

Woman's Way
RED LODGE



BIG NEWS! IRS grants
Non-profit status to WWRL

In mid-August Mary received word that our long awaited designation of 501© 3 non-profit status was granted. It has taken a year for the process to unfold but it has now landed. This designation opens up new avenues and opportunities for fundraising, tax implications and operating processes. Stay tuned for next month's eNEWS to learn more. For Now...

It's time to celebrate!!

eNEWS "users tools"

1. shirt
2. socks
3. mouse



Attention! Attention!

We have made ALL email and website addresses in eNEWS into hot-links!

Use your mouse to navigate around information!

ALL YOU HAVE TO DO IS POINT AND CLICK!

Note: for optimal eNEWS viewing, shirt and socks are optional.

STEPPIN UP

Stepping Into Red Lodge Leadership

another version of putting' on them work boots, haulin' wood and carryin' water...



Moving into fall, it is time to think ahead to the formation of a new board and councils. It is an exciting and important time in Red Lodge development. The new board begins with a strong foundation and will continue to refine how we operate and pursue our collective dream of taking our Woman's Way into the world through education, service and sustainability.

■ Authority and Power in Red Lodge: An Invitation

The current board meets for annual retreat September 7-9 at Sahale. At this time, we will begin to address goals for 2008 and work toward developing a budget for the next year. Included is a hands-on, experiential workshop in navigating the dilemmas that arise around power, authority and leadership in Red Lodge. Ragini Michaels www.facticity.com, who specializes in paradox management, will facilitate this session on Saturday, September 8, 9:30 AM to 2 PM. We invite and encourage all WWRL members who are interested in leadership in Red Lodge and we urge all council members to join us. Please contact Mary at chair@wwrl.org to RSVP and for more information.

■ Open Board Positions... Are You Ready?

Are you interested in joining the board? Are you hearing the call to offer your voice, your skills and your time to Red

Lodge? If so, please contact Maureen Bearwomyn, our Nominations Coordinator this year. She will help guide you in this important decision and answer questions you may have. 360 870-7876 or nominations@wwrl.org.

To read all about the positions that are open and their responsibilities...

CLICK ON THIS HOT-LINK!



www.wwrl.org/files/OpenPositions.pdf

Between now and October 6, Maureen will field inquiries by women who want to find out what is involved with serving on the 2008 Board of Trustees. She has a lot of good information to share and can help you reflect on what's involved and what you bring to the table. By October 13, anyone interested in one of the open positions must confirm their commitment by writing to Maureen. In mid-October, Maureen will present the list of nominees to the current board for approval. The new board will be presented to the membership, honored and acknowledged at Red Lodge's Annual Meeting, December 1-2, at Sahale. The 2008 Board of Trustees assumes leadership on January 1.

Serving on the Red Lodge Board is an incredible experience. Talk to current members. It is a big commitment, hard

work, and an unusual and deep exploration of self, community, relationship, organizational process, and service. Consider joining the board. Still in its fledgling years, Red Lodge is in a crucial stage and our continuing support of and involvement in leadership is critical. To help you decide, please read further about the board positions opening up. Also, go to www.wwrl.org where there is a link called joining the board. Then...call Maureen! She'd love to hear from you!

■ Calling for Council Members

Another way to participate in Red Lodge leadership is to consider offering your gifts as a member of one of the councils. Here is where the juicy creations of RL are born: Sister circles collaborate and creative endeavors of the head, heart and hand take place. Let Maureen know of your interest in a particular council, and she will pass that on to the current chair of the council. Here is a link now to read about the councils www.tinyurl.com/2rh7u3. In the October eNEWS, there will be more information about all of the councils. There will also be a link on our website to help anyone who is interested to find out where to loop in, what's involved, and to offer grounding in the current affairs of Red Lodge. Plan now to attend the Annual Meeting the first weekend in December at Sahale.

continue on page 4

■ The Turning of the Wheel

Woman's Way Red Lodge's Board of Trustees is designed to be a staggered board; not all positions are vacant each autumn. This offers continuity and flow for our overall goals, ease in transition from one board year to another and provides mentoring opportunities for new board members. It is especially helpful this year, as we continue to solidify the foundation and internal processes of Red Lodge, that many of the current board members have consented to continue on. This is a big service, and a big thank you! goes to each woman. We look to and welcome four new women for important leadership roles. Currently WWRL is an 8-member board. Each board position holds a special area of focus and leadership. The 8 positions are:

