



Changing Directions

Many Hands, One Heart!

E-Newsletter for Women's Resource Center of Central Oregon April, 2009
Location: 1010 NW 14th St., Bend (between Jacksonville and Kingston)
(WRCCO 385-0750, counseling 385-0749, info@wrcco.org, www.wrcco.org)



WOMEN OF INSPIRATION LUNCHEON

Thank you for participating with us in the nomination process, and in the luncheon to honor this year's nominees and winner of Women of Inspiration . . . To left, 3 of our 4 Women of Inspiration . . . Left, Toni Ryan (08), Patricia Stoneroad (09), and Connie Druliner (06). Congratulations, again, Patricia . . . We are all richer for your words of inspiration and for getting to know you. We hope your were also impressed by our student speaker, Angie Parker . . . As she says, a "student of life". You should get to know her . . . What a beautiful person she is! We are most grateful to our sponsors . . . Fox Hollow Independent and Assisted Living, and Premier West Bank (both managed by incredible women!) for their participation and financial support. Thanks, too, to our emcee, Kristi Miller (also a nominee) to BendBroadband for the amazing advertising, and to the table sponsors: Soroptimist of Bend, American Association of University Women—Redmond, Bend Area Habitat for Humanity, The Life Center, Whispering Winds Distinctive Retirement Lifestyles, and BendBroadband. You are all the best! We so appreciate your participation and support. Our participation numbers were down a bit, due to the economy, we think. We are thankful we had a room full of such amazing women (and men) and we hope you will all come support this event next year. Women in Central Oregon are so amazing.

Nominees: Carla Settle, Carol Oxenrider, Kristi Miller, Patricia Stoneroad, Dory Delp, Terrienne Petzold, Heather Vihstad and Joan Hinds. Missing from photo Helen Rastovich, Rhonda Foster Pietrowski, and

Rebecca Nicholson. Truly, an inspirational group of unselfish women.



COMING UP NEXT:

April 17 & 18, 7 PM, 2nd Street Theatre . . . "MOVING FORWARD. . . .LOOKING BACK Lessons along the way". Dramatic Readings based on the book, What I know Now; Letters to my younger self, an anthology from famous women. WRCCO explored the power of writing a letter to oneself, regarding a particular event in the past (joyous or traumatic), healing and celebrating of that time, through the sage wisdom acquired through life . . . These letters will be performed two evenings . . . With actress/director, Kymberli Colbourne and friends. Come laugh and cry with us. This is so powerful! Tickets available at www.wrcco.org, Send check to WRCCO, PO Box 8693, Bend 97708 or call 385-0750. \$15.00. More info @ end of newsletter, right hand column.

April 18, 9-5:00 Psychic Development 101: Jean Stevens is a medium with a workshop to help you figure out how to tap into your own psychic energy. Want to connect with your own intuition? Want to learn how you can access your own answers? Want to experience the magic of the Universe? Want to learn what it really means to be psychic? Want to learn how to use your own power to better understand yourself and your world? Do you get a feeling in your gut or a little voice in your head, but don't trust it? Want to find the tools that will enable you to find clarity for yourself? More info @ end of newsletter, right hand column. \$49 once only.

NEWEST EVENTS CAUSING A SENSATION . . .

NEWEST EVENTS CAUSING A SENSATION . . .

Note about locations: Unless location is especially mentioned, we will meet at our **14th and Kingston** location. We're sharing space with the Deschutes Children's Foundation at the Rosie Bareis Campus on the east side of 14th. A few classes, due to booking issues, will be held at their other facility, and it will be mentioned in the notes about the workshops. That address is **2125 NE Daggett Ln.**, which is essentially NW behind St. Charles. Take Wells Acres to Daggett, and turn south, until just past park; or take Neff to Purcell, turn north, left on Full Moon, left on Daggett.

