

Serving the womyn's
community
since 1983

Herland Voice

volume thirty-two number four

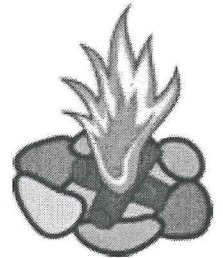
www.herlandsisters.org

October 2014

HERLAND FALL RETREAT

Eufaula State Park, Eufaula, OK

October 31-November 1 & 2, 2014



Are you ready for a weekend full of Halloween Happenings with your friends? Then don't miss out on Herland's Fall Retreat on Halloween weekend at Lake Eufaula State Park. The Retreats are Herland's only "womyn only" events held throughout the year. It is a place for women to feel safe and comfortable being in a womyn's space. In keeping with that, we ask that you do not bring male children over the age of 11 to the retreat. Pets are allowed but must remain on a leash at all times and are not allowed in the main dining hall (health regulations). By bringing your dog, you hold yourself responsible for any injury your dog might cause to a person or another dog. Please do not bring your dog if it is at all aggressive or does not get along well with other dogs or people.

Friday night, we'll be having Chili & Vegetarian Chili with all the fixings to make a Frito Chili Pie. After dinner, for those interested, we'll be going on a Sasquatch Siting Haunted Hayride, less than a mile from our camp. If you'd like to go, bring an extra \$5 per person. After they hayride, marshmallows are provided to roast around their fire, or you can



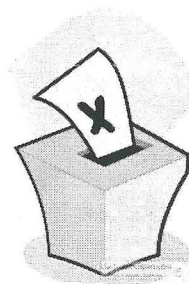
come back to our fire!

As usual, your registration includes Friday dinner, lodging in the cabins both nights, the Saturday and Sunday scrumptious brunches, and all activities for the weekend (except the hayride which is \$5). On Saturday, we have many special activities planned, including a pumpkin-carving contest (bring your



Continued on page 9.

Herland Annual Membership Meeting December 13th



Have you ever thought you would like to be more involved in Herland and help decide what and how things are done? You will have your chance. Herland now has memberships—both General (non-voting) and Voting. Anyone who supports Herland's mission may apply for membership.

There are two ways to become a Voting Member for the upcoming membership meeting—either volunteer 5 hours before December 1, 2014, or pay annual dues of \$20 (The Herland Retreat on Halloween weekend or volunteering at the bookstore are good opportunities to put in 5 hours of volunteering!).

Then the elections! At the membership meeting,

Continued on page 2, Special Meeting.

October Board Meeting Time Changed

Due to a conflict in scheduling, the Herland Board meeting scheduled for the third Sunday in October is being moved to Sunday, **October 12th**. The meeting will also start at a special time of 2 p.m.

The Herland *Voice* is a publication of Herland Sister Resources, 2312 NW 39th Street, OKC, OK 73112. Our bookstore/lending library is open the second and fourth Saturdays from 1-5 p.m., but please call before you come by just to be sure we are open. Call us at (405) 521-9696 or e-mail us at herland@herlandsisters.org. Visit us on the web at www.herlandsisters.org.

EVENTS AT A GLANCE—

October—Breast Cancer Awareness

- Saturday 11th HSR open 1-5 p.m., Health Initiative Group @ 4:30 p.m., & Supper Club @ Ingrid's
- *Sunday 12th 2 p.m. HSR Board Meeting—changed time
- Monday 13th Columbus Day/Native American Day
- Saturday 25th HSR open 1-5 p.m. & Health Initiative Group @ 4:30 p.m.
- Friday 31st Halloween
- Friday-Sunday 31st-Nov 2nd Retreat at Eufaula State Park

November

- Friday 1st All Saints' Day
- Saturday 8th HSR open 1-5 p.m., Health Initiative Group @ 4:30 p.m., & Supper Club @ Swadley's
- Tuesday 4th Election Day
- Saturday 8th 27th Annual Peace Fest from 10 a.m.—4 p.m. @ Civic Center Hall of Mirrors
- Tuesday 11th Veterans' Day
- Friday-Sunday 14-16th OK LGBT Film Festival—OUT OK
- Sunday 16th 4 p.m. HSR Board Meeting
- Saturday 22nd HSR open 1-5 p.m. & Health Initiative Group @ 4:30 p.m.
- Thursday 27th Thanksgiving Day

December

- Saturday 13th HSR open 1-5 p.m., Health Initiative Group @ 4:30 p.m., & Traditional Holiday Party
- Wednesday 17th First Day of Hanukah
- Sunday 21st 4 p.m. HSR Board Meeting & First Day of Winter
- Thursday 25th Christmas Day
- Saturday 27th HSR open 1-5 p.m. & Health Initiative Group @ 4:30 p.m.

January 2015

- Thursday 1st Open House & Black-eyed Peas 1-5 p.m.
- Saturday 10th HSR open 1-5 p.m., Health Initiative Group @ 4:30 p.m.
- Sunday 18th 4 p.m. HSR Board Meeting
- Saturday 24th HSR open 1-5 p.m. & Health Initiative Group @ 4:30 p.m.