Chair

Mary G.L. Shackelford

Vice Chair

Kristina Turner

Treasurer

Susan Landau

Secretary

OPEN

Chair, Program Council

OPEN

Chair, Communication Council

Peg Hopkins

Chair, Abundance Council

OPEN

Chair, Conflict Evolution Council

OPEN

To learn more about these positions, the work of the councils and to gain an overall perspective of WWRL Board processes go to our website www.wwrl.org - click on the Link "Joining the Board in 2008". Here you will find our Bylaws, descriptions of officer and council chair positions, structure and WWRL's Herstory. Our Herstory offers a great review of Red Lodge's birthing process to date and reveals the amazing visionary women that have been part of the journey thus far. It is inspiring reading. -MGLS



Prayer Requests

A few months ago, at WWRL Wisdom Council, there was a meeting of the Elder Council. Among the topics discussed was the eNEWS Prayer Corner which didn't seem to be serving the purpose that we had envisioned. The decision was made to try a different approach. Instead of sending in requests to be posted in the following month's eNEWS, the Elder Council – through an email group called CODE PURPLE – would make ourselves available for prayer requests whenever they were needed. We felt that perhaps the time lag was making the previous Prayer Corner less useful than we had hoped. In addition, we wanted to start a discussion about prayer. I offered to write an article for eNEWS.

As I sat with the topic and read several articles that had been gathered by other women, I realized how great an undertaking this actually was. So rather than try to write the definitive treatise on prayer (!), I decided to offer a short, personal reflection on my understanding of it and ask for others to send in their thoughts for future issues. In the meantime, we will be able to offer Code Purple prayer support to the community.

For many years, I considered prayer to be asking for help from a God I no longer believed in. When someone said they'd pray for me, I would tell them I appreciated their thoughts, but not to waste their time. About that time I attended my first Long Dance. I began to understand there was a difference between religion and spirituality. That experience has deepened in the years since then. I began to attend Buddhist meditation groups and other spiritual circles. I felt the power of many people focusing attention on the same problem. This power was not just additive. It was amplified. I stopped trying to understand with my mind and instead I just began to feel with my heart.

I now see prayer as a way for an individual to tap into the universal source of energy and direct it where needed. If many people do this together, great things can happen. I am honored to be part of this circle of women elders who are making ourselves available for prayer requests from the members and friends of Women's Way Red Lodge. If you would like to ask for prayer support for yourself or another, please click on the link below. Your request will go to Code Purple members and we will each include you in our prayers. (If you want that support at a specific time, we will do our best to coordinate with as many of our members as possible.)

prayerrequests@wwrl.org

I look forward to further thoughts on this topic from others in the community. Blessings, Patricia Menzies

WE NEED YOUR LEADERSHIP!

Interested in learning more about joining the board and becoming a council member? Contact Maureen Oar (Nominations@wwrl.org or 360-870-7876) to explore Red Lodge leadership opportunities for 2008. Get background information by Oct. 6; commitments due by Oct. 13. Or take a look at the Red Lodge website www.wwrl.org

BI-ANNUAL WWRL BOARD RETREAT

Sept 7-9 at Sahale. At the retreat on Sept 8th a session with Ragini Michaels is open to WWRL members interested in Red Lodge leadership issues. This is an experiential session exploring issues of authority and power in Red Lodge. 9:30 AM-2 PM. Bring a sack lunch. FREE. Please visit www.facticity.com, for more information about Ragini's work on paradoxmanagement. Contact Mary – mgls@wwrl.org Chair@wwrl.org – immediately if interested in attending.

COMMUNITY CALENDAR ONLINE SOON

Norleen and Peg were hoping to launch our new online calendar this eNEWS but some fine tuning is still needed. It will be ready in September so stay tuned! A special notice will be emailed to all Red Lodge members explaining this new feature. For now all events submitted remain in eNEWS.

So what's the BIG DEAL anyway? This new process will allow all of us to go directly to the Red Lodge website and enter in events, programs, activities etc that we feel our community would like to know about. Only Red Lodge members can enter events, but they don't have to be ones they are involved in. Any event, anywhere can be entered. This is an easy process and frees up a lot of woman power and time from within Red Lodge. It is also a powerful opportunity for Red Lodge in our outreach efforts and greatly enhances our online presence and capability. The potential to positively affect people's livelihood and broaden connections and opportunities for members and causes we care about is significant.

