FRWRC. Even simple searching can generate a little bit, and all that can add up quickly. It's really that simple! Just be sure to make the goodsearch page your home page and every time to go to the page we'll already be listed as your preferred charity and be credited with proceeds. If you have questions or need help you can email Cathy Wolniewicz at: catwooly2519@embarqmail.com
Thank you for your support!

VOICES OF VALLEY WOMEN

Writing by and about women living in the Shenandoah Valley

Another Scary Story

*Something gruesome lurks
in a corner of my daughter's heart,
stirs just under her most ecstatic dreams,
lit and staring like a yellow eye
glaring all the time.*

*In Gettysburg, our costumed guide confers with spirits,
gazing through the night like a long-abandoned lover
to that far line of trees, impenetrably black, where
the pleading soldiers gather, where they
wait and wait and wait.*

*Driving home in the car my daughter begs for another
scary story with gorgeous girls and mist, with
witches, kisses, horror, blood. Listening, she
uncovers a kick-ass answer to the world
and its silly carnival of tears.*

*Something stubborn lurks
in a corner of my daughter's heart,
stirs just under her most disquieting dreams,
lit and shining like a tiny star
singing all the time.*

-Heather Davis

Please send us your writing: a letter, a poem, a haiku, a story, your thoughts on any topic, etc. Email submissions to wrc@frwrc.org or send to FRWRC, PO Box 1748 in Front Royal.

Recipe for Easter

(I made this during the holidays and it was delicious! Once you get all the potatoes peeled, it's easy... Jo)



Julia Child's Gratin Dauphinois (Scalloped Potatoes)

Preheat oven to 425
2 lbs boiling potatoes (I used red skin ones) or 6-7 cups when sliced
½ unpeeled clove garlic
4 T. butter
1 tsp. salt
1/8 tsp pepper
1 cup (4 oz) grated swiss or parmesan cheese (I really liked the parmesan)
1 cup boiling milk

Peel and slice potatoes 1/8 inch thick.
Rub baking dish (approx. 10" diameter, 2" deep) with cut garlic and smear inside dish with 1 T. Butter
Spread half the potatoes in bottom of dish
Divide over them half the salt, pepper, cheese and butter (dot it)
Arrange the second layer over this and season the same.
Spread rest of cheese and butter over it.
Pour on the boiling milk.
Set baking dish over heat on stovetop and when it simmers, put in upper third of oven.
Bake for 20 – 30 minutes or until potatoes are tender, milk has been absorbed and top is browned.

March Highlights in US Women's History

- March 1, 1978 - Women's History Week is first observed in Sonoma County, California
- March 1, 1987 - A Congressional resolution designating March as Women's History Month is passed
- March 4, 1917 - Jeannette Rankin (R-MT) took her seat as the first female member of Congress
- March 8th - International Women's Day; its origins trace back to protests in US and Europe to honor and fight for the political rights for working women
- March 11, 1993 - Janet Reno is confirmed as the first woman U.S. Attorney General
- March 12, 1912 - Juliette Gordon Low assembled 18 girls together in Savannah, Georgia for the first-ever Girl Scout meeting
- March 13, 1986 - Susan Butcher won the first of 3 straight and 4 total Iditarod Trail Sled Dog Races in Alaska
- March 17, 1910 - Camp Fire Girls is established as the first American interracial, non-sectarian organization for girls
- March 20, 1852 - Harriet Beecher Stowe's novel, "Uncle Tom's Cabin," is published and becomes the best-selling book of the 19th century
- March 21, 1986 - Debi Thomas becomes first African American woman to win the World Figure Skating Championship
- March 23, 1917 - Virginia Woolf establishes the Hogarth Press with her husband, Leonard Woolf
- March 31, 1888 - The National Council of Women of the U.S. is organized by Susan B. Anthony, Clara Barton, Julia Ward Howe, and Sojourner Truth, among others; it is the oldest non-sectarian women's organization in U.S.
- March 31, 1776 - Abigail Adams writes to her husband John who is helping to frame the Declaration of Independence: "Remember the ladies..."

How to Find Women's History Sites

The national Collaborative for Women's History Sites (NCWHS) supports places, collections and organizations that showcase women's participation in American history. "Women's history is everywhere; we find, save and share the historic sites that focus on our history," they explain.

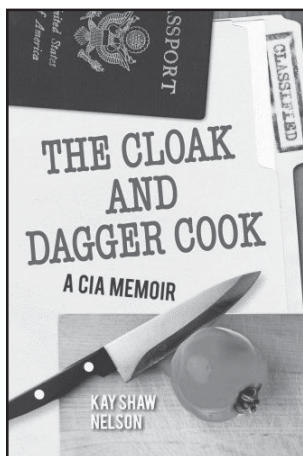
Their website, www.ncwhs.oah.org, contains information about their many members which include State and National Parks, national landmarks, museums and heritage trails. A great resource is their paperback book, Women's History: Sites & Resources, with over 100 photographs featuring 40 historic sites. It is available on their website.