February 2015

- Saturday 14th HSR open 1-5 p.m., Health Initiative Group @ 4:30 p.m.
- Sunday 15th 4 p.m. HSR Board Meeting
- Saturday 28th HSR open 1-5 p.m. & Health Initiative Group @ 4:30 p.m.

Upcoming 2015 Events:

- Spring Retreat 2015—May
- Fall Retreat 2015—October

SUPPER CLUB DATES

- October 11—Ingrid's Kitchen-October Fest, 3701 N Youngs Blvd, OKC 73112 @ 5:30 p.m.
 - November 8—Swadley's BBQ, 4000 N Rockwell Ave (near NW 39th), Bethany, OK 73008 @ 5:30 p.m.
 - December 13—Dirty Santa Party & Traditional Holiday Potluck! @ HSR, OKC @ 6:00 p.m.
 - January 10—Vito Ristorante, 7521 N May Ave, OKC @ 5:30 p.m.
 - February 14, Valentine's Day—Crabtown, 303 E Sheridan Ave, OKC @ 5:30 p.m.
- If you have a restaurant to suggest for a future Herland Supper Club, please e-mail us at herland@herlandsisters.org. We welcome your ideas. Δ*

Special Meeting . . . Continued from page



each Voting Member will be given a ballot to vote on new board members. Also at the meeting, Herland's budget and the officers for 2015 will be presented.

The Herland membership meeting will take place on Saturday, **December 13**, at 4:30 p.m. This is immediately before our holiday potluck and white elephant party at 6 p.m., so it will be convenient for you to come to both. See you there! Δ

New Way to Give

We appreciate all the ways that you support Herland, from volunteering your time to financial gifts. There are now more ways than ever to give, and the latest is AmazonSmile. Start your shopping at smile.amazon.com and designate Herland Sister Resources as your charity of choice. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Herland. Right now, almost every product is eligible for AmazonSmile except Kindle e-books. So please keep us in mind if you do any shopping on Amazon and especially if you do holiday shopping with them. Δ



The Voice is published quarterly by Herland Sister Resources, Inc., 2312 NW 39th Street, 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. Δ

Resilience Award Honors Choate

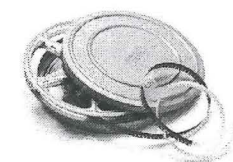


Longtime Herland friend, retreat leader, and former board member, Laura Choate, was recently honored by the Oklahoma Institute for Child Advocacy with the first Laura Choate Resilience Award. Choate was presented the award at the Oklahoma's Kids Count! Conference on **September 16, 2014**. The award, named for Choate, will be given to honor individuals who have been significantly impacted by adverse childhood experiences, overcome those obstacles, and made a lasting contribution to the lives of young people.

Choate has exhibited the characteristics of resilience in the years since she became a named defendant in the milestone lawsuit that decisively changed the way children in state custody are treated. Choate lives as a model of courage, determination, and fortitude in spite of having endured early life circumstances that many would have found debilitating or unendurable. We congratulate her on the award and are proud to count her as part of our community. Δ

SAVE THE DATE

Transformative, Engrossing, and totally Entertaining...



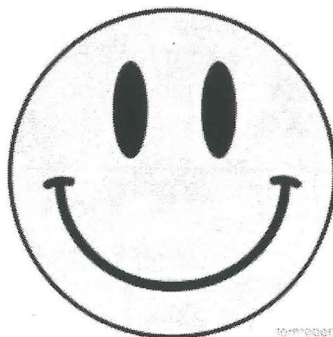
There's an exciting and diverse world waiting to be explored during the latest edition of OUT OK, The Oklahoma GLBT International Film Festival. Join us **November 14, 15, & 16, 2014**.

Net proceeds benefit OKEQ and The Dennis R Neill Equality Center, Tulsa, OK. Δ

World Smile Day,

10/31/14, is celebrated on the first Friday in the month of October every year. The idea of World Smile Day was coined and initiated by Harvey Ball, a commercial artist from Worcester, MA. Harvey Ball is known to have created the Smiley Face in 1963. The World's first World Smile Day was held in the year 1999 and has been held annually since.

After Harvey died in 2001, the "Harvey Ball World Smile Foundation" was created to honor his name and memory. The slogan of the Smile Foundation is "improving this world, one smile at a time." The Foundation continues as the official sponsor of World Smile Day each year. The message of the World Smile Day 2010 was "Do an act of kindness. Help one person smile." [Wikipedia 9/28/14, edited] Δ



**HERLAND
NEW YEAR'S DAY
OPEN HOUSE
& POTLUCK
2015**

Group Reaches for Health Goals

The Herland Health Initiative (HHI) is a health and wellness support group for women in the Herland community. We meet to share the challenges of creating a healthier life. This group is lead by Andrea K whose long-term goals include a 5K walk!

