

# *Woman's Way* RED LODGE

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# Does one of these chairs have YOUR name on it?



## OPEN BOARD POSITIONS

Fall is the time to begin the process of forming a new Board to serve Red Lodge in 2008. We encourage you to consider whether you would like to step up. The following are brief descriptions of the open positions to help you evaluate what's involved. Please know that woven like fine, beautiful threads throughout the actual "official" descriptions are connection, joy, strength, love and moments of growth as well as experiences of bliss.

Currently WWRL is a 8-member board. Each board position holds a special area of focus and leadership. The eight positions are:

### **Chair**

Mary G.L. Shackelford

### **Vice Chair**

Kristina Turner

### **Treasurer**

Susan Landau

### **Secretary**

OPEN

### **Chair, Communication Council**

Peg Hopkins

### **Chair, Program Council**

OPEN

### **Chair, Abundance Council**

OPEN

### **Chair, Conflict Evolution Council**

OPEN

All Board members participate in two annual Red Lodge Wisdom Councils (March/Dec), two annual Board retreats (Jan/Sept), and monthly conference calls, and support Red Lodge activities and events whenever possible. Program Council is responsible for developing Red Lodge programs. So far we have held compassionate listening workshops, World Peace and Prayer Day, monthly South Sound Drum Circles, sweat lodges at Raven Turtle and Burton Hill, and a monthly women's hoop on Vashon. The chair's responsibilities are to empower and collaborate with members to create and produce inspiring, fun, and creative programs in accordance with the mission and purpose of Red Lodge.

Conflict Evolution Council is on-call to assist in mending and building sustainable relationships within Red Lodge. Council members are available for one-on-one conversations, to be a compassionate witness at difficult meetings, and/or to create a safe, heart-centered environment where

hurt feelings or disagreements can be addressed through a peer Listening Council.

Conflict Evolution chair helps coordinate these activities and helps the Board in the area of communication skills.

Abundance Council coordinates membership, fundraising and outreach for Red Lodge. The 2006 Open House and the Fall Festival this November 10th are coordinated by Abundance Council. The chair needs to be organized, creative and thoughtful, have interest and skills in fundraising and event coordination, and committed to the vision, mission and purpose of Red Lodge.

The Secretary makes sure WWRL minutes are taken, distributed and maintained in official organizational records. She oversees our archives and keeps key organizational documents straight.

To find out more look online at [www.wwrl.org/files/OpenPositions.pdf](http://www.wwrl.org/files/OpenPositions.pdf) and contact Maureen Bearwomyn, Nominations Coordinator, at [nominations@wwrl.org](mailto:nominations@wwrl.org) or 360-870-7876. She needs to hear from you soon and will guide you through the process before October 13.

# IRS APPROVAL AFFIRMS RED LODGE PURPOSE

In mid-August, Woman's Way Red Lodge received official approval from the IRS as a 501(c)3 non-profit organization. This was a red letter day! Over a year and a half since we filed the original application with two arduous periods fielding additional questions. This is a big affirmation for Red Lodge. Truly, our dream is grounded now in a reality that helps us operate in a larger context to share our ways. As Ragini Michaels pointed out at the Paradox Management workshop she facilitated in September,

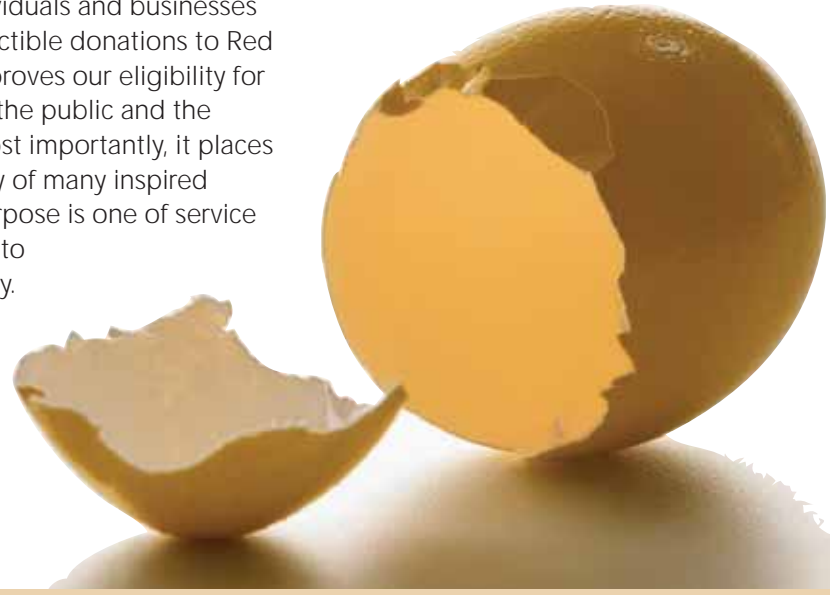
"Red Lodge is now its own being, an organism independently hatched

and waiting to lead us into her own unfolding. Mystery awaits us!"

