

NOV/DEC
2007

the weaver

a newsletter connecting women

Back to Business

Welcome to our Fall/Holiday edition of The Weaver. Right now outside the sky is an impossible blue and the trees are finally getting into their annual color show. It's rather hard to sit at a computer and write on a day like this but it is time to catch all of you up on our happenings and let you know what is coming up.

September held two fine events – our semi-annual Women's Resource Breakfast held on September 25 and Atsuko Asada's Oriental Cooking class held September 28. Christine Andreae, a published author, delighted all who attended the breakfast with her amazing story of healing from fibromyalgia and unearthing along the way, a deep well of images that led her away from words to botanical illustration. She was eventually honored by having one of her illustrations displayed at the Corcoran Gallery in Washington D.C.



We are honored to have Christine as an advisor to our Board of Directors. And all who attended Atsuko's class were treated to her delicious oriental cooking. Look for her recipes in our Delectable Recipe section in this newsletter.

October flew by starting with our Clean Out Your Basement Yard Sale held on Festival of Leaves weekend. We had wonderful help all day and managed to make \$540 total while getting a head start on our fall cleaning. In Ginger Joy's informative Feng Shui class, we learned how to look at our homes and work with feng shui principals to support creativity, family relations, prosperity, and health through simple changes in home décor and placement.

The Chamber of Commerce held its Candidate's Forum for local offices on October 23. As a co-sponsor along with the NAACP, members helped screen questions and collect questions from the audience. We ended the month on an "eerie" note as we gathered at Janet Brome's delightful schoolhouse/art studio home to share delicious food and spooky stories from our lives. The "Goddess of Fall," Pamona, came and almost set her long green hair on fire as a good time was had by all. See our Delectable Recipe section for Janet Brome's delicious soup recipe.

Meeting Dates

Wednesday, November 14

(Note: This is the 2nd Wednesday due to Thanksgiving)

Friday, December 14* - Supper & Soul

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

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.

*Note: this takes the place of our regular meeting

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.

Inquiries and letters should be sent to:
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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

On November 10, Joyce Pace Byrd, Jungian Counselor and Co-Director of the Jung Center in Winchester, led a marvelous workshop on *The Feminine Journey* at Blandy Experimental Farm. The beautiful setting of Blandy added to the deep feeling of retreat and journey that accompanied the day. For those of us attending, it was a perfect way to enter this time of the Holidays when our lives can get so crazy and it's easy to lose the deeper currents of the season that ask us to go within and listen deeply. Our gratitude goes to Joyce for so generously giving us her time and wisdom.

This December we will be presenting our annual Holiday Gathering. This year it will be held at Carolyn Landis's home where we will gather for a potluck dinner and a "Giving Circle." Please see the enclosed flyer for all the details. This is always a beautiful night of sharing food and stories of our lives so we'd love to see many of you there.



For the FRWRC, 2007 has been a year of change and renewal. At our annual planning meeting held in January of this year, we realized that the time had come to set some new directions to help us move into our second decade of serving the community. Soon after that meeting we hired Leslie Fiddler, originally from Canada where she was very involved with community arts, as our Organizational Consultant.

She served for three months this spring and worked to create an active committee structure that shares the burden of work with our Coordinator, JoEllen, and the members of the Board of Directors. The Program Committee, headed by Janet Brome, created a wonderful series of monthly programs that is continuing into 2008. Barbara Way and Karen Hade took on the challenge of the mailing list and have created an up-to-date roster of all our members and contributing partners. Leslie joined the Board after fulfilling her consultant contract and is now in charge of managing our program advertising and the monthly meetings. Many individual members have stepped forward to teach classes, offer their expertise where needed and help with our various activities. The "doingness" of the organization has become distributed in such a way that tasks seem to get done even more effortlessly and efficiently than before.

We still have some communication glitches that happen from time to time and we also would love to be able to hire a part-time administrative office assistant if we can find the funding. So at the end of this year, we look back and see how much we have accomplished with our small budget and our all-volunteer organization and we feel very proud. As always, we couldn't do any of it without each of you. Your support of the FRWRC, financial and energetic, is what inspires us to continue connecting women in our community to resources and each other. Thank you, thank you, each and every one. And may your Holidays be full of blessings.

