

Serving the womyn's
community
since 1983

Herland Voice

volume thirty number three

www.herlandsisters.org

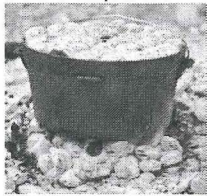
October 2012

Herland Fall Retreat

Lake Eufaula State Park—November 9-11, 2012

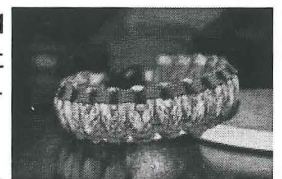
Are you ready for a weekend full of relaxation, great friends, amazing talent, good food, and tons-o-fun? Well you're in luck! Make plans now to attend The **Herland Fall Retreat** at Lake Eufaula State Park (formerly Fountainhead) on November 9 - 11, 2012. Now, it's easier than ever to register! You can register on-line at www.herlandsisters.org and pay via Pay-Pal or a credit card, send in the registration form and your check via snail mail, or call (405) 550-2312 to register and pay at the door.

This retreat will be **PACKED FULL** of fun events, including: A Friday Night Game Extravaganza, where Andrea will lead us in all kinds of fun games! We'll have regular and vegetarian soups for supper, popcorn all evening, and of course... the campfires!



Did you know that there's more to campfire cooking than just hot dogs & s'mores? Our culinary leader, Renee, will lead a workshop on **CHARCOAL FIRED DUTCH OVEN COOKING** on Saturday, showing us how to regulate temperatures and estimate cooking times to make scrumptious outside cuisine!

We'll also have a craft workshop that could one day save your life: **Paracord Bracelets!** During this one hour workshop, Ariel & Holly will show us how to cut the correct length of parachute cord and braid it in a way that quickly unravels into roughly 13 feet of survival rope in under 5 seconds. How's that for a beautiful, useful AND practical craft!



Also on Saturday, Cindy will be leading a workshop entitled "**CULTIVATING JOY**". It's been said that being joyful is a skill that can be cultivated, and in this workshop, some of the concepts that will be explored are clearing past and present pain, spending time in meditation, creative visualization, and connecting with nature. Lucinda Williams sings that she's gone all the way to West Memphis & Slidell to find her joy - maybe she just needed to come to a Herland Retreat!

HERLAND and the MARY DALY GROUP PRESENT:

THE HERETICS

SATURDAY, OCT. 27, 2012. 7 PM.

CHURCH OF THE OPEN ARMS, 3131 N PENN.

new truths begin as HERESIES ...

Are you ready to **MEET YOUR PERSONAL GUARDIAN ANGEL?** You'll have the opportunity to do just that if you attend the one-hour intensive workshop, led by Grace, a Certified Angel Therapy Practitioner. She'll give us information and lead us in exercises to learn how to increase and improve our intuition and develop a strong connection to our own

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EVENTS AT A GLANCE

October

Saturday, October 13: Herland Supper Club at BJ's Restaurant and Brewhouse, 2425 W Memorial, 5:30 pm followed by a dollar movie at Northpark.

Saturday, October 27: THE HERETICS: The Movie. Fundraiser for Herland at Church of the Open Arms. 3131 N Penn. 7 pm. Donations appreciated.

November

November 9-11: Herland Fall Retreat at Lake Eufaula

December

December 1: Dirty Santa and Holiday Party at Herland, 6:30 pm.

January

January 1: New Year's Day Potluck and Open House at Herland, 1 pm to 4 pm.

Saturday, January 12: Herland Supper Club at La Salsa Grill, 2329 N Meridian, 5:30 pm followed by games at Herland.

Going Green!

Herland wants to save paper and postage and you can help us. If you are willing to receive the Voice in electronic form only, please drop us a line at herland@herlandsisters.org and tell us you want to receive the electronic version of the Voice. Please remember to let us know your street address so we can remove it from our hardcopy mailing list.

The Voice is published monthly by Herland Sister Resources, Inc. 2312 NW 39th, Oklahoma City, OK 73112, and 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. The submission deadline is the 20th of every month. Subscriptions to The Voice are free upon request although a donation is requested to meet publication and distribution costs.

SUPPER CLUBS

October 13—Supper Club at BJ's Restaurant and Brewhouse, 2425 W Memorial. 5:30 pm. BJ's menu features deep dish pizzas, salads, sandwiches, pastas, steaks, baby back ribs, and handcrafted beer. They also have gluten-free items. After dinner, we'll venture down the road to the Northpark Theater and catch a dollar movie!

November 10 —at the Retreat!