At this point, the approval of our application is largely a much-welcomed validation and affirmation. As our foundation grows more solid and our working processes are finetuned, 501(c)3 status allows individuals and businesses to make tax deductible donations to Red Lodge. It also improves our eligibility for grants from both the public and the private sector. Most importantly, it places us in the company of many inspired groups whose purpose is one of service and sustainability to benefit community.

This is truly a big accomplishment for Red Lodge.

Thank you all for your patient confidence that what we are about in Red Lodge is valuable and worthwhile work to offer out into the world.



## RED LODGE COMMUNITY CALENDAR UPDATE

We're almost up and running!!! The new Red Lodge calendar is nearly ready. We are in a testing phase and would love your help. Click <http://wwrl.org/calendar.aspx> to see how it looks! And click <http://wwrl.org/CalendarWelcome.aspx> to become a tester and enter a program or event. Let us know how it works for you. All feedback greatly appreciated! Write Norleen at [wwrl@comcast.net](mailto:wwrl@comcast.net) with your suggestions.

Any event you feel would be of interest to the Red Lodge membership is good... anywhere it might be! **Check the calendar now** and see some new programs offered by a member dear to us!



## THE PAUSE -Suzanne Lichau

In July I was blessed with a grant from Northern Shambhala Centers to attend a weekend meditation retreat with Pema Chödrön. She introduced a technique that she invited us to experiment with and suggested it might be a tool we would want to use for life. She called it "The Pause".

Randomly throughout the day when one is most caught up and involved in tasking, thinking etc. you completely stop and pause for one to three breaths and then continue on with whatever you were doing. I have

placed some signs in places that I cannot see all the time or that I access randomly to help me remember to pause. It is quite an intriguing tool and I recommend it. (Do not try while driving).

From another perspective of pause-I am in the midst of remodeling my living space and I am pausing from writing an article for this column and continuing to hold space for input back from you, the readers.

Blessed Autumn Equinox to you all, may your harvest be bountiful. Breathe.



## SUSTAINABILITY CORNER

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

BECOME A  
COUNCIL  
MEMBER...

## Put YOUR Voice, Skills, Ideas & Energy into Sacred Service

Here is where the juicy creations of RL are born: Sister circles collaborate and create 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. Below are brief descriptions of the councils or click on this link to read about them in more detail [http://wwrl.org/files/council\\_descriptions.pdf](http://wwrl.org/files/council_descriptions.pdf). Contact Maureen Bearwomyn, Nominations Coordinator, at [nominations@wwrl.org](mailto:nominations@wwrl.org) or 360-870-7876.

**COUNCIL OF ABUNDANCE** The Abundance Council is responsible for membership, outreach, and fundraising and develops regional, national, and international outreach partnerships and possibilities.

**COMMUNICATIONS COUNCIL** The council assists the Board in sharing information to the Red Lodge community via eNews, our WWRL website and special notices. Assists project coordinators with promotion, publicity, and marketing for Red Lodge programs and membership and fundraising drives. The Communications Council also addresses image, branding, and marketing issues for resonance with the vision, mission, purpose, and core values of Red Lodge.

**PROGRAM COUNCIL** Collaborates with community members to develop programs, projects, and products. The Council works closely with the Board and Councils of Abundance and Communication to identify, develop, and promote Red Lodge programs. As Red Lodge programs evolve, this Council will work to set and maintain standards of quality that are consistent with the vision, mission, purpose and core values of

Woman's Way Red Lodge.

**CONFLICT EVOLUTION COUNCIL** This council explores compassionate ways to listen to each other, acknowledging the creative power of conflict to move us forward and offering models to WWRL for transforming conflict within ourselves and our community. Council members are available upon request to the Board and other WWRL Councils to assist in transforming conflicts, community issues irresolvable at a meeting and for any personal issues irresolvable within the Community at large. Training or experience in compassionate listening, nonviolent communication are encouraged.

