

*Woman's Way*  
**RED LODGE**

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## REFLECTIONS ON 2007

As I share reflections of 2007, there is a great deal that has been accomplished that is not reducible to bullets...how to persist in the making of time to attend the complex web of communication it takes to run an organization in the way we have chosen and are learning...how to pay attention to inner body changes that signal reaction and learning how to respond wisely and honestly...how to listen...how to step into the challenge of learning new ways to approach conflict...boundaries...respect, trust, open-heartedness...how to be accountable...how to hold ground and speak from the heart. These are just some of the ways I personally am growing. In my imagining, all board and council members experience the Red Lodge medicine calling us out, growing us, healing us, challenging us, leading us deeper.

It is the invitation to explore this kind of territory for ourselves and with each other that is one big gift of the call to service and leadership in Red Lodge.

AND, Red Lodge is not just about us who are doing this work, our personal learning, and how that serves in uncovering a way of being in organization that bridges our ways with the realities and requirements of our culture, though that too is certainly an area of accomplishment. As Red Lodge tumbles and falls through the tricky and sometimes discouraging time of learning how to walk out into the world, she is gaining strength and courage and finding ever more ways to show up in the world.

What does Red Lodge do? Read our Accomplishments for 2007 and be proud. Heading into 2008, let's celebrate, honor, and recommit to the many different ways we have contributed to and received from Red Lodge.

—Mary G.L. Shackelford

## WOMAN'S WAY RED LODGE 2007 ACCOMPLISHMENTS

- Completed clarifications to 501C3 non-profit application and received IRS approval as a tax-exempt service and education organization.
- Published 10 monthly eNews. Included articles, poems, reviews, menus, prayer circle, and sustainability corner written by various Red Lodge women as well as ads created and designed for WWRL and individuals by Drai and calendar notices. Flow chart for production process created. Advertising guidelines created. Content policy and submissions guidelines created.
- Expanded website to include membership information and CD sales, including on-line purchasing capabilities through PayPal. Archives section created. Privacy policy drafted. Space on WWRL server offered for members' personal website page with independent address link.
- Designed and launched self-inputting calendar available on website as WWRL promotional tool as well as outreach and networking potential
- Web announcements were designed and uploaded for special events and programs: Communicating from the Core, Weaving the Hoop, World Peace and Prayer Day, Making Mother Drum, Fall Festival.
- Launched branding process to establish consistent visual identity for all WWRL printed and web materials. Guidelines established. Art work underway.
- Purchased and transferred financial info into Quickbooks. Secured assistance from professional bookkeeper to help clarify and create meaningful financial reporting.
- Data base maintained with further clarification as to LD/RL relationship with separation of member lists for the two circles.
- Created new outreach brochure. Available for everyone to distribute! Take some for friends, colleagues, local gathering places, events, workshops.....
- Revised membership structure to reflect desire to make leadership participation accessible to all and to fine tune opportunities for business memberships. Leadership Fund and Bylaws revised to reflect this as well.
- Created membership renewal process, developed materials to support this, and launched the process using Quickbooks to track and facilitate renewals. Process involves snail mail renewal notices, email reminders, and phone calls to non-renewing members.

- Produced Fall Festival as WWRL's first major outreach fundraising and membership event. Included 22 vendors and 7 program offerings as well as community potluck, drumming and dancing, and Mother Drum blessing. Friendraising outreach was successful although membership commitment and fundraising revenues were low.
- Provided training for CEC members in Listening Council skills.

- Offered Weaving the Hoop: 9 monthly meetings for intergenerational circle of women on Vashon in response to request by 2 young women for mentoring with elders especially around weaving spiritual practice into daily life and connecting deeply with women of different ages. A curriculum packet is being developed to encourage and assist women interested in facilitating such gatherings in their own community.



- Researched options for international service support and pledged initial \$50 donation to KIVA which provides loan money to small businesses benefitting women in the developing world.

- Sponsored a table at Fall Festival to support Sweet Crude and Café Feminino.