Books for March/April 2010

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 or about women.

THE CLOAK AND DAGGER COOK, A CIA Memoir AUTHOR: KAY SHAW NELSON

Visualize, if you would, the most memorable experience you have ever had while traveling. Perhaps it was basking in the sun on a beach in Acapulco while observing the brave souls flying those colorful 'kites' over the ocean. Or maybe it was the excitement you felt when you first laid eyes on Paris, with its surreal lights, shops and bistros. Associate that with the memory of the gastronomical delights that went along with those wonderful scenes and the magical revelation is complete. If you were to consider a multitude of similar occasions, you might realize a numerical symbol that would equal the memoirs of one, Kay Shaw Nelson.



Adjoin the excitement, mystery and intrigue that is usually connected to organizations such as the CIA and the integral basis for this most interesting book is complete.

Ms. Nelson, a former CIA operative herself, shares the interesting and sometimes dangerous experiences she had while accompanying her husband to many distant parts of the world in his role as an intelligence officer. At the same time,

you are provided with glorious, detailed descriptions of the foreign lands that she visited and, in particular, the sumptuous victuals that were so enticing. You are made aware of the importance of the food within each culture and how acquiring an appreciation of it was almost more important than trying to learn the language. As a result, she became quite the gastronome and eventually wrote culinary articles and cookbooks based upon her exposure.

Dispersed throughout the book are recipes that Ms. Nelson acquired during her travels. They are interesting and, in many cases, very tempting. Perhaps sampling some of them might not only soothe the soul but foster a need to become an epicurean 'buff'. Whatever the case, you will not be disappointed in this book and the possibility of discovering something succulent is a certainty. Bon Appetit!

All books are reviewed by Sheila Lamonzs

The entire list of donated books can be picked up at Royal Oak Bookshop, Samuel's Public Library or at www.frwrc.org

WHEN EVERYTHING CHANGED The Amazing Journey of American Women from 1960 to the Present AUTHOR: GAIL COLLINS

It was the fall of 1955. Shay, a young woman from a very small town in up-state New York, had just started her freshman year at SUNY Buffalo. She was quite naive but full of excitement and hope for the promise of the future. One day, she was invited to have lunch with a group of friends she had met at the dorm. When they arrived at the diner, they were seated at the counter and placed their orders.

When the food arrived, everyone was served except Shay. At first, she was mortified. Then, reality struck like a knife in her heart. She was not going to be served because she was black! When her friends realized what was going on, they abruptly got up, took her by the arm, and walked out of the diner. Bravo! Little did these young women know that they had just become one of the small cogs in a revolutionary wheel that was beginning to whirl. Soon, women all over this country would be standing up and demanding to be recognized regardless of their race, creed or cultural background. This was the time 'when everything changed'.

Gail Collins displays an uncanny ability to make this subject an exciting, important discovery. Her approach is so skillful that you get the feeling you are actually absorbing the depth of this era for the first time. She is cunning and, at times, almost playful with her declarations but is always direct and on point as she recounts the revolution that has taken place in women's lives over the past fifty years. It becomes evident, early on, that the research needed for this book was significant, particularly when one is exposed to persons, places and incidents about which many may not have knowledge. Ms. Collins appears to be a brilliant storyteller who pulls no punches and maintains your interest effortlessly.

One aspect of this book that is fascinating is Ms. Collins' ability to associate so many different networks that impacted this revolution. For example, she clearly shows how the civil rights movement became a critical force within the women's struggle for identity. She then goes on to include politics, economics, abortion and sexual preferences, to name a few, connected in this process. As a result, this book is all-encompassing and carries you from Betty Friedan to Hillary Clinton and her audacious bid for the White House.

This is a book for young and old alike. For those of us who have been around for a while, it refreshes our memories as to where we were and where we are now. For the young, it provides a vision they could never have otherwise known. We have been on a harsh journey that still continues in the search for complete realization. However, 'we have come a long way, baby', nevertheless. May it be noted that it has been particularly poignant and meaningful for this reviewer whose nickname is Shay.

**WHEN
EVERYTHING
CHANGED**
THE AMAZING
JOURNEY OF
AMERICAN WOMEN
FROM 1960 TO
THE PRESENT
GAIL COLLINS
New York Times Op-Ed Columnist



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.

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

PRE-SORTED
STANDARD
US POSTAGE PAID
FRONT ROYAL, VA
PERMIT NO. 111

A United Way Agency



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

*The farther behind I leave
the past, the closer I am to
forging my own character.*

-Isabelle Eberhardt



JOIN US!

It's a New Year and time to renew your membership for 2010 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 \$ _____