The Elder and Long Dance Council are now Ad Hoc Councils. Both participate at board meetings but do not engage in the heart consensus process for official Board business.

**ELDERS COUNCIL** Elders Council is comprised of women chosen or self-selected from the Crone Lodge of WWLD community. This council utilizes and honors the wisdom of our elders in our community process. The council provides leadership and support to the Crones of our community and acts as liaison between Crones and the Board.

**LONG DANCE COUNCIL** The council is primarily the facilitator(s) of WWLD. The purpose is to inform the Board of Long Dance organization plans and financial needs each year that WWLD is held. This Council is responsible for the development, organization, and planning of the WWLD gathering.



## MEMBER CIRCLES CHANGE

After months of discussion and hard work, the WWRL Board accepted a recommendation by the Abundance Council to revise the Red Lodge membership circles. In our pilot year, if a woman wanted to have a leadership role in Red Lodge or help create programs, she needed to join as a Lodge Sister Member and pay a \$100 annual fee. As we look to encouraging women to learn about and step into leadership roles in Red Lodge, we see this does not align with our principle of Inclusion and Acceptance.

At the September board retreat, we decided on changes to the bylaws that support changes in our membership structure so that any woman, regardless of her personal economic situation, can join any membership circle in Red Lodge and feel encouraged to bring her gifts, skills and experience to Red Lodge leadership and program creation. Changes will be reflected in our new membership brochure (due out this fall in time for Fall Festival on November 10) and on our new membership renewal form soon to be available online at [wwrl.org](http://wwrl.org).

Because many members joined at last September's Open House, we have extended their annual membership in Red Lodge through October so that all can take advantage of the new structure. We are sending out new membership renewal forms after Oct. 14 to all those who joined in September 2006. We hope you will look for these in your mailbox. Members who joined later in the year will receive an email notice that renewal is coming up, and a snail mail form will be sent before the month is out.

Members are the lifeblood of Red Lodge, and we hope all of

you will join us as Red Lodge moves into another year. We appreciate your ongoing participation and support!

### Here's what's new:

- An expanded Lodge Sister Circle combines what used to be Support Sister Circle with Lodge Sister Circle. Now all members who are eligible to participate in WWRL consensus process, co-create programs and/or qualify for leadership roles are together in one circle. The new annual fee for all these members is \$50.
- Support Circle replaces what used to be Sustaining Circle in weaving a network of women, men and families who encourage our service in the world. The annual fee for an individual or family is \$25.
- Circle of Alliances is our new circle for kindred businesses and non-profits.
- We are growing our Leadership Fund: Originally created to help women in WWRL leadership meet the expenses of weekend meetings and trainings, this fund now also assists any woman who seeks to develop leadership abilities within Red Lodge to join Lodge Sister or Support Circles. We support diversity.
- We heartily welcome extra contributions to fund and sustain WWRL and to maintain the Leadership fund.

Valuing WWRL makes it possible for many lives to be deeply touched and transformed as we weave a co-creative culture together. Thank you for your support.

Fall



Festival

## RE-MEMBER WHEN

—Sarah L. Blum

We Planted the Seeds at Open House for the growth of Woman's Way Red Lodge and here we go. At the Open House we were reaching IN to our Long Dance Community and now we are REACHING OUT to women all over, who, like us, want to live by our 15 principles, walk, play, and dance life in a natural way honoring all life as sacred and who wish to transform our world and celebrate life.

If you were not able to come to our Open House now is your chance to experience the joy, delight, and wonders of our community and what we create together, including sharing potluck, drumming and dancing. If you were there at the Open House you know how awesome it was, and saw the resplendent women and their crafts, jewelry, crystals, wools, hand-painted drums, healing salves, flower essences, paintings, wildlife and nature photographs, rattles, scarves, our CD, Moonsongs for the Goddess Soul, and so much more. Just as we do Long Dance every year and it is always beyond words in its effect on us, we can do this Fall Festival every year and re-experience the joys of who we are together. You know there is nothing like our radiant magnificence being expressed through movement when the drums are playing.

SO COME BE WITH US...