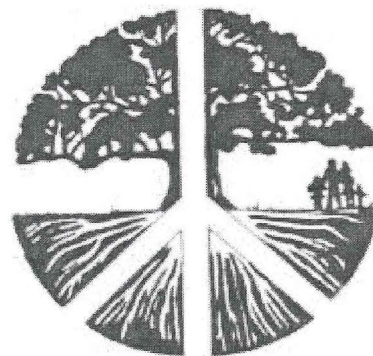
December 1—Potluck and Dirty Santa Holiday Party at Herland. 6:30 pm. Bring a dish and an inexpensive, wrapped gift and join in the fun.

January 12—Supper Club at La Salsa Grille, 2329 N Meridian. 5:30 pm. La Salsa's passion for Mexican food drives them to use only the freshest ingredients, locally grown where possible. Traditional enchiladas, burritos, quesadillas, fajitas, and vegetarian dishes can be made spicy or toned down. Games at Herland afterward.

If you have a restaurant you would like to suggest for a future Herland Supper Club, please email us at herland@herlandsisters.org. We welcome your ideas.

Sunday Nov. 11, 11 am to 5 pm, OKC Civic Center

Fall Peace Festival



HOLIDAY SHOPPING OPPORTUNITIES
Fair Trade Goods, T-shirts &
Bumper Stickers, Books, calendars,
clothing, pottery, carvings.
LIVE ENTERTAINMENT ALL DAY

More than 50 booths and tables of social justice organizations and individual artists will display materials and sales items offering wonderful "holiday shopping opportunities." Homemade candles and soaps, fair trade goods from Central America and around the world, pottery, weaving, stained glass, fair trade coffee, calendars, books, etc. are offered. A Children's Activity Area will be supervised all day.

ENOUGH RUSH LIMBAUGH

(continued from page 1)



Guardian Angels. In addition to this workshop, Grace will be available throughout the weekend for personal angel consultations, for a fee. Check out Grace's site at <http://www.gracelobermier.com>. You can also visit our website for more information regarding this amazing event.

Our Saturday Night Entertainment will feature... **YOU!** We'll be having our very own version of **HERLAND IDOL**, so start planning your talent now! Melissa & Gloria will be bringing their new Karaoke machine, so you'll have a mic, if your talent calls for one. You can choose from one of thousands of her collection of songs, bring your own CD to sing along to, read poetry, tell a joke or two, interpretive dance, or ANYTHING else you want to do in about five minutes or less that will keep us entertained. We hope EVERYONE will perform something and remember - you'll NEVER EVER find a more appreciative and supportive audience than Herland Retreaters, so step out of the box and make your magic happen! With such a great group of women - the possibilities are endless. Be creative with this - anything goes!

If you have never been to a Herland Retreat, you owe it to yourself to give it a try! Whether you come solo or with friends, are a certified camper or city grrrl, or come from near or far, it's a perfect, affordable opportunity to meet new friends, catch up with old friends, play board games and sports, explore nature, create or learn something new at a workshop, strut your stuff at "HERLAND IDOL" on Saturday night, express your culinary skills at the Saturday evening Potluck, sing and tell stories around the campfire or simply relax in an incredibly supportive environment. Also, please remember to bring an item or two for the raffle &/or silent auction. This helps keep the costs of the weekend low for us all.

Your registration fee includes lodging in a cabin, dinner on Friday, breakfast/brunch on Saturday and Sunday mornings, Saturday evening Potluck Dinner (bring a dish to wow your fellow campers), all workshops and group camp activities, and the Saturday Night Herland Idol! ~ ~ ~ This will be the only article and registration you'll receive (via mail) before the retreat. So...do yourself a favor and register now, while you're thinking about it! Visit our website at www.herlandsisters.org/pages/retreat.php where you can register, print a map and directions to the Lake Eufaula group camp, and find out lots of other information about the retreats.

Herland Fall Retreat 2012 Registration

Please return registration form and check made payable to: Herland Sister Resources, 2312 NW 39th Street, Oklahoma City, OK 73112.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

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 will sign a waiver stating I am completely responsible for any injury or damage caused by my dog(s).

I need a work scholarship to attend. (Limited availability)

I have a disability and need the following if possible: _____

Sliding Scale Registration Fee per person (for entire weekend):

Lower Income - \$40

Saturday Day Only - \$30 (includes Concert)

Middle Income - \$55

Saturday Evening Only (concert or entertainment) - \$15

Higher Income - \$70

Total Registration Fee \$ _____ enclosed.

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

Return Service Requested

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Each office is independently owned and operated.




Sandalwood & Sage

322 East Main Street
Norman, OK 73069

405-366-SAGE

sandalwoodandsage@att.net



Sandy Ingraham, J.D., M.S.W.
Attorney-at-Law
Ingraham & Associates, PLLC

Estate Planning, Wills, Trusts, Probate, Adoption, Contracts

Route 2, Box 369-B
McCloud, OK 74851

Tel. (405) 964-2072
Ingraham@mcloudteleco.com

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