Voices of Valley Women

Writing by and about women
living in the Shenandoah Valley

On Walnut Ridge

*The rain fell
all morning like cool satin
flowing over the dark skinned trees,
caressing their limbs.*

*A great love
beyond anything yet known
can be found within the presence
of this soft embrace,*

*But you must
leave the place you call home
and walk alone into the woods
to remember this.*

*Even now
in the fading light of dusk,
the trees slip their golden mantle
around my shoulders.*

-JoEllen McNeal
October 2006

Grandmother's China

*I remember well the majesty of it,
Opening the corner cupboard doors,
A place I wasn't allowed to visit often.*

*Within lay the discovery,
China, porcelain and glass.
Simple pieces passed down,
Yet to my eyes, a bounteous treasure.*

*It was by privilege to handle each piece,
Preparing the table before the meal,
Careful not to drop as I wiped each gem*

*They are now in a cupboard in my home,
I take them out with the same respect.
Recalling the special meals of the past,
My family's fingers touching the edges.*

-Mary Ellen South
Thanksgiving 2004

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 or send to FRWRC, PO Box 1748 in Front Royal.

Delectable Recipes

Patrick O'Connell's Apple-Rutabaga Soup

(Provided by Janet Brome)
serves 6-8

1/4 lb butter (I used a little less)
1 cup, roughly chopped of each of the following:
onion
Granny Smith apple, peeled, cored
rutabaga, peeled
butternut squash, peeled, seeded
carrots, peeled
sweet potato, peeled
1 qt. chicken or veg. stock
2 c. cream
1/4 c. maple syrup (I used a little less)
salt and cayenne to taste

In large saucepan, melt butter over med-hi heat. Add veggies and stir until onions are translucent.

Add stock, bring to boil. Simmer about 20 mins. until veggies are tender.

Pureé. Return to pot and add cream, maple syrup and seasonings. Bring to simmer and serve.

Atsuko's Rice Salad

2 C short grain rice or 2 C sweet rice – cook “sticky”)
2/3 C sweet rice
2/3 C olive oil
1/3 C rice vinegar
salt & pepper to taste
2 tsp. Sugar
Mix 1/2 dressing with rice

Vegetables:

1/2 chopped red and yellow pepper
black olives
2 T. Pine nuts
1/2 C raisins
1 bunch dill chopped
optional – granny smith apple and/or green pepper

Pour other 1/2 dressing over vegetables. Add rice and mix with vegetables. Best when served after 2 hours.

Books for November/December

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.

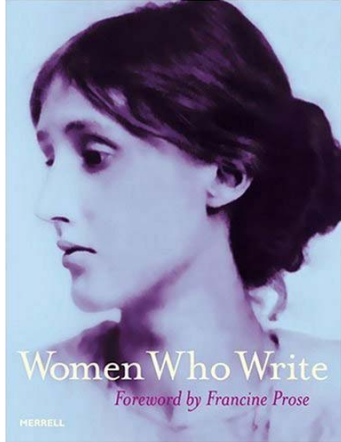
WOMEN WHO WRITE

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.

*Reviewed by Victoria Gladstone

New Book Reviewer

Victoria Gladstone has been writing her excellent book reviews for us over the past several years. This year she became a full-time student and a full-time employee, which has resulted in her needing to give up writing the book reviews for our newsletter. It has been a gift to have Victoria - she always read the books and wrote from her experience. We take this opportunity to thank her for all her wonderful work.

Sheila Lamonz has offered to write the book reviews beginning this newsletter. Another avid reader and writer, Sheila is a retired teacher who lives in the Rockland area. We are delighted that Sheila has offered to help us with our valuable book program and look forward to her reviews. Thanks you, Sheila, from your FRWRC.

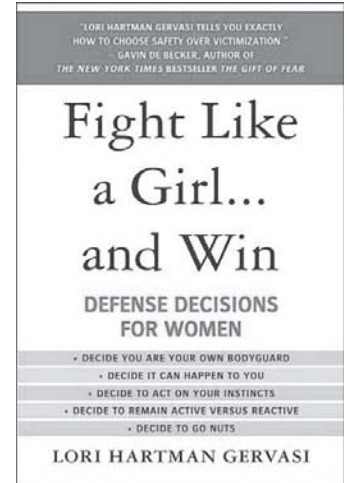
FIGHT LIKE A GIRL... AND WIN

Defense Decisions for Women

By Lori Hartman Gervasi

Decide you are your own bodyguard. Decide it can happen to you. Decide to act on your instincts. Decide to remain active versus reactive. Decide to go nuts.

These are the challenges that are presented to you in this thought-provoking book. Lori Hartman Gervasi is a black belt, trained in Traditional American Karate and a woman who learned how to defend herself at an early age. Her father, in fact, was instrumental in enabling her to achieve a defensive posture. When one considers the fact that every two and one half minutes a woman is assaulted in this country, perhaps we should all become engaged in developing a similar attitude. This author is definitely a proponent of this behavior.