## FALL FESTIVAL SATURDAY NOVEMBER 10th, 2007.

VFW Hall in West Seattle  
3601 SW Alaska 10–8:30  
It is easy to find, off the West Seattle Bridge at Fauntleroy and up a few lights to Alaska and turn left to the hall. From Vashon turn right onto Alaska before you get to the bridge. We will have a big sign on the building so you won't miss it.

Come be all decked out in your beauty and flamboyance and see the hall also sparkling, as a reflection and celebration of you and all of life. We are bringing celebration and joy to our lives, as we move into the dark time of year and the time of holidays. We bask in Light and Joy together, even as the outside weather turns colder, and those dates we call holidays loom closer.

There will be a room full of vendors who have created artwork, crafts, jewelry, drums, rattles, scarves, food, photographs, clothing, soaps, lotions, and many other items that you can purchase for yourself and those you love from people you want to support. Bring your money and shopping bags to fill up, with the lovely things that will be there for you to see and touch. Imagine being able to buy gifts from your sister's and others in the local community, instead of retail stores or catalogs.

Since we will be there from 10 AM - 5:30PM and we know you love to eat, we will be prepared with some of Emily's yummy soup for your tummy, crackers, nuts, cookies, hot cider, and hot chocolate too.



Then at 5:30 we share a potluck together, so bring a dish to share for that and after that...we dedicate our new WWRL Mother Drum.

While it may not be ready to play, we will have other drums there and will be drumming and dancing until 8:30 PM. Be sure to bring your dancing clothes and drums for that.

Invite everyone you know to come with you or join you there, because we want to fill the hall with wonderful people like you. We also want to invite people to see us as Woman's Way Red Lodge and consider being a member with us. We are not only re-memorizing our organization, we desire to bring in new members as well.

**We are Still Seeking Vendors!** If you know anyone who creates art, crafts, clothing, jewelry, sacred and specialty items, who you would want to be a vendor at this festival, please tell Sarah or have them contact Sarah directly at [fallfestival@wwrl.org](mailto:fallfestival@wwrl.org)

**Volunteers Needed** for delivering flyers in early October all over the Seattle and South Seattle areas and for helping with the food at the festival. If you are willing to help in anyway please contact Sarah.



We all know that Industrialization and continual use of our farmlands, along with chemical fertilizers and non-organic processes, has depleted our food supply of health-giving nutrition while adding toxins to our diet. The Isagenix program offers deep nutrition and a cleansing system that helps restore our bodies to their natural healthy state. Isagenix supports our body's ability to:

- Cleanse harmful impurities
- Absorb balanced nutrients
- Burn fat and build muscle
- Improve mental clarity and increase energy
- Naturally reduce cravings for unhealthy foods

We each have a story to tell about our own journey on the road to health and vitality. Contact any of us to further explore this powerful program. To learn more about Isagenix in the woman's way, [click here](http://www.wvri.org/mp/welcome_isagenix.pdf)

[www.wvri.org/mp/welcome\\_isagenix.pdf](http://www.wvri.org/mp/welcome_isagenix.pdf)

-To your health, Lori Kramer,  
Michelle Elekonich, Susan Landau,  
Peg Hopkins, Paula Rathbun,  
and Connor Sauer



## A "2 FOR 1" BOOK LOOK

TITLE ONE: Into the Forest  
 AUTHOR ONE: Jean Hegland  
 RETAIL: \$10.20 amazon.com  
 TITLE TWO: Daughters of Copper Woman  
 AUTHOR TWO: Anne Cameron  
 RETAIL: \$12.71 amazon.com  
 RECOMMENDED BY: Julia BearHeart



My life is often blessed with serendipity. A case in point: I just finished reading *Into the Forest*, by Jean Hegland, and am now reading *Daughters of Copper Woman*, by Anne Cameron. One book is fiction set in the future, the other a collection of very old stories from the oral traditions of the native women of Vancouver Island, BC. Despite the differences in time frame, both books are stories of redemption set in the Northwest, and that is just the beginning of all they have in common.

I recommend them both to Red Lodge women because together they will help to clarify what it means to commit to live our daily lives by the 15 principals of our lodge.

Ms. Hegland's novel is set in the not too distant future when political blundering finally brings to collapse the infrastructure of North America—electricity, communications systems, fuel & transportation dwindle and stop. Stores run out of food and basic supplies, fear and panic sweep communities as people sicken and die from contagious diseases caused by this sudden decline in living conditions.