How it works: Members go online to our Calendar Welcome page and once they have created their own Login and password (very easy!!) they can go to a simple form and enter event and program information they wish to share with other members and visitors to our website. WWRL programs and ceremonies will always be listed in eNEWS as well as the online calendar. All others will be on our online calendar. We'll be testing it so give it a try when it's ready....either by entering a listing or by visiting...then let us know how it's working.

NEW ADVERTISING FEATURE

Available starting September 1st, WWRL has web server space available to you. What this means is if you do not have your own website you can now upload document(s)...featured flyer, pictures, business info etc to our site and have your own specific web address to share as you wish. There may be other added benefits included in this offering as time and interest progresses.

The cost is \$30 for three months or \$50 for six months. Once the time has lapsed the address will no longer be 'hot'. Contact Peg or Norleen at MemberPages@wwrl.org for more info on this exciting new offering. More details to this will be shared in next Months eNEWS.

Guidelines:

- 1 Space available per person is up to one megabyte.
- 2 One file or web address per person.
- 3 Information needs to be in jpeg, gif or pdf file format. We can convert other files such as Word or Excel to pdf if needed.
- 4 No art or design work is included in price.

These guidelines and price are effective until January 1st 2008. At which time we may choose to revise based on experience. We will honor time agreements made prior to this date in the event they lapse after Jan. 1st.



REFLECTIONS

as we head into the Fall



—A letter from the Chair, Mary G.L. Shackelford

2007 has been an interesting and, at times, a difficult year for Red Lodge. At our board retreat in January, we acknowledged that this would be a year focused mainly on solidifying the foundation of Red Lodge with some effort towards outreach. We agreed to ambitious goals. Now, it seems timely to take stock and reflect on the ebb and flow of this year.

I believe it is wise to affirm the fullness of ebb. Since January, we navigated a difficult decision to allow music from the *MoonSongs* CD to be included on the reality TV show, *Wife Swap*. At our March Red Lodge Wisdom Council, only a few women other than board members showed up. We cancelled each of three workshops in *Communicating from the Core*. Our sponsored Aikido program drew few participants. We have made little progress on an Agreements and Guidelines Manual nor have we had time or energy to reach out to network with other local groups effectively. Execution of a marketing plan for the CD has not materialized. Our presence at University Street Fair and Kent Cornucopia Days was cancelled. Abundance Council activities came to a halt as we became entangled in a misunderstanding over a new outreach brochure. Difficult questions have arisen about the ways that we embrace our values to guide our work and about the integrity and flow of our leadership. Two council chairs have stepped down.

It is natural to be concerned, discouraged even. Our accomplishments are important to tally. We have great forward motion with the website, with the inter-council flow of information relating to calendar, publicity, marketing and billing. We will soon launch an innovative self-inputting events calendar for members and will finalize our branding for the organization this fall. We have defined a process to facilitate program coordination, a standard contract and a call for program proposals. Our offerings related to ceremonies and rituals (Weaving the Hoop, World Peace & Prayer Day, South Sound Drum Circle, and Sweat Lodges) have moved people deeply. Memberships continue to come in. We have gotten our financial records into QuickBooks, and we have persistently pursued our IRS non-profit exemption which was just approved last month! We have separated the Long Dance/Red Lodge databases, and we begin to see more clearly where and how and why the two circles are separate and different. Most importantly, we are still here at the table.

And yes, it is wise to affirm the fullness of ebb.

Losing momentum is troubling; a sense of being adrift is disorienting. And there are benefits to the ebb tide: What it exposes, what's left on the beach.

continue on page 7

WWRL BOARD

Mary G.L. Shackelford—Chair
Kristina Turner—Vice Chair
Susan Landau—Treasurer
Ruth Raven Burns—Secretary
Mariah Wind Dancer Hoyt
Long Dance Representative
Victoria Jensen
Abundance Council Chair
Peg Hopkins
Communications Council Chair
Kendra E. Thornbury
Program Council Chair
Sarah Blum
Elder Council Chair
Julia Bear Heart Moore
Conflict Evolution Council Chair

COUNCIL MEMBERS

Abundance Council

Bobbi Edwards
Catherine Dwyer
Chalice Bailey
Sarah Blum
Susan Landau

Communications Council

Amy Wolff
Drai Bearwomyn McKi
Norleen Overman
Valli Sanstrom
Marsha Cook

Program Council

Debbie Fank
Kathleen Hanning
Mary G.L. Shackelford
Paula Rathbun

Elder Council

G. Maeve Aeolus
Grandma Billie Sockwomyn
Julia Bear Heart Moore
Patricia Menzies
Ruth Raven
Therese Charvet

Conflict Evolution Council

Bonnie Lee Cleverdon
Christiann Howard
G. Maeve Aeolus
Kendra E. Thornbury
Kim WombFire Woman
Kristina Turner
Baba Willow Dreamfeather

SUPPORT STAFF

Drai Bearwomyn McKii, Graphics
Marsha Cook, Assistant Secretary 6

Welcome to **Who'da Thunk It?**

This new section is designed to celebrate the more surprising aspects of one another's lives. In many cases we only get to see "one side" of our sisters when we gather.... this article will be brief and fun in nature to share something about a sister that "you would have never expected" OR to share out something exceptional the past...

