

SEPT/OCT
2007

the weaver

a newsletter connecting women

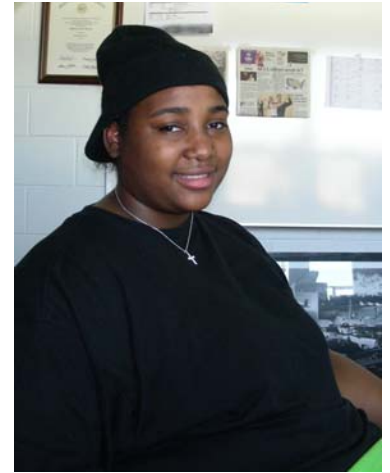
Back to Business

It's officially the end of summer with the students back in school and Labor Day Weekend behind us. Like the students, your FRWRC took the summer off as well but now we are getting back down to business and we have some wonderful programs coming up this fall

Even though we did not do a July/August newsletter this summer (in case you wondered why you didn't receive one!) we did have some terrific programs this summer. In June Linda McCarthy presented a delightful talk on "Ghost Armies, Spying and Trickery" that drew a nice crowd to the Samuels Library meeting room on June 13. Also in June, we had a lively Soup and Soul gathering at Linda Taylor's where despite a thunder storm, we shared delicious food and told stories of our lives while decked out in our summer hats. Then in July, Charlotte Watson presented a fabulous program on "The Healing Power of Herbs" where participants learned about common herbs with healing properties and took home a wealth of information on using herbs to heal common ailments. We also moved our office upstairs in St. Luke's Clinic this summer and now have a very cozy room all to ourselves. The resource library that Nan Hathaway contributed to the FRWRC was donated to the Warren County Council on Domestic Violence for use by the women there. And finally, Leslie Fiddler, our Organizational Consultant, finished her three months of work and produced for us a very workable committee structure that will be invaluable as we move forward with our second ten years of service.

So on to this fall. We have included in this newsletter a detailed listing of our exciting fall 2007 programs. It includes Atsuko's Japanese Cooking class (full), Ginger Joy's "Feng Shui and Body Wisdom" class, a Halloween Soup and Soul night at Janet Brome's, and a day workshop on "The Feminine Journey" presented by Jungian therapist, Joyce Pace Byrd who was the wonderful speaker we had at the September breakfast last year. Also on the schedule is our September breakfast that will feature Christine Andreae, local author and artist, speaking on "A Creative Path to Healing." Finally, we will be holding a yard sale on the Festival of Leaves weekend as our fall fundraiser. We hope that we will see each of you at one or more of these events.

We continue to be involved in community outreach. Mary Ellen South continues to host our "Valley Women Today" program every month on WFTR and would love to hear from any of you who would like to be on the program. JoEllen and Mary Ellen were invited to speak at the Linden Rotary Club in August and gave a pitch for our Dare to Dream and Girl Grants there. Sigi Hepp Dex and Linda



Shanikwa Edwards, 2007 Girl Grant recipient

Meeting Dates

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

Wednesday, Sept. 19th & Oct. 17th

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

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.

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@shentel.net
Web: www.frwrc.org

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

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

Designed by:
Weathervane Graphics

Back to Business, (continued)

Taylor have been active with the homeless shelter and will be representing us at the United Way's Homeless Summit this September. Mary Ellen also continues to mentor one of our Girl Grant winners from 2006 that has become a vital part of the Girl Grant program. We know that many of you are doing amazing work in the community as well. Please send an email to joellen@shentel.net about what you are involved in and we will include it in the next newsletter – our members contribute!