- Created sacred necklaces of appreciation, support and protection for the 25 staff members of Angeline's, a shelter for homeless women in Seattle.

- Created proposal for 4 seasonal Medicine Wheel Gatherings in response to requests for elder involvement in Vashon Wilderness School. This was a first attempt to partner with another like-minded/spirited group and it did not materialize but the template is available for further finetuning and possible use.

- Gathered materials, created sacred space, and gathered a circle of women for conscious and intentional creation of the Red Lodge Mother Drum. Completed the drum, cover, and a dozen "grandmother's arms." The stand is being completed by men who are friends and supporters of WWRL.

- CEC utilized to provide compassionate witness for special board meeting called by Abundance Council to air communication issues arising from efforts to create new outreach brochure which led to desire to revisit/revise membership structure.

- Created written materials to support/guide CEC processes: Frequently Asked Questions, Confidentiality Policy, Accountability Coaching, History of Listening Councils. Packet for Listening Councils begun.

- Offered World Peace and Prayer Day: 24-hour drumming vigil in alignment with similar international observances of Summer Solstice. Pipe ceremony offered and materials to create prayer sticks provided.

- Offered monthly drum circle gatherings for women through South Sound Drum Circle in Olympia, an opportunity to share the medicine of Otter Woman.

- Offered 7 opportunities for woman's way sweat lodge. 3 were held; others cancelled due to lack of participants. Outreach efforts were successful with many new women welcomed in. Written resources created to share WWRL form, expectations/preparation as well as information for women interested in learning service roles.

- Created forms, procedures, and protocols for WWRL to produce, sponsor, and support programs. We produced a series of 3 Communicating from the Core workshops and finetuned the process. However, all 3 were cancelled due to lack of participants. We supported Introduction to Aikido which was held in May in West Seattle although participation was minimal. We learned from these efforts and have revised our focus to encourage and facilitate small-scale, community-based offerings that seem to be arising organically from the inspiration and energy of women in the Red Lodge community.

- Created and offered 2 Wisdom Council gatherings for the Red Lodge community. In the spring on Whidbey Island, we clarified our purpose around Education, Service, and Sustainability. At the Annual Meeting in December at Sahale, we reviewed the year and shared visions for 2008.

- Researched and purchased liability insurance to cover our programs and events for the first time.

# NEXT WWRL SWEAT LODGE CELEBRATES IMBOLC

BURTON HILL LODGE  
FEBRUARY 2ND OR 3RD  
Details to be Determined

Imbolc is one of the great cross-quarter days which make up the wheel of the year. It falls midway between the winter solstice and the spring equinox and in many traditions is considered the beginning of spring, the awakening of the earth.

This time is called by many names: Imbolc, Candlemas, St Brigid's Day, and Groundhog Day. It is associated with fire, water, creative inspiration, initiation and fertility. Recognized by sailors and farmers as the first harbinger of spring, it is the time when the Pleiades are at their height in the winter sky,

In the womb of Mother Earth, hidden from our sight but sensed by a keener vision, there are stirrings. Think of bear beginning to stir from hibernation, not yet awake but dreaming and stirring; or the time during pregnancy when a woman first feels the stirrings of new life still months from birth but making its presence known; or seeds dropped in fall that are quickening, not yet emerged but awakening. This is the energy and gift we celebrate at Imbolc.

It being a good time for initiation and new beginnings, we will be led by the Red Lodge Mother Drum to align with her energy and ask for guidance in the first steps towards a call for women who will be Drum Keepers. We will gather as preparation and purification to share prayers and focus on listening to spirit's guidance.

Our Red Lodge sweat lodges are open to all women. At this time, two lodges are scheduled for 2008, this Imbolc sweat in early February and another next November, both at Burton Hill Lodge. It is possible that additional sweat lodges may be scheduled by request, either at Raven Turtle Lodge or at Burton Hill Lodge. For information, contact [sweatlodge@wwrl.org](mailto:sweatlodge@wwrl.org).

