



Changing Directions

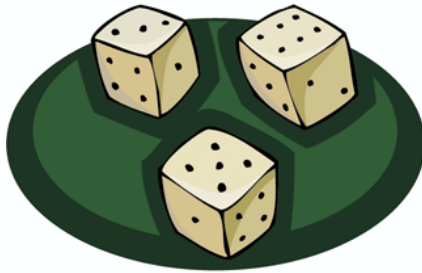
Many Hands, One Heart!

E-Newsletter for Women's Resource Center of Central Oregon August, 2009

**Location: 1010 NW 14th St., Bend (between Jacksonville and Kingston)
WRCCO 385-0750, Counseling 385-0749, info@wrcco.org, www.wrcco.org**

Calling all service providers, vendors, & crafters . . . we're looking for massage therapists, acupuncturists, manicurists, facialists, and other service providers to join us in our *Fall Femme Festival* & SPARTY. We're looking for vendors to sell their wares at the Festival, too. And don't forget we have a Nov. **Holiday Craft Fair** coming up . . . See descriptions below . . . **

AUGUST EVENTS:



Have you heard that we had a social BUNCO night recently? Thanks to Dick Elmer for being our "token" male (who won most buncos!). We hope you aren't afraid to bring your spouses and friends of the male persuasion to our events, if they would enjoy the company. LAUGHTER was the order of the evening, and the prizes were great! **Bunco and Movie nights** are meant to be social gatherings, and we are glad to have you come, join in the fun and comraderie.

Our next **BUNCO NIGHT** will be **Tues., August 11, 5:30-8:30 p.m.** Please let us know you will be coming by return e-mail (info@wrcco.org) or by phone, so that we will have enough snacks. (held at our 14th & Kingston location), Prizes, Italian light dinner & beverages, only \$10 donation.

AUGUST WORKSHOPS:

In addition to our signature class, Life Transitions, we will continue to offer other relevant workshops which will increase your professional and personal skills, and which will improve your life in a variety of ways.

August 25th, from 6 to 9 p.m. **On Track - Managing Your Life Not Your Time** A brief introduction to identifying core values and principles and using this awareness to live with intention. Instructor: **Carolyn Esky**, our founder. 3 hour workshop, \$35. Handouts and valuable information included! Make your reservation now, only space for 15 participants. Carolyn has a unique, inclusive, interactive style, and you will benefit immensely from this timely workshop.

Life Transitions II – Have you been through Life Transitions I? Are you interested in further exploration of the self? We're taking a waiting list for LT2 . . . e-mail or call us to let us know you're ready.

SEPTEMBER WORKSHOPS & SPECIAL EVENTS:

Lunch Time Yoga: Explore the fundamentals of Hatha Yoga by learning to breathe properly, using alignment principles and working at your own level. We will focus on a range of poses that will encourage each person to bring yoga into a home practice.



This class is offered gently and safely. Wear comfortable clothing, bring a mat. Straps and blocks are provided. Donations to WRCCO only, no specified charge for the class which will last 6-8 weeks . . . **Mondays, beginning September 21, 12:00 noon to 1:15.** Instructor, Wendy Howard is a Registered Yoga Teacher and has taught for COCC, a local gym, and in Mexico as well as providing personal, individual instruction. Call Wendy with your questions about the class, 389-7861. To register, call 385-0750, or e-mail info@wrcco.org.

In September, we'll also have **GAME NIGHT . . .** an alternative to Bunco - Mexican Train, Scrabble, Yahtzee & all your favorites, snacks, and Bunco, to boot. Let's have fun together! \$10 donation. Date to be announced. . . watch for it in Sept. newsletter.

[Life Transitions I](#) will be offered for **6 weeks**, beginning **September 22**, Tuesdays from **6 to 8 p.m.** Instructor, **Vicky MacRitchie** will help participants weave their way through values, past experience, intention and planning of a life so as to get the very most out of it . . . The tools included in these workshops will be useful throughout life, and are useful, no matter where you are in your life when you enter the class. For everyone! \$200 includes the 12 hrs. of class and a support group. ***The best investment in yourself you can ever make.***

LAST FRIDAY CHICK FLICK EVENING – Sept. 25, 5:30-8:30 Back for your evening enjoyment, our Sept. Chick Flick and dinner will be so much fun! [How to Lose a Guy in 10 Days!](#) Prepare to laugh; menu in Sept. newsletter.

IN PARTNERSHIP: Harmony 4 Women

WRCCO is partnering with the Central Oregon Showcase Chorus, Grandma's House, and Saving Grace-- 4 organizations in harmony, with musical 4 part harmony serving each of the 4 organizations as a fundraiser and offering an outstanding holiday repertoire to delight and entertain the whole family.

Singers are needed to perform in this event, so if you have always wanted to sing on stage, now is your opportunity. Our supporters and past students are welcome to perform along side the professional level chorus for the benefit of all the organizations and the community. There is a \$35 charge for the music, "uniform" and instructional materials. Rehearsals begin Sept. 28. For more information, call Linda, 385-0356, or e-mail your questions to her at trixytazzy@yahoo.com.

COMING ATTRACTIONS:



****Fall Femme Festival**

Saturday, October 17, at St. Charles Center for Health and Learning. An incredible all day event (10-3). We'll have massage, raffles, workshops, spiritual-physical disciplines, shopping (get ahead on your holiday shopping), mini-manicures, facials, psychics, tarot readings, and more, more, more . . . A perfect opportunity to get away for the day, pamper yourself, in celebration of the feminine spirit. Watch for more in our September newsletter. (**Volunteers needed, too.**)

Service providers and vendors, please ask for the information packet to be e-mailed to you, or go to our web site, www.wrcco.org to download it. Vendor questions should be directed to Sally, 728-4051, or sorensonsally@yahoo.com, and service questions should go to Ali, 815-5281 or kd2802@msn.com.



November 7, WRCCO's 2nd Annual Holiday Craft Fair—also at our building on 14th. We're selling tables to our crafty friends at \$25 each, and we'll be festively decorated and ready to have visitor buyers on the 7th of Nov., at 10-4. Get your table now, they're going fast! cyndirf@bendbroadband.com, or 480-2878.

November 21, Saturday, 2 performances of Harmony 4 Women, at Summit High School . . . a must do family event and kickoff for the holiday season. Tickets go on sale in late September.

Check our our website—it's a work in progress, but we are honing in on what we really want it to be. Thanks to Susan Brodeur, Tumalo Tech for doing such a great job. susan@tumalotech.com,

tumalotech
web development & hosting

www.tumalotech.com

CLASS, WORKSHOP, EVENT REGISTRATIONS:

Tickets are available by calling 385-0570, now online at www.wrcco.ticketleap.com, or mail check to WRCCO, PO Box 8693, Bend OR 97708-8693. Questions to info@wrcco.org (if you wish to unsubscribe to this newsletter, also info@wrcco.org, type in subject line, unsubscribe.)