Voices of Valley Women

Writing by and about Women living in the Shenandoah Valley

A Haiku

*Two cups hot tea. Dishes.
Hands in soapy water, thoughts
Friends, joy, work, children*
- Leslie Fiddler

Karen's Excellent Adventure

The evening was warm and sultry. It had been threatening to rain all day but only a few drops had blown in with the wind. I was at the house of Barb Harris, a friend and fellow "Good Old Girls" member at our monthly social get together. The talk after dinner had turned to health problems. I was sitting next to Mary Craig, a CPA, long time friend and cancer survivor who is tethered to an oxygen tank, but is always upbeat and thankful for every day. She had recently purchased a red 1988 Chevy convertible from a little old man in Sun City, AZ who had to go into a nursing home. So I turned to Mary and said "How do you like your convertible?" She said "Great—do you want to go for a ride?" So the next thing you know, three grey hairs, Barb, Mary and I are in her red convertible with the top down headed for Montana City. Barb was driving since Mary also has macular degeneration and doesn't see too well. My hair was blowing back, we had a golden oldies station blasting on the radio, and we were cruising down the Interstate. I looked back at Mary in the back seat with her oxygen tank and she had a ski hat on. "Are you cold" I said. "No" she said, "I have to wear a hat to keep my hearing aids from blowing out of my ears." I got to drive on the way back and it was a dream. I felt like we were flying along but when I looked at the speedometer, I was only doing 55 mph. Back at the party, we hadn't even been missed, but the conversation had moved on to identity theft. A good time was had by all.

-Written by Karen Booker to her daughter
(Karen is JoEllen McNeal's sister from Montana)

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!

FRWRC Fall Programs

September

Oriental Cooking Class Led by Atsuko Asada Friday, September 28, 5:00 p.m.
Learn to cook traditional Japanese food and enjoy a delicious meal at Atsuko Asada's home. \$10 per person, 10 participants maximum. Note: This class is full !!! No more reservations taken.

Women's Resource Breakfast

Special Speaker, Christine Andreae - author and artist Tuesday, September 25, 7:30 – 9:00 a.m.
Villa Giuseppe's, 865 John Marshal Hwy in Front Royal
\$10 at the door.

Attend our annual September breakfast and hear Christine Andreae speak on "A Creative Path to Healing" – Accessing the healing powers of creativity while healing from illness. Bring business cards and brochures for our resource/networking table. Please RSVP the FRWRC at 636-7007 by Friday, September 21. The first 10 women to RSVP will receive their breakfasts at half price. Sponsored by the Rockland Women, Co-sponsored by the Chamber of Commerce and the FRWRC.

October

FRWRC Clean Out Your Basement Yard Sale (see Newsletter for details) Saturday, October 13, 8 a.m - 4 p.m.

Feng Shui and Your Body's Wisdom® Led by Ginger Joy, Saturday, October 20 – 10 a.m. to noon
55 Lower Court, Strasburg Cost: \$ 30 (Half will go to the Girl Grant)

Discover how the principals of Feng Shui (harmony and balance) can be used to adjust the energy patterns (chi) of the body. This class will invite you to look at the environment you live in and see where it may reflect any health issues. Understand the energy systems of the body thru the Chakras in relation to the energy systems of your environments(Feng Shui). Bring an outline sketch of your home for you to work with. Note: space is limited to 15. GINGER JOY is an educator, coach and practitioner of women's health with a certification in Shiatsu ,The Fundamentals of Chinese Herbology, feng shui and years of studies in nutrition, Chinese Medicine, herbs and women's hormonal health. She is the creator of THE WELL WOMAN offering personal consultations, classes, bodywork and a natural facial rejuvenation called JOYFUL COUNTENANCE. She has offices in Fairfax and Front Royal-Strasburg area of VA.

Halloween Soup & Soul

Janet Brome's home, 10 Buck Mountain Road in Limeton Wednesday, October 31, 6 – 9 p.m.
Bring food to share and bring an eerie story or poem (costumes optional)

November

The Feminine Journey: The Flowing Fountain Saturday, Nov. 10, 10:00 a.m. - 4:00 p.m.

Led by Joyce Pace Byrd, Jungian Counselor
Blandy Experimental Farm at the State Arboretum

Cost: \$30 per person. Please bring a sack lunch. Drinks and soup will be provided.