—Mary G.L. Shackelford



## WEAVING HOOPS

Thirteen women, from age 17 to 67 will gather on Vashon Island at Hanna's Barn in early December for the final evening circle in a 9-month series called Weaving the Hoop.

Facilitated by Mary G.L. Shackelford and Kristina Turner, these nine monthly 2-1/2 hour meetings created a hoop to catch our dreams. Generations connected with drumbeats, story and song, sacred fires were built, intentions tended and powerful life changes witnessed and celebrated.

Inspired by young women in our community seeking mentoring in how to weave spiritual meaning and practice into their busy lives, the hoop brought together maidens, mothers, crones and grandmothers to explore what woman's way mentoring and connection mean to us. In the gestational time of 9 months, we shared the fabric of our lives in ways that have touched each of us in her core.

Much more than a woman's talking circle, what is being birthed from our hoop is an experiential Red Lodge curriculum that we are eager to share with other communities. Over the winter holidays Mary and Kristina will be integrating feedback from hoop members and writing up the curriculum in a format that will be easy to share. We are happy that already two women, in Petaluma, California and Enumclaw, Washington are inquiring about facilitating hoops in their area in 2008.

Are you interested in facilitating/weaving a hoop in your community? To inquire or sign up for a meeting of interested facilitators, Saturday January 19th, 1-4 PM in Tacoma, contact: [weavinghoops@WWRL.ORG](mailto:weavinghoops@WWRL.ORG).

—Kristina Turner



# SISTER'S SOUL FOOD Wild Oats Organix

## Coriander



### Moroccan Carrot and Date Salad

- 1/2 C pitted dates, chopped
- 2 T freshly squeezed lemon juice
- 4 T freshly squeezed orange juice
- 1 lb carrots, peeled and grated
- 1 clove garlic, finely chopped
- 1/4 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1/2 tsp ground **CORIANDER**
- 1/4 tsp ground sweet paprika
- 1/2 tsp sea salt
- 2 T extra virgin olive oil
- 2 T chopped mint
- 1 T chopped flat-leaf parsley

Put dates in a small bowl. Pour lemon and orange juice over dates and leave to soak for 15 minutes.

Drain dates, reserving juice mixture. Combine dates with carrots in a mixing bowl. Stir garlic, cinnamon, cumin, coriander, paprika and salt into reserved juice mixture. Gradually drizzle olive oil into juice-spice mixture, whisking constantly. Pour dressing over carrots and dates and stir well to coat. Stir in mint and parsley. Allow to sit an hour at room temperature before serving.

### Marinated Mushrooms

- 1 lb fresh cremini mushrooms
- 2 T extra virgin olive oil
- 2–4 T white wine vinegar, or to taste
- 1–2 cloves minced garlic (optional)
- 1/4 C minced red onion
- 2 tsp fresh minced oregano
- 2 T fresh minced Italian parsley
- 1/2 tsp each black peppercorns and **CORIANDER** seeds
- sea salt, to taste

Clean mushrooms and remove stems. Simmer mushroom caps in salted water for 5 minutes or until mushrooms are tender. Drain and transfer to a bowl. Add olive oil, vinegar, garlic, red onion, oregano, parsley, salt, peppercorns and coriander. Stir to combine. Taste and adjust seasoning. Marinate in the

refrigerator for several hours or overnight. Bring to room temperature before serving.

## Fennel



### Maple-Roasted Fennel

- 8 **FENNEL** bulbs, trimmed and rinsed, outside layers removed
- 1/3 C maple syrup
- 1 T water
- sea salt, to taste
- ground pepper, to taste

Preheat oven to 350°F. Halve fennel bulbs through the root. Slice halves thinly through the root to hold the slices together. Arrange slices on a parchment-lined rimmed baking sheet without overcrowding them. You may need to do these in batches or use several baking sheets.

Combine maple syrup and water in a small bowl. Lightly brush each fennel slice with this mixture and season with salt and pepper. Turn each slice and repeat brushing and seasoning on other side. Bake for 8 to 10 minutes, until fennel is lightly browned. Remove from oven and turn all slices. Bake 8 to 10 minutes longer, until fennel is tender. Remove and serve immediately.