Two young sisters who were raised "off the grid" by progressive parents on a large homestead thirty miles outside of Redwood City, CA, are suddenly orphaned and face survival on their own. Ms. Hegland treats the reader to the awkward, fearful, touching adventure of 2 sisters who call on unused basic instincts and a fortunate supply of resources (both material and intellectual) left by their parents to help them begin their journey to reclaim their true birthright: women's lost knowledge of how to live with nature, rather than trying to defend ourselves from nature. As they struggle to survive, the two also struggle with their sibling relationship and rediscover the deep joy and invincible power of true sisterhood.

Immediately upon finishing *Into the Forest*, I was compelled to unearth my dusty copy of *Daughters of Copper Woman* that had been sitting unread on my bookshelf for some 10 years. I heard this title mentioned several times at a high summer women's gathering I just attended, and I vaguely remembered having bought a copy once...interesting how books can offer themselves up just when the time is right!

Here are many rich origin stories about the primal power of sisterhood that will instruct, inspire and show you how to keep our own women's wisdom stories alive and handed down to our daughters, so that perhaps our culture will not have to once again endure the struggles of Jean Hegland's young heroines and Ann Cameron's daughters of *Copper Woman*. These authors provide hope and a way to create a world for our children that will once again be a nurturing and sustaining place that honors the interconnectedness and sweetness of the web of life our Mother, the Earth, is always and forever weaving.

# ON EMBRACING PARADOX

Embracing paradox is one of the 15 Principles on which Woman's Way Red Lodge is founded. How fortunate for us that Ragini Michaels, Paradox Management consultant, was recently available to work with the Red Lodge Board of Trustees and many Red Lodge members for several hours at the September Board Retreat.

Paradox is the experience of perceiving two things existing together that logically don't seem to be able to do so. Being human, we generally like to believe we can choose order over chaos, see the broad view rather than getting mired in details, come to consensus rather than get sidetracked by another creative variation. Yet, in the real world business of building an organization, learning how to view situations from a paradoxical perspective is so important. Because sometimes it is only when the orderly status quo gets shaken up and we allow ourselves to temporarily be in chaos that we can risk moving in a new direction, which then leads us to evolve into a more creative order.

For example, in a seemingly simple exercise Ragini had us break into groups of three and take turns role-playing leaders, followers and observers. Taking turns, one person spoke as a leader. One listened supportively as a follower. And a third person simply observed. Then, we were to trade roles.

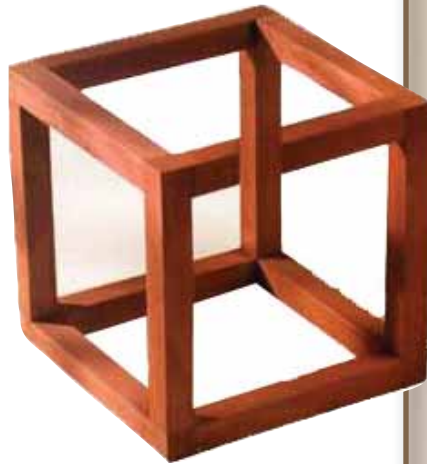
What I experienced in the role of intentionally being a follower was how important the role of a supportive follower is to any successful leader. As I switched roles and played the leader, I was much more aware of appreciating my follower's gracious attention. Then, as I moved into witnessing, suddenly the two seemingly separate roles seemed to take on a unity. Almost simultaneous to my having that thought, something fascinating happened in my small group that affected the larger group.

The woman who was playing the leader role in my threesome spoke up to everyone in the larger group. She said she thought this exercise might work much better and be more fun if instead of doing it in small groups we had two people volunteer to get up in front of the whole group and act out being a leader and a follower, with the whole group witnessing. The air got very lively, with laughter and encouragement. Here was paradox in action--a follower in the group was showing up with an idea to lead the group, and we all liked the idea. Being adept at playing with paradox as a leader, Ragini went with the flow. Several pairs volunteered in sequence to come up and entertained us all with their role playing.

Well, you definitely "wouldda hadda been there" to enjoy the laughs and insights that bubbled up in the room from that one simple exercise in paradox management! And that was only a small part of this thought-provoking 4 hour workshop.

Thanks to this workshop, several of us present voiced a much greater appreciation for the value of every person's role in Red Lodge. How helpful it is to realize that all of us face the same dilemmas—like when to pay attention to personal needs and when to give attention to the needs of the larger circle. This friction is the creative stuff that drives change in our lives. And change is good, right? Except for the part of us that wants to hold on to a good thing! Well, if we can keep learning somehow to hold onto the reins of paradox, we might just get somewhere fun all together.