A *Who'da Thunk It* article can ONLY be published in eNEWS with approval from the individual of whom the article speaks...no fair submitting shocking things about someone else! Please send a picture and VERY brief factoid about something amazing, outlandish, unexpected, awesome, unusual that YOU have done. Send submissions to goddessdrai@earthlink.net.



Who'da Thunk It?

KATHLEEN GRAF

Lake Tahoe, NV. 1994

Kathleen won the "Grand Masters" division in the Woman's National Drug Free Body Building Contest. She was 51 years old!

Access to the deep water beyond the shallows. Seeing new possibilities; seeing things differently. A time for reflection; who we be as much as what we do. A building of potential energy. There is the promise of renewal, of fresh oxygenated water as the tide turns to flood.

I suspect this year is a shake-down year and what can seem like muddling through is rich. Holding the center when the tide is going out is challenging. We are called to be steadfast and patient, to listen attentively and give our full-hearted support to strengthen the weave of our bowl. The character, skills and daily reality of our community of women, the geographical distance that adds such complexity to our collaboration, and the nature of our attention to process, relationship and searching for a way to remain heart-centered to balance the business of growing an organization make for much stop/start. This ebb asks for deft navigating.

As all of us get clearer about what really is involved and how we really want to be involved, it will become easier I think. The foundational work must be solid. As we launch into fall and begin to look ahead, new faces and energies will show up; we need women to see this through both the ebb and the flow. This work challenges and grows us. The gift we are learning asks each of us to acknowledge what is required and decide where we want to sit at the table at this time. And we can change our place at the table as time, energy and inspiration move us to serve in different ways. Together, we move deeper into our shared vision and purpose that is Red Lodge.

One thing I'm thinking the ebb reveals more clearly is the nature of Red Lodge's call to community and collaboration. In subtle, important ways it differs from Long Dance, where what serves us personally, diving deep into our own truth, is such an unusual and treasured gift. The on-going nature of Red Lodge requires so much of a sustained effort, a very different commitment than the huge energy and support that continues to empower and gift people in Long Dance. And our community is more experienced with the container we have created through Long Dance than with the collaborative creation to share our work that is Red Lodge. Red Lodge is also, I'm thinking, calling us to examine where collaboration gives way to individual creativity and to clarify questions of authority and leadership in decision-making. We are reminded of the real work it takes to balance the feminine and the masculine, and our mission to 'take our way' out into the world does indeed require both qualities. The maturing of this within each of us and as a group dedicated to Red Lodge's purpose offers challenges as well as the blessings of this work and its potential to affect the world around us.

The ebb we experience this year in Red Lodge is a natural and necessary stage. There is a balance with holding the center: Staying on track, attending to goals, maintaining momentum... and...letting go, allowing the flow, attending to foundation and relationship, clarifying values and how we bring them forth in our work together. As we move into fall, I thank you, each one of you, for your support and participation in Red Lodge. This is good work we are engaged in. We are still at the table together.

SUSTAINABILITY CORNER

In our every deliberation we must consider the impact of our decisions on the next seven generations.



How's Your Harvest?

–Suzanne Lichau

I asked my monthly women's drum circle to take stock of their harvest as Fall Equinox approaches. To spend time thinking about the seeds they planted in the spring, notice what germinated and grew, what didn't. I ask the same of you.

My intention seed for this corner was that it would be a place for community dialogue and sharing. Other than some of the staff for eNEWS and officers of Red Lodge I have not had any response or participation from the community. I would love to know who is reading, at least. Please take a moment to e-mail me at the link in the contributions column and let me know who you are and how, if at all, this corner serves you.

If you planted seeds of change in your consumption, waste disposal, footprint on the planet practices, how are they growing?

What have you discovered?

What works that we can all use?

What didn't work – where did you get stuck–what was your learning there?

What do you do with your harvest in the form of dollars?

Do you know what your money supports.