### Potato Encrusted Halibut with Roasted Onions and Fennel

- 4 frozen halibut steaks (approx 8-ounce each), thawed
- 2 T aioli or gluten-free mayonnaise (light mayo works fine)
- 1C frozen hash browns, thawed
- sea salt & fresh black pepper
- 3T extra virgin olive oil
- 2T balsamic vinegar
- 2 onions, peeled/quartered
- 2 small **FENNEL** bulbs, trimmed and quartered

Preheat oven to 400°F. Whisk together oil and vinegar and season with salt and

pepper. Toss in vegetables and place around the edges of a parchment-lined roasting pan. Roast 10–15 minutes while preparing the fish. Place each fish steak on a work surface and spread onside with about 1/2 tablespoon mayonnaise. Press about 1/4 cup hash brown onto the fish to form a top layer. Repeat with each steak. Remove roasting pan with vegetables from oven. Season fish with salt and pepper and add to the center of the roasting pan with the vegetables. Return pan to oven and cook 10–12 minutes or until fish is opaque and flaky and top is golden brown.

## Peppercorn



### Tarragon Vinegar

- 3 lemons
- 9 sprigs fresh tarragon
- 3 tsp **PEPPERCORN** (black, green or pink)
- 3 tsp mustard seeds
- 3 tsp salt
- 48 oz white wine vinegar

Wash 3 glass bottles with hot soapy water, rinse well and set aside to dry. Using a vegetable peeler, peel a long strip of rind off each lemon, slice in half lengthwise and place both lemon strips plus 3 sprigs of tarragon, 1 teaspoon peppercorns, 1 teaspoon mustard seeds and 1 teaspoon salt in each bottle. Heat vinegar in a sauce pan to a simmer. Place funnel in the bottle opening and carefully pour vinegar into each bottle, leaving about 1 to 2 inches at the top. Seal, shake to mix well and store in a cool dark place for 1 week before enjoying.

The bright flavors of this vinegar make it perfect for adding a boost to dressings, marinades and sauces of all kinds.



**RE-VIVE** \ri-viv\ vb fr. L  
 revivere to live again: to return  
 to consciousness or life:  
 become active or flourishing  
 again 1. to restore from a  
 depressed, inactive, or unused  
 state: bring back 2. to renew in  
 the mind or memory

Are you feeling the need to  
 revive? There are many ways  
 to re-claim our health and  
 well-being. The Isagenix  
 system is one we found that  
 works. It offers a deep  
 nutritional feeding of our  
 bodies and a cleansing  
 method that is gentle,  
 effective and doable within  
 the scope of busy lives. The  
 result is increased energy,  
 shedding of excess weight  
 and coping better with stress.  
 To learn more click on the link  
 below and learn about  
 Isagenix in the Woman's Way  
 or talk to any one of us.

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

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

*"I have been using Isagenix for a  
 few weeks now and have already  
 lost 1/2" from my neck and 2"  
 from my big ol' mama belly.  
 PLUS my energy is back and I am  
 feeling much better. Yahoo! It  
 took me a year to make the  
 decision to start, now I wish I  
 had not waited!!"*  
 -Drai Bearwomyn

# Who'da Think It?

## Peg Hopkins "Pedge Redfoot" Always a Travelin' Woman

**1971 On the Islands – Age 19.** Peg's first job ever was being an Avon Lady in Hawaii. Driving her Mustang convertible, she served older military wives with boxes of products and samples.



**1974 Down South – Age 24.** Peg spent this summer in the backwaters of Virginia and North Carolina selling Bibles! She sold more than most and had many adventures, to include her first taste of moonshine. Preachers did not appreciate her apparel. Country folk invited her in for true hospitality.



**1976 ASU – Age 26.** Peg's friend Sunny, told her about a casting call for a movie. Sunny said Peg should dress in skimpy clothes, like a groupie for a rock band. Peg went to the audition and got a part as an extra in the movie *A Star is Born* with Barbara Streisand and Kris Kristofferson.