We will learn about the ancient feminine archetype of the Wise Woman and her role in our lives today. Through lecture, discussion and experiential work we will have the opportunity to hear our own heart's guidance for the next part of the Journey. Each participant is asked to bring a small talisman that symbolizes something that she hopes might be part of her future. This can be an actual object, a writing, a drawing, a photograph, a magazine clipping or anything that speaks from her own heart. We will aim to leave the workshop with a clearer means of communication with our inner Wise Women. Note: space is limited to 20. Joyce Byrd is a counselor, educator, poet, and co-director of the Center for Jingian Studies in Winchester, VA.

December

Holiday Celebration –

TBA

For information or to register for any of the above programs, please email Janet Brome at Janet@Brome.com or call at 636-8666.

Send checks payable to FRWRC to FRWRC, P.O. Box 1748, Front Royal, VA 22630.

All Programs sponsored by the Front Royal Women's Resource Center ,A United Way Agency

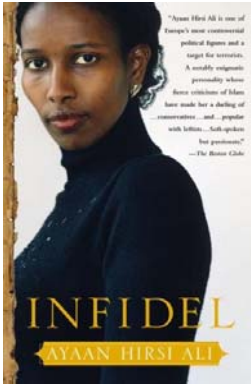
Books For July, Aug., Sept. and Oct.

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.

Title: "INFIDEL"

Author: Ayaan Hirsi Ali

Publisher: Free Press a Division of Simon & Shuster (2007)
ISBN-13: 978-0-7432-8968-9 • **ISBN-10:** 0-7432-8968-4



Ayaan Hirsi Ali remains the central figure in a cataclysmic event that stunned the free world. "Infidel" is her first person account of the circumstances leading up to and surrounding what became a definitive moment in the struggle for women's rights in the Muslim world – the brutal murder of her friend and collaborator the activist filmmaker Theo van Gogh with whom she made the movie "Submission".

In 1969 Ali was born in Somalia to the second wife of a government official, and raised in Muslim communities in Somalia, in Saudi Arabia, in Ethiopia, and in Kenya as a member of her father's closely knit sub-clan that traces their bloodlines back eight hundred years. Her family is forced to relocate time and again because of civil wars, and tenuous political situations, but wherever she finds herself in the Arab world conditions under which women live are brutal.

The book details a stifling world where women and girls remain forever children ruled by the men of a family. As a consequence of this culture, Ali is forced to undergo female genital mutilation in childhood, and as a teenager a husband is chosen for her by her father. Through this book she speaks for the millions of women and girls who suffer in the name of Islam, a term which literally translates as "submission".

Ali's story is extraordinary because she rebels, and escapes to the Netherlands. There she is given asylum, and the means and opportunity to determine her own future. She learns the language, earns a college degree in political science, and is elected to a seat in Parliament. Once there she advocates for the protection and emancipation of immigrant Muslim women trapped by an oppressive Islamic culture imported to the Netherlands by refugees from the Muslim world. Her criticism of Islam and outspoken support for women's rights earned the wrath of her family, her clan and Muslim extremists.

"Infidel" is the story of a woman coming into her own, surviving, thriving and risking everything to better the lives of women and girls living under Islamic law. It belongs on every woman's "must read" list.

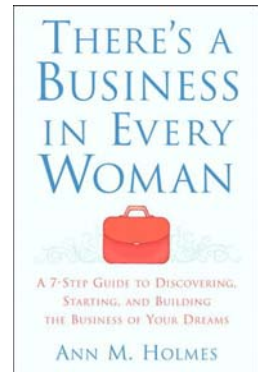
There's a Business in Every Woman

A 7-Step Guide to Discovering, Starting, and Building the Business of Your Dreams

Author: Ann Holmes

Publisher: Ballantine Books, a Division of Random House (2007)
ISBN: 978-1-4000-6488-5 (1-4000-6488-0)

Nearly half of all privately held U.S. firms are 50% or more women – owned. That's right; approximately 11 million women own or are equal partners in their own companies, contributing close to \$2.5 trillion every year to the American economy. Ann Holmes, the author of "There's a Business in Every Woman", is one of these women, and she's written a terrific guide to show the rest of us how it's done.