Do you have investments?

Do you know what your investments support?

Did you know that any money market or mutual fund, no matter how small or local the bank, directly funds the war in Iraq? US treasury bonds fund the war and many money market and mutual funds buy these with the money they collect from investors.

What do you want to support?

Jacqua Miller, EA of Financial West Group (jmiller@fwg.com – (707) 525-1550) provided the following information.

Web Resources

■ The Social Investment Forum
www.socialinvest.org/areas/sriguide/mfpc.cfm
Offers extensive list of screened funds, including performance information, fund profile, and what they are screened for.

■ Calvert
www.calvert.com
Lets you search the holdings of mutual funds based on thirteen screens including weapons, the environment and Sudan.

■ Socially Responsible Money Markets:

Ariel Funds	www.arielmotualfunds.com	(800) 292-7435
Calvert	www.calvert.com	(800) 368-2745
Citizen's Funds	www.citizensfunds.com	(800) 223-7010
Domini	www.domini.com	(800) 582-6757
Pax	www.paxworld.com	(800) 372-7827

Books

Socially Responsible Investing
by Amy Domini

The Mindful Money Guide
by Marshall Glickman

The Exception to the Rulers
by Amy Goodman, David Goodman

Investing with Your Values
by Brill, Brill and Feigenbaum

Robin Hood was Right
by Collins, Rogers and Garner



From the Sacred Cauldron of Creativity,

Beauty Will Be Birthed

“ I’m the drum.

You’re the drum.

We’re the drum.”

–Babatunde Olatunje

Come.
Help create the
WWRL Mother
Drum in
Port Angeles
Oct. 20th!

Hear ye! Hear ye! There are dreams afoot in the Program Council to create a Mother Drum for Red Lodge. We have visions of her presence, silent in her becoming, at Fall Festival on November 10 when we celebrate our official approval by the IRS as a 501C3 non-profit and gather to welcome new members and raise funds to support our activities. When the time is right to play her, we see men and women, drumsticks in hand, gathered around our new Mother Drum to bless and honor her voice. We see us dancing and singing our joy, our prayers, our intentions as Red Lodge unfolds with strength and purpose. We hear her sending our hope into the world and calling others to join us.

Last summer, Red Lodge moved into a new manifestation when families were invited to participate in our 24-hour drumming vigil to focus our prayers on World Peace and Prayer Day. We were blessed with the presence of a number of men, a situation which birthed this vision for a Red Lodge Mother Drum to hold the heartbeat for our growing circle.

Paula Rathbun of Program Council and Lori Kramer are inspired to gather a group of women who will help birth this dream. They have begun to explore the idea and invite your help. They are looking for women who want to work together to create this drum for our community. The drum making will require a long day of work at their studio in Port Angeles on Saturday, October 20. If this calls to you, please contact Paula – paula@wwrl.org – by September 15.

The vision Paula and Lori hold is that our community of women will create this drum as the gift of the women of Red Lodge. Their intention is to align with sacred masculine energy by inviting a man to create the drum stand that will hold our Red Lodge Mother Drum. In their drum making tradition, a drum is blessed with silence and stillness for a full moon cycle before it is played, giving time and space for the drum to gather her voice and come into her own fullness. A drum’s name takes longer to be known; after a year, a naming ceremony is held.

Sisters! We are on our way. The voice of the drum calls us. Blessed be. –Mgls



FIRST ANNUAL FALL FESTIVAL

At our Open House in September 2006, you declared, "Let's do this every year!"

We heard you, so mark your calendars for November 10, 2007 for our First Annual Fall Festival in West Seattle.

We are going to celebrate and share in the spirit of Woman's Way Red Lodge. We will eat, drink, sing, drum, dance and have fun! We will have a multicultural holiday celebration, while supporting like-minded businesses that align with WWRL's vision and purpose (great way to shop for the holidays). We will raise money and members for our newly formed and growing organization.

Tell all your friends, co-workers, families, and anyone who would like to play and gather with us for this festive occasion. In addition to supporting WWRL, you can let them know this is a great way to buy gifts from local businesses they care about.

The party begins on Friday night. From 7-10 PM we will gather members who want to help clear the space and decorate. Music will be playing as we have fun transforming and decorating the hall, inside and out, and share our snacks and drinks. If you have ideas or materials to decorate with, please contact Paula Rathbun at Paula@wwrl.org or Kendra at Program_chair@wwrl.org. We want lots of color and light.