# WATCH FOR IT!

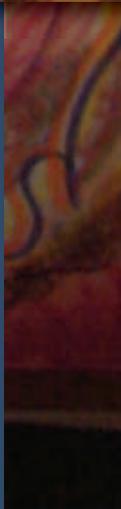
The Fall Festival and new drum blessing

was fabulous, amazing, wonderful!

We have lots of pictures to share

and will be putting out a

January Special Edition.



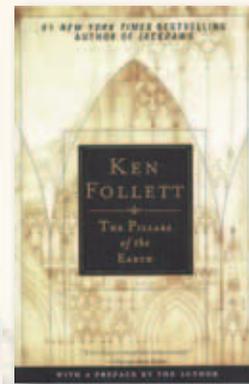
## BOOK LOOK

TITLE ONE: Pillars of the Earth

AUTHOR ONE: Ken Follett

RETAIL: \$14.97 amazon.com

RECOMMENDED BY: Draí Bearwomyn



*"This is THE perfect tale if you simply want to sit by the winter fire and savor a grand storytelling—1000 pages of new friends in the middle ages...From the 1st sentence of the prelude to the very last page, you won't want to put it down. Terrifically unique theme to grow your love of the life Tom and Phillip the Prior of Kingsbridge... Ever think you might love a monk? Don't miss it, trust me!" —Draí*

CIAO BOOK REVIEW Opening with a hanging and a curse, this novel concludes with the beating of a hair-shirt wearing penitent. In between, depending on edition, are over a thousand pages of fast moving historical fiction. First published in 1989 by Macmillan, Ken Follett's masterpiece "Pillars of the Earth" took him thirteen years from penning the first word to marking the final full stop.

Destiny? Perhaps every each of us has a predefined role or purpose to our life; a task which we are intended to complete. For some that task may take a moment, a week or even a year; for others it is compelling and all-consuming, taking a whole lifetime to achieve ~ very much like Tom Builder, around whom one third of the story is focused and who knew he was destined to build a cathedral. His, to others irrational, compulsion influenced and inspired the lives of all those he came into contact with.

Ken Follett wrote 'Pillars' in less than the thirty plus years taken to construct the fictional Kingsbridge Cathedral, yet this novel is a spectacular piece of writing that stands the test of time, in exactly the same way as a cathedral. This book has been permanently 'in print' since first publication.

A prize-winner worth revisiting. According to his official website, [www.ken-follett.co.uk](http://www.ken-follett.co.uk), 'Pillars' was voted into the top 100 books in BBC's "The Big Read", and in October 2004 viewers of Germany's ZDF TV channel voted 'The Pillars of the Earth' Germany's third-most popular book, beaten by 'The Lord of the Rings' and the Bible. I'm not in the least surprised by these statistics; I've just read the book for the third time, at least one reviewer on Amazon has read 'Pillars' five times, another elsewhere claims to read it every year. Everybody I've known who has read this book has felt compelled to read the story more than once; each has heard of the book from a friend, confirming Follett's report that news of the epic tale is subtly spread by lovers of the story rather than from reviews selected for media publication due to their positive comment on the novel. 'Pillars' is a marvellous and memorable story that improves with the telling. Interwoven within the narrative detailing episodes in the lives of Royalty, nobility, clergy and common folk is a true sense of history, the reader becomes deeply involved in the lives and events created by Follett.

"Pillars" isn't a soap opera; the story drives you to move ever forwards. This is not a book to be picked up lightly, for bedtime reading; you'll be turning the pages when dawn breaks! You are guaranteed to feel compelled to read the next chapter and, when the final sentence has been absorbed you will be pleased, feel content, yet saddened to have reached the end of your epic. You may even begin to plan when you can read it again.