SPARTY: If you weren't in attendance last Saturday for our first (quarterly, we hope) SPARTY . . . Spa Party . . . You really missed a lot of fun and sisterhood. Thank you to all the vendors who gave of themselves to make this event a success! Attendees enjoyed mini-facials, mini-manicures, foot soaks, massages, tarot readings, psychic readings, shopping experiences and organizing tips. We hope to hold this event about 4 times a year. Our vendors donated their time and experience, please support them. A best spent \$10, for all! If you are interested in helping with this event in the future, e-mail us at info@wrcco.org. We'll let you know when the next Sparty is scheduled.

LAST FRIDAY CHICK FLICK EVENING: We plan to hold this event each last Friday of the month . . . Offering chick flicks (guys can come, but the movies will be geared to our psyches). We ordered in a pizza, offered soft drinks, and generally enjoyed each others' company. This is a great way to connect with our sisters in a very non-threatening place. Join us on April 24th, May 29, June 26, etc., for our Chick Flick & munchies. 5:30-8:30 Only \$10.

WORKSHOP UPDATE:

Tues., April 28-June 2 Life Transitions. We're all making changes in our lives, due to circumstances and the economy. Explore new and more effective strategies for creating positive change in your life, based on your own personal plan developed through this training. Six-week workshop and support group will help you to make those changes more easily and they will be based on your own values and desires. (6-week course – 12 meetings). \$200

Sat., May 16, 9-4 Compassionate Communication with Carol Delmonico. This workshop is so valuable. It's based on Non-Violent Communication developed by Marshall Rosenberg, and is essential to forming excellent relationships, and communicating effectively, clearly and honestly, with compassion and empathy. \$75. (Bring a sack lunch)

Tues., June 23 – July 28, Life Transitions, 2nd chance for this incredible workshop and support group.

Definitely a must do, for everyone. 6 weeks, 12 meetings.

Mon., June 15, 22, and 29, 6-9 p.m. Website Design and maintenance. More in Next month's newsletter. This one will be held at Deschutes Children's Foundation's East Side location, 2125 NE Daggett Ln., which is essentially NW behind St. Charles. Take Wells Acres to Daggett, and turn south, just past park; or take Neff to Purcell, turn north, left on Full Moon, left on Daggett.

* **Moving Forward Looking Back . . . Readings:**

This play shares women's stories in the form of letters to their younger selves, looking back at moments of challenge and triumph earlier in their lives. In looking back, they honor how that moment shaped who they have become today, drawing strength from both their past and present as they move forward. Funny, moving and honest. A special treat, based on stories from women in our own local Central Oregon community, as well as worldwide. Don't miss this 'homegrown' theatrical event. All proceeds benefit The Women's Resource Center Of Central Oregon. Starts at 7pm. Tickets available by calling 385-0570 or online at www.wrcco.org

****Psychic Development - 4/18 all day workshop:**

For a one time introductory fee of only \$49 you will receive:

- Thought provoking concepts you can easily adapt to your day-to-day life.
- An under-standing of your own innate abilities.
- Techniques that will enhance your life, help you get answers and find your direction.
- Hands-on practice in Psychometry, Image Projection, Palm and Aura Reading.

Our presenter, Jean Stevens is nationally known as an Intuitive, Medium, though she prefers to call herself an Epiphany Facilitator. Her life-long experience in the metaphysical world has led her to give messages of hope, clarity and encouragement. Her desire is to help you follow your soul's chosen life-path. Her presentation will expose the abilities you already possess allowing you to enrich your life and affirming that you are following your soul's predetermined goals.

During the course of the day there will be Question & Answer periods, and at the end of the day there will be time provided for you to share your experiences during the workshop should you wish to do so. Bring your lunch, wear comfortable clothing, wear your favorite daytime jewelry (not an heirloom or antique) and bring a pad of paper for notes.

CLASS, WORKSHOP, EVENT REGISTRATIONS:

Tickets are available by calling 385-0570, now online at www.wrcco.org, or mail check to WRCCO, PO Box 8693, Bend OR 97708-8693.