The Festival goes from 10 AM to 5PM. Then we take down tables, create space for later, and have a potluck dinner –those who wish to stay. From 6-8PM we will have a ceremony to dedicate our new Woman's Way Red Lodge Mother Drum and then party down with drumming, singing and dancing until 8PM. All for free!

There will be a raffle with wonderful prizes available throughout the day. The *Moonsongs* CD will be playing its music medicine throughout the day AND it will be available for sale. If you have ideas for items to raffle off, please let Victoria know at FestivalRaffle@wwrl.org

**MARK YOUR
CALENDAR
SATURDAY
NOV 10TH!**

Whose business do you want to support? What businesses would align with WWRL? What do you want available to buy? If you know of anyone who has products or creations you think others might want to purchase as a gift, please let Sarah know and provide contact information. We have space for about 18 tables. Contact Sarah at FallFestival@wwrl.org

If you would like to help with the festival in anyway or if you can help deliver flyers in October, please let Sarah know. We would also like your ideas about places to put the flyers from Olympia to Seattle north, and Vashon, Bainbridge, or ??? Help us create a list.

Here we go again!!

Let's Rock the Hall!

–Sarah your energetic Crone!



Welcome to the world of Isagenix... in the Woman's Way!



You saw us at Long Dance—we've lost some weight and are feelin' great! Maybe you noticed the special little blenders in the kitchen or Log barn. Perhaps you saw us drinking our chocolate or vanilla shakes during the day or nibbling on an Isagenix protein bar. We all have embarked on a path to deep nutrition, cleansing our bodies and stepping into being fully in our skins. Each one of us has a story to tell. If you would like to know more about the powerful and effective Isagenix system we'd like to share it with you.

Click here www.wvrl.org/mp/welcome_isagenix.pdf to read our *Welcome to Isagenix in the Woman's Way Letter*. And click on any of the websites below to go to that woman's website. Once there click on 'contact me' to learn more.



Lori Kramer
lkramer.isagenix.com



Michelle Elekonich
melekonich.isagenix.com



Peg Hopkins
peghopkins.isagenix.com



Paula Rathbun
paulabeing.isagenix.com



Susan Landau
vibrant4ever.isagenix.com



Connor Sauer
womansway.isagenix.com

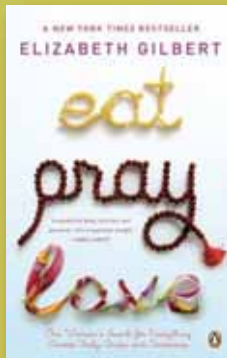
BOOK LOOK

RECOMMENDED BY:
Pamela Delilah

AUTHOR: Elizabeth Gilbert

TITLE: Eat Pray Love

RETAIL: \$8.99
www.amazon.com



"In her early thirties, Elizabeth Gilbert had everything a modern American woman was supposed to want – husband, country home, successful career – but instead of feeling happy and fulfilled, she felt consumed by panic and confusion. This wise and rapturous book is the story of how she left behind all these outward marks of success, and of what she found in their place. Following a divorce and a crushing depression, Gilbert set out to examine three different aspects of her nature, set against the backdrop of three different cultures: pleasure in Italy, devotion in India, and on the Indonesian island of Bali, a balance between worldly enjoyment and divine transcendence."

Gilbert is gregarious, insightful, witty and downright honest. I found myself laughing many times throughout this book and often relating to her responses and her feelings. It's a quick and easy read. –Pamela

SISTER'S SOUL FOOD

Wild Salmon Burgers as recommended by WILD OATS. Makes 4 patties

This summer try a different burger – a salmon burger. This simple, delicious recipe can be cooked in a sauté pan or on the grill. Wild salmon contains more beneficial omega-3 fatty acids than most other fish sources and it's a superfood. To reduce the risk of coronary heart disease, the American Heart Association recommends eating two servings of fatty fish per week.

- 1 1/2 lbs. Wild Salmon, cut into 1/4 Inch dice
- 1/2 poblano pepper, cut into 1/4 Inch dice
- 3 oz. Natural Sharp Cheddar Cheese, shredded
- 3 Tbsp. Worcestershire sauce
- 1/2 c. Italian seasoned bread crumbs
- Pinch fresh ground pepper
- 1/4 c. Natural Canola Oil
- 4 Hamburger Buns



In a medium bowl, combine salmon, poblano pepper, cheese, Worcestershire sauce, bread crumbs and pepper and mix until fully combined. Cover and refrigerate for 1 hour to allow the flavors to come together. Using your hands, shape salmon mixture into 4 equal balls. Flatten each ball into a patty about 1/2 inch thick. Put a small amount of oil in a saute pan over medium-low heat. Cook burgers for about 3-4 minutes on each side. Place each patty onto a toasted bun and smother with your favorite fixings like mustards, pickles and more. Enjoy!