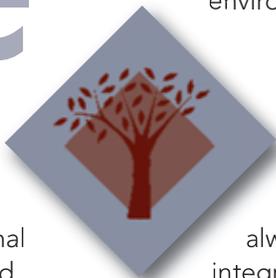
'Pillars' is the finest book of its genre I've had the fortune to read. The well known, documented facts are here ~ The White Ship is lost, Stephen and Matilda plot, scheme and fight their battles; Henry is crowned King and Beckett is martyred. Ripples, some fierce; some gentle, extend from these events to influence the lives of Tom Builder, Philip the Prior, Aliena the daughter of a nobleman, Jack son of a jongleur and William the brutish son of an Earl, to name a few of the principal characters. This interaction continues to the final page when the story concludes with the thrashing of a barefooted, rain-drenched man wearing a hair shirt. Read "Pillars of the Earth". Live the story! You will experience misfortune, tragedy and injustice; you will smile and be uplifted when you read of the happy times, you will fear of the intentions of the villains and will cheer the victories of working folk both in their everyday lives and in their conquest of natural forces.

# SUSTAINABILITY CORNER

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



## FULL Circle



Moving in to the dark of winter is always a re-evaluation time for me. In this spirit I re-read my original intentions for this corner stated in the first article. It is clear to me that my intention does not align with the needs of those that read this. I had intended for more of a community/cooperative forum but it would seem that what is needed is something to be read and thought about (perhaps) and then it's on with life.

So the face of this corner will change.

Rather than being a monthly feature it will become an intermittent eNEWS feature. If I receive contributions from others they will be included in the eNEWS following when I receive them.

When I am inspired and/or information comes to me I will write something. The timelines as outlined in the 'please contribute' section of the eNEWS will still apply.

I leave you in this season of introspection with a few thoughts.

I find the current focus on "green" an intriguing mixed bag. It is reminiscent to me of the Y2K hype-, where new products and many existing industries cash in on a "trend".

Reuse, reuse, reuse!!! I can't stress this

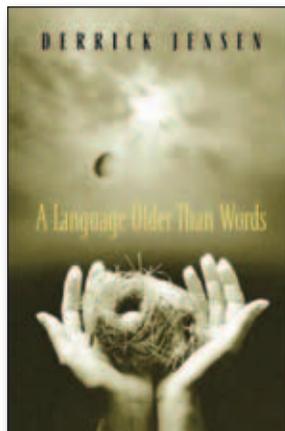
enough. And then when things do wear out recycle. And THEN is the time to replace with more environmentally harmonious items.

That is if you can afford them.

Somehow trendy in our culture seems to always translate to spendy. This always makes me question the integrity behind the development and marketing. Is conservation of resources the goal or is the real goal really a big profit margin?

How do working class people afford to be green, get alternative medicine or eat clean foods?

I have been reading an amazing book and I want to recommend it. It is not an "easy" book. It will challenge you to look at and think about some of your core beliefs, both personally and culturally.



The title of the book is *A Language Older Than Words* by Derrick Jensen. At the time he wrote this particular book the author lived in northeastern Washington State so perhaps those of you in the Pacific Northwest are already familiar with this book or author. There seem to be inspiring quotes on almost every page.

I'm a bit less than halfway through. I share with you from the pages I

read today.

"Negative experiences can lead to joy and understanding.

Life is untidy. When we reject this messiness and in so doing reject life, we risk perceiving the world through the lens of our economics or our science.

But if we celebrate life with all its contradictions, embrace it, experience it, and ultimately live with it, there is chance for a spiritual life filled not only with pain and untidiness, but also with joy, community, and creativity.

Last December I saw an advertisement outside an electronic store. There was a little boy, delirious with delight, surrounded by computers, stereos, and other gadgets. The text read: "We know what your child wants for Christmas." I stared at the poster, then said to no one in particular, 'what your child wants for Christmas is your love, but if he can't get that, he'll settle for a bunch of electronic crap.'

This is a book that in my opinion is about sustainability of the whole self, planet, spirit, all living things – the full circle of life.

Blessed wintertime to you all.