—Kristina Turner



# 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
- Open  
Abundance Council Chair
- Peg Hopkins  
Communications Council Chair
- Kendra E. Thornbury  
Program Council Chair
- Sarah Blum  
Elder Council Chair
- Open  
Conflict Evolution Council Chair

# COUNCIL MEMBERS

## Abundance Council

- Water Albin
- Bobbi Edwards
- Catherine Dwyer
- Chalice Bailey
- Sarah Blum
- Victoria Jensen
- 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 McKi, Graphics
- Marsha Cook, Assistant Secretary



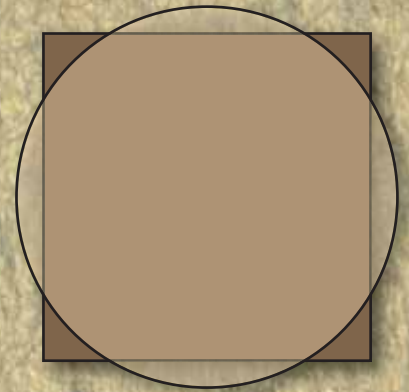


## THE CIRCLE & THE SQUARE

I had the privilege to join the Red Lodge Board for a stimulating workshop led by Ragini Michaels. The human situation is that we set up what we like against what we don't like avoiding conflict and staying with what feels the best. While this has nothing to do with gender, we tend to polarize our feminine energy (circle) against our masculine energy (square). An effective organization needs the interplay between both energies—the egalitarian perspective of the feminine and the decisive movement of the masculine. Destabilization and chaos are needed for real change to occur within an organization.

Organizations grow all the participants—leaders and followers. Councils make recommendations and a board makes decisions for the whole based through representatives. Organizations build their own energy and have a direction of where it wants to go. Individual creativity within collaboration (square and circle) is essential for this direction to be achieved.

Role playing proved especially learningful as we demonstrated square and circular responses. Walking with feminine and masculine energies in balance is consciousness. Thanks again for the opportunity,  
-Colette Hoff



## THE CIRCLE & THE SQUARE

What a terrific opportunity to take part in a Red Lodge Board Meeting. The workshop was extremely positive for me as I experienced movement in my personal relationship to leadership. I can own my ability to lead and try it on in a role play with the support of witness and laughter. And I can appreciate and honor my ability to follow. What a meaningful and delightful way to grow.  
-Kim Orte

To set up what you like against what you dis-like is the disease of the mind. When the deep meaning of things is not understood, the mind's essential peace is disturbed to no avail. -Sengsten, 3rd Zen Patriarch

# Who'da Thank It?

## DRAI BEARWOMYN

AKA Deanna Marie Ambrosio  
Denver, CO 1972

Deanna was crowned Little Miss Colorado  
"Little Miss La Petit" at the age of 5.

Prior to the competition, she was so afraid, she hid under  
a hotel bed and fell asleep. They searched for her for hours.

For the competition she modeled a tennis outfit,  
did a runway show and sang "High Hopes".

Upon being crowned, she had to take the "walk of fame"...  
the entire time she shouted -*Daddy I'm winning, I'm winning!*

-Explains a LOT eh?!



## SISTER'S SOUL FOOD-IT'S PUMPKIN SEASON...

### Wild Oats Curried Pumpkin Soup

1 organic yellow onion, chopped  
2 cloves garlic, minced  
1 tbsp. Extra Virgin Olive Oil  
1 tbsp. curry powder  
1 tsp. oregano  
1 tsp. thyme  
4 c. chicken broth  
1 15 oz. can of pumpkin puree  
1/4 c. heavy cream or Plain Soymilk  
Salt and pepper

In a large soup pot, saute onion and garlic  
in olive oil until translucent. Stir in curry

powder, oregano and thyme.

Add broth and pumpkin and mix well. Bring  
to a boil and then reduce to a simmer.  
Puree with regular blender. Return to soup  
pot and stir in cream or soy milk. Season  
with salt and pepper. Serves 4.