Egyptian Eyes of a Goddess

Egyptian eyes of a goddess
 You experienced very painful times
 Young in your life
 That gives you
 A lifetime to learn
 Your soul's lessons
 Your power within

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 You work with others
 Helping them to see
 What you did and continue to
 Freeing stymied energy
 To connect with the world
 Again

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 Thy energy is strong
 You experience
 Long, dark tunnels
 Warm, bright sunshine
 Rainbow prisms of color
 Emanate from your presence

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 There are times when you are stretched
 Times when you recoil
 Times of crippling fear
 Times of great laughter
 Times of tearing pain
 Times of ecstatic joy

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 You travel your path
 Surrounding your self
 With other beings of light
 Straying from the center
 Learning one's intentions
 Returning to the center

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 Emotions wash over you
 Connections suddenly appear
 You bless current lives
 With past experiences
 You walk with generations
 Of inherited beings in your soul

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 Bouncing off of
 And connecting to
 Others as needed
 Spinning your self
 Into a higher energy
 Into your being of light

Rhythms of life
 Like the ocean
 Back and forth
 Back and forth

Egyptian eyes of a goddess
 Forever blessed
 You are the weaver
 Of the common thread
 Find delight in your
 Holy destiny
 With perpetual love

Part II

Hush, hush all you voices
 I can only hear so much

Hush, hush all you memories
 I can only remember so much

Hush, hush all you souls
 I can only understand so much

Hush, hush all you visions
 I can only see so much

Hush, hush all you beings
 I can only be myself

– Written by Debbie Fank

COMMUNITY EVENTS CALENDAR

WWRL CEREMONIES AND RITUALS

South Sound Drum Circle 2ND FRIDAYS. 7PM. Cedar Center, Olympia. Open to all women. \$5 suggested for facility rental + Hearth Fund donation. Contact Barbara Krulich, bkrul@juno.com.

24 hour Medicine Drum Peace Vigil Last Saturday of every month, Sunrise to Sunrise. No experience needed. Drums available for your use. Sponsored by Dancing Deer Drum Circle. For info call Barbara 360-866-7687 or Joyce 360-495-0033.

Woman's Way Sweat Lodge

NOTE: Sept dates have been cancelled. Open to all women. Hearth Fund donation encouraged. For info and to RSVP, contact sweatlodge@wwrl.org. 2007 schedule listed below. Waterpourers and firetenders are invited to step up! 2007 marks the beginning of WWRL efforts to reach out. Please feel free to invite interested women to join us. 10/27 (Samhain) – Raven Turtle and 11/24 (Giving Thanks) – Burton Hill

WWRL Bi-Annual Board Retreat SEPT 7-9. Sahale. Sept 8 session with Ragini Michaels open to WWRL members interested in Red Lodge leadership issues! Experiential session exploring issues of authority and power in Red Lodge. 9:30 AM-2 PM. Bring sack lunch. FREE. www.facticity.com for more info about Ragini's work on paradox management. Contact Mary - mgls@wwrl.org Chair@wwrl.org - immediately if interested in attending.

Elder Council Gathering SEPT 22. 12 Noon-September 23, 12 noon. Port Angeles in the Yurt on the Elwah River Open only to WWRL Elders. For more information: eldercouncil@wwrl.org

First Annual WWRL Fall Festival NOV 10. 10 AM-8PM VFW Hall, West Seattle. 3601 SW Alaska. Open to ALL details in article on previous pages. Free of charge. For more info: fallfestival@wwrl.org

WWRL Mother Drum Creation OCT 20 at Paula Rathbun and Lori Kramer's home in PA. All day. Overnight lodging may be arranged. Contact Paula by Sept 15 at Paula@wwrl.org

The purpose of Woman's Way Red Lodge is to
Enliven the sacred feminine, Honor deeply all life,
As we serve our world.

OTHER EVENTS

Wailing Lodge Next lodges are SEP 14 and OCT 12. One Friday a month, Sacred Groves, Bainbridge. kendra@spiritalive.net or Therese@sacredgroves.com.

