

Serving the womyn's
community
since 1983



Herland Voice

volume **twenty-seven** number **five**

may 2009

SANDALWOOD & SAGE HOSTS WAHRU

Barbara "Wahru" Cleveland, a founding sister of Herland currently living in Columbus, Ohio, will perform and lead an open drum circle Friday, May 8th during the Art Walk. Refreshments are provided. Wahru will open and lead the drum circle with all skill levels welcomed to join in. Drums will be available to rent for a small fee or purchase, courtesy of local drummer Jahruha, but feel free to bring your own drums or other musical noise makers.

The 2nd Friday Norman Art Walk takes place the 2nd Friday of every month from 6pm-10pm. Trolley service connects the Downtown Arts District, outlying galleries, performance halls and Campus Corner for 50 cents per ride. Many galleries, businesses and restaurants are open throughout the evening, with most featuring free admission, live entertainment and other activities. Many of the galleries and businesses of interest are located within a short walk of Sandalwood & Sage along Historic Downtown Main Street. Call Sandalwood & Sage for more information at 366-7243(SAGE).

Mother's Day, Sunday May 10th at 3pm local drummer, Jahruha, will be leading our regular free monthly Drum Circle. He again will provide drums to purchase or rent as well as his music CD's for sale. All ages and skill levels welcome. Come dance and drum!

Sandalwood & Sage's Visionary Fiction Book Club meets the 3rd Thursday of every month, this one will be Thursday, May 21st. We will be discussing the book, Ishmael by author Daniel Quinn at 6:30pm. Liquid refreshments provided. Bring a snack to share! Free Monthly meditation workshop Tuesday, May 26th at 7pm. Led by local non-profit meditation group Friends Along the Path, we will be discussing Mantras and Chanting as a meditation form.

Herland Garage Sale

Herland will hold a Garage Sale, at Herland, on Saturday, June 20th, from 8am until 4pm.

Because of bad weather, we weren't able to participate in the Garage Sale at the Fairgrounds, but - don't fret! You have yet another chance to help Herland make a little money, do some great shopping, AND an incentive to get on that spring cleaning you've been meaning to do! We have had some wonderful items donated, and you can still bring by items any Saturday from now through June 13th. We hope you'll find something to donate and come by to visit us!

Annual Herland Pride Picnic

This is a casting call for anyone that wants to share their musical or comical talent with us for our backyard Herland Pride Picnic. This year, the picnic will be on Saturday, June 27th. We have a few awesome entertainers already lined up, but would love to include some of you we don't see all the time - You Know Who You Are - and anyone new to Herland that wants to share their music with an appreciative audience. Interested?? Call Sannie at (405) 550-2312 or you can leave a message at Herland at (405) 521-9696 and we will get back to you.

MAY EVENTS

Saturdays from 1-5 HSR open for reading, meeting & greeting

Saturday the 9th at 5:30: HSR Supper Club at Spaghetti Warehouse in Bricktown

Friday the 15th to Sunday the 17th: Herland Spring Retreat at Roman Nose State Park (registration form on next page) You can also print the registration form from our website and mail it to us. Pre-registration deadline is May 9th and all who pre-register will receive a free raffle ticket. Remember to bring an item or two for the silent auction and/or raffle!

Saturday the 16th: HSR Board meeting, time TBA, at the Retreat

Wednesday the 27th at 5:30 pm: fold the "Voice" for mailing.
Submit articles by Wednesday, May 20th

Saturday the 30th at 7 pm: Women's Scrabble & Game Club,
games and snacks provided

JUNE EVENTS

Saturday the 13th at 5:30: HSR Supper Club, in Norman
At Sandalwood & Sage, hosted by owners Natasha Rice and Deb Clark
Includes concert by local musicians

Saturday June 20th, 8am to 4pm: Herland Garage Sale

Sunday the 21st at 4 pm: HSR Board meeting

Saturday the 27th at 5:30 pm: Annual Herland Pride Picnic

The Voice is published monthly by Herland Sister Resources, Inc. 2312 NW 39th, Oklahoma City, OK 73112. The Voice is offered as an open forum for community discourse. Articles reflect the opinions of the author and not necessarily those of Herland Sister Resources. Unsolicited articles and letters to the editor are welcomed and must be signed by the writer with full name and address. Upon request, letters or articles may be printed under a pseudonym or anonymously. Herland reserves the right to edit or not publish any article. Subscriptions to The Voice are free upon request although a donation is requested to meet publication and distribution costs.