"Oh my sisters be in darkness now .....find your place of holiness, seek yourself within.....the light is coming to your eyes"

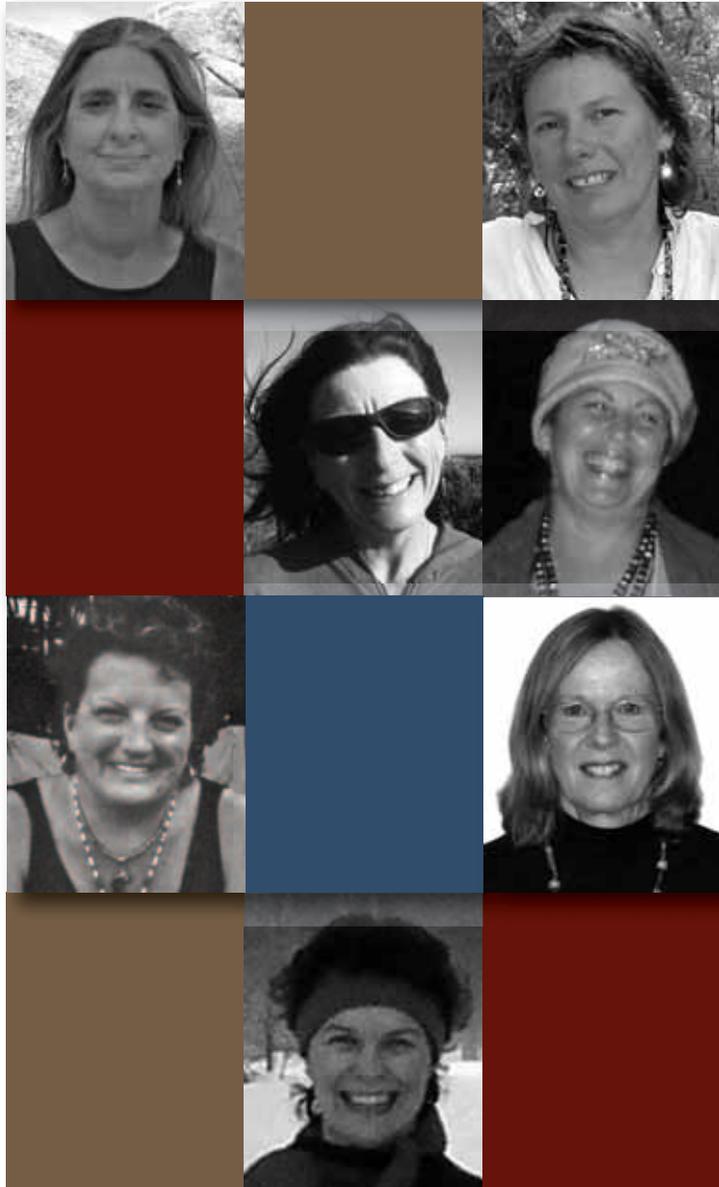
–Grandma Billie Sockwomyn's  
Winter Solstice Song

*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 gain permission to use and post their picture 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



**Prayer Requests: [Prayer\\_Requests@wwrl.org](mailto:Prayer_Requests@wwrl.org)** If you have a prayer request for yourself, a friend or family member, click our link. Your message will be sent to the WWRL Elder Council who will honor your request either in our individual ways or with a prayer council if that is your desire. Please try to let us know in time to coordinate the members if you would like a council to hold space at a specific time, such as if you have surgery scheduled or a vision quest, etc.) Thank you for letting us be of service to you.

### **Community Calendar Listing:**

**[wwrl.org/CalendarWelcome.aspx](http://wwrl.org/CalendarWelcome.aspx)** The online community calendar is our new format for members to list their events. Go to the link above and follow the steps to enter your activity.

**General Articles: [Article\\_Submissions@wwrl.org](mailto: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](mailto:Advertising@wwrl.org)**

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: [Book\\_Look@wwrl.org](mailto: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](mailto:Sisters_Soul_Food@wwrl.org)** Send your favorite, tasty, healthy recipes to share with our circle.

**Sustainability Corner: [Sustainability\\_Corner@wwrl.org](mailto: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.