Drum Circle and Open House SEP 15 & OCT 13. Sacred Groves, Bainbridge Island. Contact kendra@spiritalive.net or therese@sacredgroves.com

Port Angeles Drum Circle SEP 21, and DEC 21 2007, on Solstice and Equinox, 7 PM, Dry Creek Grange, Port Angeles Open to all women; \$5 suggested donation. Contact Della Floyd, sparklywanda@msn.com or 360-452-8570.

Blood SEP 28 & 29, 7:30 PM, Blue Heron Theatre, Vashon Island. A poignant weave of dance, art and ceremony exploring the human experience with cycles of bonding, connection, desire and passion, by Stacey Hinden. Cast includes Mary Shackelford and Amy Wolff. Advanced tickets recommended. (206) 463-5131

Community Drum Circle sponsored by Open Rhythms Every Friday, 6:30-7:30PM. Open to everyone. The cost is \$5, children under 12 free. This is held at Jefferson Field House in Tacoma. For information contact daisyjcompton@aol.com..)

Many WWRL Lodge Sisters and Support Sisters offer events, workshops, programs, or on-going gatherings that resonate with the purpose and principles of Red Lodge. We offer this information with blessings for the energy, commitment and success of all. Please forward this information to all who might be interested!

PUBLISHER'S NOTES

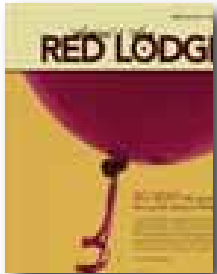
OOPS! In June issue's Sustainability Corner article we had the wrong name for the baby pictured there. His name is Jonas Valdez y Saloman, NOT Jordan....sorry 'bout that Jonas AND Welcome to the World!

We would much rather print YOUR recipes than continuing to use Wild Oats as our resource. Please send them to goddessdrai@earthlink.net. Thanks!

Deadline for submissions is the 20th of the previous month.

Web and eNEWS Disclaimer All eNEWS editions, in whole and or in part, will be on the Internet. The submitter is totally responsible for the content they submit, whether written, images or pictures. Submitted information must be original works or you must have explicit written permission to use their work and have it posted on the Internet. If other individuals are in pictures that you submit to the eNEWS, you must first gain their permission to use their picture and have it posted on the web.

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Community Calendar Listing:

Calendar_Submissions@wwrl.org All WWRL Lodge Sister and Support Sister Circle members are welcome to send in event listings, which meet 5 of our 15 Red Lodge Principles wwrl.org/files/our_principles.pdf. Send specific information in this order please: name of workshop or event, date, time, place, cost and contact info. Information must be presented in a concise format. Our community calendar process is changing (see announcement page 5). For, now, follow these guidelines. A notice will be sent out when the new calendar system is ready. Stay tuned!

General Articles: Article_Submissions@wwrl.org We invite women of our community to share their gifts and passions with us in written form, which they believe may interest others in our community. Articles must be original works and must meet 5 of the 15 Red Lodge principles.

Come and Advertise with Us:

Advertising@wwrl.org Do you have a business that other WWRL Women might like to frequent, artwork to sell, workshops, healing or business services to offer? WWRL fully embraces Community supporting Community. It is our intention to serve as a vehicle for sharing information within our community. We invite you to place an ad in eNEWS. We can even design your ad, either quarter, half or full page. Ads range from \$50 to \$200. All proceeds from ad sales apply to future WWRL projects.

Book Look and Movie Madness:

Book_Look@wwrl.org With the intention of sharing information we offer "Book Look" and "Movie Madness", fantastic book or film recommendations. If you think a specific book or movie is a must for the community, please share it with us and tell us why! At a minimum, simply provide the title and author. If you wish, you are also welcome to write the review—130 words or less! (optional).

Sister's Soul Food:

Sisters_Soul_Food@wwrl.org Please send your favorite, tasty, healthy recipes to share with our circle.

Sustainability Corner:

Sustainability_Corner@wwrl.org Come, come, let us sit at the table of life together and feast!! Is there a book or information source that has inspired you in relationship to sustainability that you want to recommend? Is there a business you have used or know of that practices sustainable manufacturing that you want to share? Is there a practice you use that could help others to be more sustainable in any of the three spheres – body, mind or spirit? Are there products or services you offer that relate to the concept and vision of sustainability? Write us with Ideas and contributions.



ALOHA
We Welcome New Members!

Word of mouth...

Be sure to tell your family and friends about us. And hey, sisters...what about your partners, children and that special woman in the neighborhood you've always admired and share like conversation with? Send them to www.wwrl.org to check us out. Tell them about why this is important to you. Growing Community Grows Life!