This book shares the success stories of 80 plus women, but it also shares what mistakes they made along the way, giving the reader the benefit of their hard-knocks experience. There's also a section on what it takes to turn an idea into a successful business that details all of the personality traits shared by entrepreneurs. But the meat of the book is devoted to the 7-Step guide, a practical how-to for anyone dreaming of starting a business, or for those women already entrenched in the challenge of running their own business.

So, if you've ever thought that you could have created a product but someone else did it first, or that you could perform a service better, here's a book to get you focused step-by-step.

WOMEN WHO WRITE

Author: Stefan Bollman

Publisher: Merrell (April 30, 2007)

ISBN-10: 1858943752 • **ISBN-13:** 978-1858943756



From the author who brought us *Reading Women* comes *Women Who Write*, portraits of female writers. In it Bollman surveys 250 years of European and American Culture from the Middle Ages to the present. The introduction serves to give the reader an historical context for the struggles females have endured to put their pens to paper. Arts and letters have traditionally been male-dominated fields; this is the lingering result of the long held view that

women lacked the necessary intellect to contribute anything of substance outside their domestic roles. Every author featured here refutes this myth.

This beautiful book is designed, as an art gallery show would be. It includes paintings, drawings, prints and photographs of women writers through the ages, from Mary Wollstonecraft, George Sand and Jane Austen to Dorothy Parker, Simone de Beauvoir and Toni Morrison. Brief biographies of the writers and commentary on the major themes of their work accompany each portrait. Female authors today still struggle to be perceived for their work alone without the implications of their sex. We owe all of the writers featured here our respect and admiration as the past and future ancestors of women who write.

THE LADY UPSTAIRS

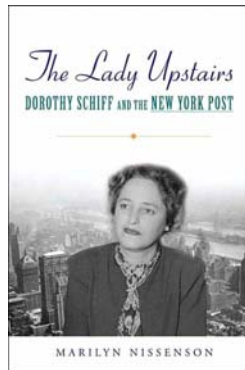
Dorothy Schiff and the New York Post

Author: Marilyn Nissenson

Publisher: St. Martin's Press

ISBN: 0312313101 • **ISBN-13:** 9780312313104

As biographies go, this is a page-turner. Marilyn Nissenson has given us a fascinating portrait of a powerful woman who was a pioneer in the field of newspaper journalism. What I found so extraordinary about Dorothy Schiff's purchase and management of the New York Post in 1939 and her eventual rise as the first female publisher in the city is her advocacy for social reform and political causes. She came of age at a time when women's roles were predetermined, and therefore nothing in her upbringing hints at her later success in business.



Dorothy Schiff was a dynamo. As the offspring of a rich German-American banking family, she was a member of the upper crust socially, but instead of accepting the limitations of that life she chose to go to work. The Post broke the story of Vice President Richard Nixon's secret slush fund and railed against Joseph McCarthy's witch-hunt. It supported the civil rights movement and opposed the Vietnam War. Dorothy owned the paper from 1939 until 1976 when she sold it to Rupert Murdoch. Today women in journalism are commonplace, but few have achieved the status that Dorothy Schiff did as owner and publisher of a major daily newspaper that she built on her own terms.