Fight Like a Girl...and Win strives to expose women to numerous self-defense strategies that could possibly save their lives. Some of the counterattack methods that are described (in graphic detail, I might add) may cause alarm, but Ms. Gervasi always provides options for women who might need to be less aggressive yet still attain the same result meaning safety, not victimization. She makes it very clear that each individual must choose a preferred course of action, integrating the specific behaviors into their daily lives immediately to provide optimum personal security.

To paraphrase the words of the great fighter, Mohammed Ali, (who utilized entomological analogies to describe his performance): Although we may not be able to 'float like a butterfly' we can surely learn to 'sting like a bee'. This book will assist in the process.

*Reviewed by Sheila Lamonz

Treat Yourself to a Good Read This Holiday Season

For a good feminist read, treat yourself to one of the many books written by and about women that can be checked out at Samuel's Public Library.

The FRWRC in partnership with Royal Oak Bookshop have donated dozens of books to Samuel's over the past number of years. The program began in 2000 and 82 books have been donated to date. To find the complete list of donated books, go to our web site at www.frwrc.org or find flyers at Samuel's Library and the Royal Oak Bookshop. Our monthly book donations will now be featured in the *Warren County Report* as well!

Our deepest gratitude to Nan at Royal Oak Bookshop who created the program and shares the purchase price of the book with the FRWRC. Many thanks go to Barbara Ecton who has worked closely with Nan to make this project happen and to our reviewers, Beth Heaton, Victoria Gladstone and now, Sheila Lamonz who bring their impressions to you in our newsletter.

It's Time Again to Dare to Dream

We are beginning our Dare to Dream cycle for 2008 grants. Applications are available beginning December 1, 2007. Any woman, age 18 years and older and a resident of Warren County may apply. The grant's goal is to provide women with an opportunity to take a bold step forward in their lives or to support the momentum if they are already on their way. Past applicants have used their grants to attend classes at Lord Fairfax Community College, purchase computers, buy books, attend beauty school, create a garden for hospice patients and attend a writer's conference. Past applicants and recipients may reapply every year. Grants range in amounts from \$500 - \$1,000. Applications may be picked up at Royal Oak Bookshop or the office of the FRWRC (316 N. Royal Ave., Front Royal). They may also be mailed to you by calling 635-2301 or emailing joellen@shentel.net. Mail all applications to: FRWRC, PO Box 1784, Front Royal, VA 22630. Deadline for applications is Friday, February 1, 5:00 p.m. If you have a dream, this may be your opportunity to bring it into reality.

Holiday Book Program

Once again, our "book angel," Lee Bowen, has donated \$150 for our holiday book program. These books go to young people in our community during the holidays to provide them with the gift of reading. Nan at Royal Oak Bookshop works to find the right recipients for the books – those age groups of children that are the least served at Christmas. She also researches to find age-appropriate books and orders them at cost.

This year, we are again working closely with the Warren County Council on Domestic Violence who received our books last year and are delighted to partner with us again. There are 10 teenagers currently in residence at the shelter and the books will be specifically purchased for this age group. With Lee's donation, we will be able to provide these teens with a special gift this holiday season.

Holiday Gift Ideas

This year why not shop with the ladies of the FRWRC? Following are some ideas of terrific presents that also support our member's businesses:

Give the Gift of Body Work! Call one of these practitioners for a gift certificate:

Ginger Joy, 635-2113, Shiatsu, Well-Woman Consultations
Eka Kapiotis, 635-7244, Cranial, Reiki, Lymph Drainage, Energy Work

Dr. Sally Murray D.O., 635-4100. Cranial-Sacral Therapy
Ellen Seide, 636-4551, Myofacial Release, Cranial, Reiki
Warren Memorial Hospital Massage Therapy, 636-0605.

For Beautiful Art See:

Candy at Sun Studio, 20 E. 8th St.

Blue Ridge Arts Council Gallery – 305 E. Main Street.

Delia's – Unique gift boutique on Main Street.

The Gift Shop at Warren Memorial Hospital

For Books go to the Royal Oak Bookshop or A Novel Idea.

For Gifts and Flowers contact Mimi Ouakil at Debbie's Ivy Garden or Betty Showers at Front Royal's Fussell Florist.

For Great Coffees, Gift Certificates, and Holiday Gift Baskets go to Daily Grind located next to A Novel Idea in Royal Plaza Shopping Center.

Or consider contributing to one of our many community service organizations.



Bulletin Board

Radio Show Schedule

Valley Women Today

November – Ginger Joy on women’s health

December – Susan O’Kelly on hospice

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@embarqmail.com
if you would like to appear on our program.