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Herland Spring Retreat

Roman Nose State Park, Watonga, OK

May 15-17, 2009

As you may have heard, this year's Spring Retreat will be at *Roman Nose State Park, May 15 - 17*. The retreat begins at 4pm on Friday and lasts until noon on Sunday. Your registration includes lodging in a cabin for Friday and Saturday nights, a light dinner on Friday, scrumptious breakfasts on Saturday and Sunday mornings, Saturday night Potluck Dinner (bring or plan on making your favorite culinary dish to share), all workshops and group camp activities, and the Saturday night concert.

This retreat should be extra special, with the Saturday night concert featuring **Tara Henry**, and events including but not limited to: The Friday Night Meet and Greet, a Bread Making Workshop (bring a loaf pan if you can - all other ingredients will be provided), a Salsa Dancing Workshop, and a Women's Cancer Discussion Group.

You are also encouraged to bring any sporting equipment, games or crafts that you would like to share with others. The greatest thing about the retreat is that you can do as few or as many of the planned activities as you choose!

In addition to all the Herland Retreat activities, the state park offers horseback riding and a golf course (additional fees), biking trails, two lakes for fishing, and nature to explore.

With so many fun activities planned, and time to just relax if that's what you need, we hope you'll come for the entire weekend. If this is not possible, consider coming for the day Saturday, or just for the concert Saturday evening.

A few reminders: Start thinking about what you want to bring for the Potluck, polish up your talent to share at the Open Mic, gather an item or two to donate to the Silent Auction and/or Raffle, stretch your hips in anticipation of the Salsa Dancing Workshop, and dig out a loaf pan for the Bread Making Workshop.

This is your last chance to pre-register, so if you haven't already, please send in your registration. It is very helpful for planning and buying food, AND you get a free raffle ticket just for pre-registering! TIP: Early birds get the best choice of cabins!!

After we receive your registration, we will mail you a packet, which has the retreat schedule, a list of things you may want to bring, more details about the weekend, and a map to Roman Nose State Park. If you have any questions, please call Herland at (405) 521-9696 or the Herland Camp Director at (405) 550-2312. Leave a message and someone will call you back.

Looking forward to seeing you all and having another Fabulous Herland Retreat!

Herland Spring Retreat Registration Roman Nose State Park, Watonga, OK May 15-17, 2009

Deadline for pre-registration is May 9. Please return registration form and check to:

Herland Sister Resources, 2312 NW 39th Street, Oklahoma City, OK 73112.

A retreat packet with all information will be mailed to you.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Email (optional): _____ Phone: _____

Total Registration Fee \$ _____ enclosed.

- () I need a work scholarship to attend.
- () I'm enclosing an additional \$ _____ to help provide scholarships.
- () I'm bringing _____ children (girls of all ages and boys under age 10 are welcome).
- () I'm bringing _____ dogs that will be kept on leashes at all times and I and will sign a waiver stating I am completely responsible for any injury or damage caused by my dog(s).
- () I have a disability and need the following if possible: _____

Sliding Scale Registration Fee (for entire weekend)

Annual Income	PER PERSON	
() under \$13,300	\$30	() All Day Saturday \$25 (includes Concert)
() \$13,300-\$30,000	\$45	() Saturday Night Concert Only \$10
() over \$30,000	\$60	

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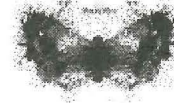
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