A PERFECT UNION

Dolley Madison and the Creation of the American Nation

Author: Catherine Allgor

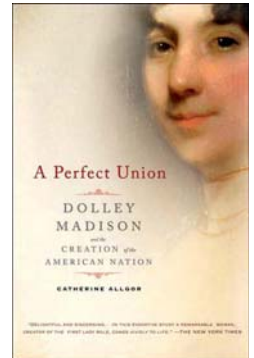
Publisher: Henry Holt & Company, Incorporated

ISBN: 0805083006 • **ISBN-13:** 9780805083002

A Perfect Union is not only a biography of a charming, and beautiful woman, it is the story of America's history. As the wife of James, the fourth president of the United States Dolley Madison is most famous for saving a portrait of George Washington before the British torch the White House, but her contribution to the success of her husband's political goals, and the

office of first lady cannot be overstated. The title cleverly refers to the union of the states, and the marriage of James and Dolley,

At the end of the Revolution Dolley Madison arrived in Washington, alongside her husband, and it didn't take long for her to master the social and political intricacies of the city. She was known to be accessible and to favor cooperation over bullying. It was this diplomatic approach that people so admired. The author Catherine Allgor does a terrific job by focusing the story on the events surrounding the War of 1812.



In the context of her contemporaries, Dolley was a modern woman who used her social functions to influence political events behind-the-scenes. The contrast of the Washington insider politics then as opposed to the present state of affairs sets this work in high relief.

All books reviewed by Victoria Gladstone.

Volunteer Opportunities

Leslie Fiddler did a terrific job helping us define working committees and get them up and running. For those of you who have been wanting to get more involved with the FRWRC but weren't sure how, here's your golden opportunity! Look over the following committees and see where you would like to participate. We try very hard not to meet too often or too long because we are all women living active lives and we don't want to give you lots more to do. If you need more information or would like to join up with any of the committees, email Leslie at lfiddler@earthlink.net. We'd love to have you!

Program Committee – This committee originates ideas and suggestions for our monthly programs.

Communications Committees –

External – Publicizes events, updates promotional materials and website, produces radio program.

Internal – Responsible for membership mailings, emails and the newsletter, *The Weaver*

Fundraising Committee – Writes grants as required, runs the Mothers' Day card campaign, produces all fundraising activities.

Grant Giving Committee – Runs the Dare to Dream and Girl Grant programs

Administration Committee – Monitors telephone, checks emails, organizes office, works closely with the Treasurer to keep the financial records, picks up the mail, orders office supplies as needed.

Quality of Life Committee – Ensures the "womanship" of the organization.

Bulletin Board

Radio Show Schedule

Valley Women Today

September - Barbara Ecton - Topic: Library
October - Ginger Joy - Topic: Women's Health
November - Susan O'Kelley - Topic: Hospice
December - Kathy Crettier - Topic: Health for New Year

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. Contact her via email at mesouth@earthlink.net if you would like to appear on our program.

September

United Way Campaign Kick-off

Thursday, September 13th, afternoon
Hampton Inn, Front Royal.
Food and drink, special speakers

United Way Homelessness Summit

Thursday, September 13th, noon luncheon and networking
Hampton Inn, Front Royal. By invitation only.

**Oriental Cooking Class led by Atsuko Asada

Friday, September 28, 5:00 p.m. **Class Full**

**Women's Resource Breakfast

Special Speaker, Christine Andreae - author and artist
Tuesday, September 25, 7:30 – 9:00 a.m.
Villa Giuseppe's, 865 John Marshal Hwy in Front Royal
\$10 at the door.

Forever Plaid – A benefit Performance for Breast Cancer

National Philanthropic Trust for Susan G. Komen for the Cure
Wayside's Royal Phoenix Theatre
Friday, September 21, 2007
Cocktails at 6:30 pm
Minimum donation of \$50.00
Make checks payable to: "Breast Cancer 3 Day"
P.O. Box 79, Front Royal, VA 22630
Jorie Martin 540-635-2182
Braidwood Costello 540-671-9348

Small Business Development Center Fall Schedule of Classes
To see the schedule, contact Carolyn M Majors, Program
Manager, Lord Fairfax SBDC
Middletown Courts, 7718 Main Street in Middletown VA 22645.
540-868-7093

October

**FRWRC Clean Out Your Basement Yard Sale

Saturday, October 13, 8:00 a.m. – 3:00 p.m.
St. Luke's Clinic front yard, 316 N. Royal Ave.
Bring your items to the porch on Friday, October 12.