November

Home For The Holidays 2007

Kicks off on November 16 with Light-Up night and BRAC’s *Deck the Halls*. This is the
night Main Street and the tree at the gazebo are lit. Festivities begin at 5:30 at the
Gazebo.

December

Kiwanis Pancake Day and Downtown Christmas Parade

Will be held on December 1. Pancakes served at E. Wilson Morrison Elementary
School from 6 a.m. until 3:00 p.m. Tickets are \$4 in advance or \$5 at the door. Stay
around town for the Christmas Parade to be held at 4:00 p.m. on Main Street.

Old Time Christmas in Downtown Front Royal

Held on December 8th. Enjoy the feeling of yesteryear as you shop downtown
enjoying music, popcorn, and Victorian strollers along the way from 12 – 4 p.m. Also
enjoy the Gingerbread Contest and Workshop at the Ivy Lodge on Chester St. from
10 a.m. to 8 p.m.

*A Holiday Celebration– Supper and Soul

Friday, December 14, 6:30 – 9:00 p.m.

Carolyn Landis’s home, 344 Amherst Drive, Front Royal. (see flyer insert for details)

*Vox Illuminares: A Community Carol Procession with Lanterns, FRWRC member

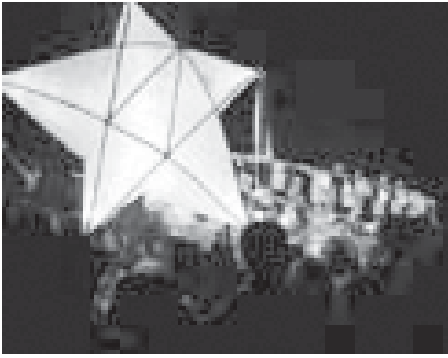
Leslie Fiddler and friends are producing “Vox Illuminares” on Friday, December 14, 5:30
at the Gazebo as part of the Downtown Business Association’s “Home for the Holi-
days” promotion. See article in this newsletter.

Christmas Carols around the Fire

Will take place on December 23 at 119 Chester St. from 2:30 – 4:30 p.m.

* FRWRC Event





Vox Illuminares: A Community Carol Procession with Lanterns

FRWRC member Leslie Fiddler and friends are producing “Vox Illuminares” on Friday, December 14, 5:30 at the Gazebo as part of the Downtown Business Association’s “Home for the Holidays” promotion. A union of the American tradition of outdoor caroling and the community lantern processions of the Pacific Northwest, “Vox Illuminares” (loose translation “the

illuminated voice) is a community carol procession illuminated by handmade lanterns. The carols will be both secular and sacred and are drawn from a variety of winter holiday traditions. Bring your jingle bells!

The lanterns are made from the simplest of materials: layers of tissue paper coated with diluted white glue which when dry tightens the tissue paper to give it a beautiful translucent quality. A tea light is held in place by chicken wire and the lantern fireproofed with a borax solution. The lantern can be shaped with bamboo, chicken wire or even a balloon and always includes an ample heat vent.

“Vox Illuminares” rises from Leslie’s love of holiday carols and her history with lantern processions. Back in 1989 Leslie, artist Paula Jardine and many other colleagues produced “Illuminares,” Vancouver’s first community based lantern festival. “Illuminares” has since multiplied and divided several times and now thousands of Pacific Northwest residents make lanterns and join in community processions in Fremont (JoEllen’s former Seattle neighborhood), Victoria, and various neighborhoods and municipalities in Greater Vancouver year ‘round.

Artists Janet Brome, Arlia Schwartz and Sara Johnson are making lanterns. Would you like to too? There are options. If you would like to assemble a star lantern kit from the Victoria “Luminara Festival,” (\$18 plus shipping) contact Leslie. The kits will arrive shortly after Thanksgiving and are easy, fun and satisfying to make. Or you can download simple lantern making instructions from the Victoria “Luminara Festival” site at the end of their workshop schedule. There will be lantern making workshops downtown the week of the event.

Please note that lantern makers should be at least 13 years old. Stay tuned for further developments! The FRWRC will be kept well informed of the event as it unfolds! In the meantime, please circle Friday, December 14 (the same day of the FRWRC’s December event) on your calendar. “Vox Illuminares” participants will assemble at the Gazebo at 5:50. The event will run to approximately 7:00. Contact Leslie at 635-8830 or via e-mail, voxilluminares@gmail.com

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
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_____	Other Amount
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Thank You to our Members and Community Partners this Holiday Season

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Friends (\$50)

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