### Wild Oats Pumpkin Ginger Muffins

2 c. organic, unbleached all-purpose flour  
1 1/2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. sea salt  
1 Tbsp. ground cinnamon  
1 tsp. freshly grated nutmeg  
1/2 tsp. ground ginger  
2 Large Eggs  
2 c. organic pumpkin puree  
1/3 c. Canola Oil  
2 tsp. vanilla extract  
1/3 c. Organic Vanilla Soymilk  
1/3 c. crystallized ginger, chopped  
2 Tbsp. raw sugar

Preheat oven to 350. Sift together flour,  
baking soda, baking powder, salt,  
cinnamon, nutmeg and ground ginger. In a  
separate bowl, whisk together eggs,  
pumpkin, oil, vanilla and soymilk. Pour wet  
ingredients into dry ingredients and stir  
until just mixed. Add a little soymilk if the  
batter is too thick. Stir in crystallized ginger.  
Spoon batter into muffin cups, about 3/4

full. Sprinkle tops with raw sugar. Bake for  
20 minutes or until a knife inserted in the  
center of a muffin comes out clean. Makes  
18 muffins.

### Wild Oats Wheat-Free Pumpkin Gingerbread

1/2 c. Canola Oil  
3/4 c. brown sugar  
2 tsp. vanilla extract  
2 Large Eggs  
3 Tbsp. dark molasses  
1 c. organic pumpkin puree  
1 c. organic oat flour  
1/2 c. brown rice flour  
1/2 c. buckwheat flour  
2 tsp. baking powder  
1/2 tsp. sea salt  
2 tsp. cinnamon  
1/2 tsp. ginger, ground  
1/4 tsp. allspice  
1/4 tsp. nutmeg  
2 Tbsp. turbinado sugar

Preheat oven to 350°F. Mix together oil,  
sugar, vanilla, eggs, molasses and pumpkin.  
Sift together the flours, baking powder, salt  
and spices. Fold dry mixture into the wet  
mixture. Pour batter into a lightly greased  
loaf pan, and sprinkle with turbinado sugar.  
Bake for 35 to 45 minutes, or until a knife or  
toothpick inserted in the center comes out  
clean. Cool, slice and enjoy with a steamy  
cup of spiced apple cider. One loaf.



# COMMUNITY EVENTS CALENDAR

## WWRL CEREMONIES AND RITUALS

### Stepping up to Board and Council Positions

We need your leadership! Contact Maureen Oar (maureenoar@hotmail.com or 360 870-7876) to explore Red Lodge leadership opportunities for 2008. Commitments due by October 13, 2007.

**South Sound Drum Circle** 2ND FRIDAYS. 7PM. Cedar Center, Olympia. Open to all women, no experience necessary. \$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

Open to all women. Hearth Fund donation encouraged. For info and to RSVP, contact sweatlodge@wwrl.org. 2007 schedule listed below. Please feel free to invite interested women to join us. 10/27 (Samhain) – Raven Turtle



**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.

*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!*

## OTHER EVENTS

**Wailing Lodge** Next lodge is OCT 12. One Friday a month, Sacred Groves, Bainbridge. kendra@spiritalive.net or Therese@sacredgroves.com.

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

**Port Angeles Drum Circle** 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.

**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.)



If you would like to support WWRL with a financial gift, please make your check to Red Lodge, put "donation" on the memo line and mail to:

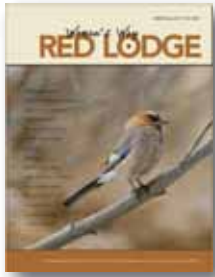
WWRL P.O. Box 13352,  
Des Moines, WA 98198.

*Every dollar makes a difference...THANK YOU*  
Remember these donations are not tax deductible at this time.

*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.*

## eNEWS STAFF



Peg Hopkins	Communications Chair
Norleen Overman	Web Tech
Valli Sanstrom	Content Keeper
Suzanne Lichau	Sustainability Writer
Drai Bearwomyn	Graphic Designer
Pamela Delilah	Proof Reader
Marsha Cook	Messenger

### Community Calendar Listing:

**Calendar\_Submissions@wwrl.org** The online community calendar is our new format for members to list their events. Go to <http://wwrl.org/CalendarWelcome.aspx> and follow the steps to enter your activity. We are in a testing phase with this new process. Please contact Norleen at [wwrl@comcast.net](mailto:wwrl@comcast.net) with questions and feedback.

**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](http://www.wwrl.org) to check us out. Tell them about why this is important to you. Growing Community Grows Life!