**Feng Shui and Your Body's Wisdom

Led by Ginger Joy,
Saturday, October 20 – 10 a.m. to noon
55 Lower Court, Strasburg

The Virginia Conference for Women

Produced by SkillPath Seminars, this day-long workshop was designed to help women shape their dreams, achieve their goals and experience positive results in their lives. Tuesday, October 30, at the Hampton Inn, 1204 Berryville Avenue, Winchester, VA.
9:00 a.m. – 4:00 p.m. Cost is \$149 per person. To enroll call 1-800-873-7545.

**Halloween Soup & Soul

Janet Brome's home, 10 Buck Mountain Road in Limeton
Wednesday, October 31, 6 – 9 p.m.
Bring food to share and bring an eerie story or poem (costumes optional)

Reiki Classes Being Offered At Warren Memorial Hospital

Reiki I Training: Foundations of Healing will be offered on October 20 (10 AM - 5 PM) & 21st (10 AM - 4:30 PM). There are no prerequisites, other than a desire to learn to use this gentle and effective technique for yourself and for others. *Learn to feel and increase your innate healing ability, learn protocols for healing yourself and others, share and receive healing, and more!* Fee is \$175 for early registration (by 10/12), or \$200 thereafter.

Reiki Refresher: Enhancing Your Skills a one-day class, Sunday 11/4 10 AM - 5 PM. Prerequisite is Reiki Training from any instructor. **Get your Reiki re-activated, learn advanced techniques, increase your understanding of healing, and share and receive healing.** Fee is \$95 for early registration (by 10/26) or \$125 thereafter.

NEW!! Reiki II Refresher: Enhancing Your Skills a one-day class, Sunday 11/11, 10 AM - 5 PM. Prerequisite is Reiki II Training from any instructor. **Get your Reiki re-activated, practice and refine level II techniques, increase your understanding and expertise.** Fee is \$95 for early registration (by 11/2) or \$125 thereafter.

Contact Eka Kapiotis, Massage Therapy Coordinator, Warren Memorial Hospital. 636-0605

November

**The Feminine Journey: The Flowing Fountain

Led by Joyce Pace Byrd, Jungian Counselor
Saturday, November 10, 10:00 a.m. to 4:00 p.m.
Blandy Experimental Farm at the State Arboretum
Cost: \$30 per person.

December

**Holiday Celebration – TBA

**Dare to Dream Grant applications process begins. We will be sending out applications with our November/December newsletter. If you've got a dream that needs funding, here is your chance.

** FRWRC Event

Focus on A Member

(This column features our members and the work they are doing in our community. If you would like to submit a piece on yourself or organization, email joellen@shentel.net for the next newsletter.)

Dr. Sally Murray, D.O., is one of those amazing women that can be found tucked away among the hills of our beautiful valley. She quietly arrived in Front Royal two years ago from the Hampton Chesapeake area (Mathews Beach to be exact). Originally from West Virginia, she found she missed the mountains and cooler weather and so with the prodding of several of us who knew her and her skills, she and her mother relocated to our town to set up an osteopathic clinic. Finding office space was challenging but she eventually rented the late Dr. Gisela Dengel's clinic on Browntown Road and began practicing. Many folks driving down Browntown Road see her small sign but have no idea of what a Doctor of Osteopathy is or what osteopathic manual medicine is about..

Osteopathic physicians are fully licensed physicians. They prescribe medications, perform surgery, etc. just like their allopathic (M.D.) colleagues and many practice side by side with them. However in addition to the standard medical school curriculum, osteopathic physicians are educated in manual or manipulative medicine. Osteopathic manual medicine is a hands-on, non-invasive approach to interacting with the patient through the medium of the neuromusculoskeletal system in order to enhance the body's ability to self-heal. The neuromusculoskeletal system is intimately related to all the other organ systems of the body through the blood supply, lymphatic flow and fascia among others. This allows the osteopathic physician to not only directly affect neuromusculoskeletal problems such as low back pain during pregnancy, TMJ dysfunction and headache but also to provide a complimentary approach to respiratory and digestive disorders, menstrual cramps, chronic ear infections in children, accidental trauma, flu/colds and many other ailments.

Dr. Murray specializes in Biodynamic Manual Medicine which is a very subtle form of manipulative therapy. She has studied extensively with Jim Jealous, D.O. who developed biodynamic therapy and is considered to be one of the most respected osteopathic doctors in America today. This approach does not go after symptoms of a dis-ease to override it but rather connects with the Health, the non-divisible, transcendent wisdom of life that is always with us, even in illness. In Dr. Jealous's words, "This force inside the fluid actually contains the idea of the form of the human body... It's on watch, it's on call, working for the patient 24 hours a day." During a session, the biodynamic physician connects with this Health and waits to see where it wants to go to assist the body to come back to a state of wholeness and integration.

Dr. Murray graduated from the West Virginia School of Osteopathic Medicine in Lewisburg, WV in 1989 and is certified by the American Osteopathic Board. In private practice since 1994, she has also served as emergency room physician at Southhampton Memorial Hospital in Franklin, VA; Langley Air Force Base in Hampton, VA and several hospitals in West Virginia. She is a member of the American Academy of Osteopathy, the Cranial Academy and Front Royal Kiwanas.

To contact Sally, phone her at 635-4100. We welcome her, another phenomenal woman, to the FRWRC.

Join Us! It will soon be a new year and time to renew your membership for 2008 or join us for the first time. 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 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.

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

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

Vocation _____

Special Interests/Talents _____

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

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A United Way Agency



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

United Way Update

We are excited to announce that we successfully went through the allocations hearings for United Way funds this year and have been awarded a minimum of \$1,750 to a maximum of \$2,000 for our 2008 Dare to Dream Grant program. The letter of notification from the United Way stated that "...the Front Royal Women's Resource Center has met all legal, informational and policy requirement for inclusion in the 2007 campaign..." During the interview, several members of the interview committee were amazed that we had no salaried personnel and were able to do so much with such a little budget. We are proud to have a "lean and mean" organization that remains viable after 10 years of service.

This past year, Lee Smith-Osina took over the directorship of United Way and has been doing an amazing job of reorganizing and streamlining that organization. One of the new changes being made is they are requesting that, as a United Way Agency, we include on all material produced by us - stationery, brochures, newsletters, business cards, flyers, etc - the United Way logo and the words *A United Way Agency*. Being accepted as a United Way agency is the equivalent of receiving the "Good Housekeeping Seal of Approval" so we are happy to comply with this request. Look for the logo on all forth-coming material (hopefully we will remember to include it...)

Clean Out Your Basement Yard Sale - October 13

Saturday, October 13, Festival of Leaves day - Now's your chance to get rid of that clutter filling up the nooks and crannies of your life! We will be collecting items on Friday, October 12 throughout the day at St. Luke's. Here's the particulars:

- You can have your own table and donate half the proceeds to the FRWRC.
- You can come and help sell that day for an hour or two.
- You can bring your items, **already priced**, and leave them on the porch of St. Luke's on Oct. 12th all day.
- You can come and shop!
- Please - **no clothing!** And make sure everything is clean and works.

Time: 8:00 a.m. - 3:00 p.m.

Where: St. Luke's Clinic Front Yard, 316 N. Royal Ave.

What: Kitchen items, dishes, suitcases and backpacks, purses, knick knacks, blankets and quilts, **small** pieces of furniture, art, books, etc.

Contact wrc@shentel.net if you have items or want to help us out that day. Setting up in the a.m. is the most important time - hope to hear from some of you early risers!