The HHI is dedicated to creating a fun and refreshing environment for women to learn about all aspects of health. The HHI is supportive, effective, educational, free, and fun! Whether you're brand new to healthy living or a seasoned veteran, the HHI is where you can come as you are and be with people who care about you.

We talk about healthy eating, exercise, and learn about other aspects of health such as herbs, acupuncture, and massage. We'll have guest speakers and outings to get some light exercise together.

We meet every 2nd and 4th Saturdays of the month at 4:30 p.m. at Herland, and most meetings last 1 ½ hours. If you believe that a supportive atmosphere will help you reach your fitness and weight goals, join us! Δ

Dear Friends,

If you enjoy reading the Herland Voice but have not made a donation in recent years, please consider doing so now. Because of the cost involved with printing and mailing, we must limit our mailing list to those who make some contribution—even a small one. For those who would like to continue reading the Voice but are unable to make a contribution, please send your e-mail address (including your street address to simplify the process) to herland@herlandsisters.org, and we would be happy to sign you up for the e-mail version of the Voice. Δ

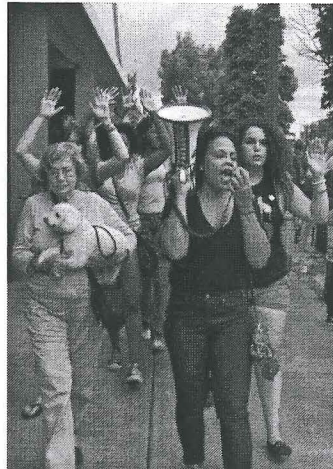
From the desk of Helen Gilbert, National Executive Committee, Radical Women:

New from Women Making Movies! *Feminist: Stories from Women's Liberation* Structured as a personal journey of rediscovery by filmmaker Jennifer Lee, *Feminist: Stories from Women's Liberation* brings the momentous first decade of second-wave feminism vividly to life. Its trajectory starts with the earliest stirrings in 1963 and ends with the movement's full blossoming in 1970—from the Presidential Commission's report on widespread discrimination against women and publication of Betty Friedan's *Feminine Mystique* up through radical feminists' takeover of the Statue of Liberty and Friedan's calls for a women's strike for equality.

Thirty-five diverse interviewees, including rank-and-file activists along

issues and challenges that still resonate today. It is a great introduction to Women's Studies and critical viewing for historians and academics interested in feminism, activism, and the Women's Movement.

August 26 marks the 94th anniversary of US women gaining the right to vote. Now, we celebrate our audacious foremothers of many colors who waged a courageous struggle to improve the lives of women. As the most militant suffragists knew, winning the power of the ballot was a huge advance but could not solve inequality especially for women who were of color, immigrants, or working class. And so the fight for women's liberation continues. What should feminists do? We can honor the militant suffragists by expanding our vision beyond the ballot box. We must lead the change we want to see. To build the fight for a better future, Radical Women will work toward these demands:



Rally in Portland, OR, in solidarity with protests in Ferguson, MO, Aug 2014.

- Defund the US military, Homeland Security, and ICE!
- End all US wars. Stop US funds to Israel. Support the global campaign for Boycott, Divestment, and Sanctions (BDS) against Israel. Drop the prosecution of Rasmea Odeh, a gutsy Palestinian-American feminist arrested by Homeland Security on charges as harassment for 40 years of community organizing to empower Arab women and win justice for Palestinians.
- End military aid to Mexico.
- Free Nestora Salgado and all political prisoners. Open US borders.

- Put police under community control through independent elected civilian review boards empowered to investigate, punish, and fire abusive cops. Organize community self-defense.

- Redirect military dollars into schools, social services, housing, and jobs. End the poverty-to-prison pipeline and a justice system skewed against people of color.
- Free Marissa Alexander—an African-American domestic violence survivor threatened with a 60-year sentence for an act of self-defense that harmed no one.

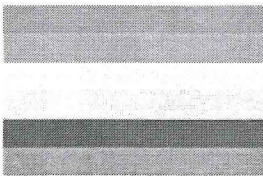
Get involved—the world needs you! In solidarity,
Helen Gilbert
National Executive Committee
Radical Women
[RW newsletter 8/26/14, edited] Δ



March to UN headquarters in NYC protesting bombings in Gaza, Aug 2014.

with well-known feminists Betty Friedan, Frances M Beale, Gloria Steinem, Robin Morgan, Ti-Grace Atkinson, and others, share memories of the period as well as

Welcoming Project Goal



The Welcoming Project works to increase the visibility of places that are welcoming of LGBTQ individuals and their allies through providing welcoming signs for places to display, indicating "ALL ARE WELCOME." Δ

YWCA NEEDS VOLUNTEERS

Do you have a passion for helping survivors of domestic violence? Are you looking for a way to get involved in your community? Then volunteering at the YWCA is for you! The YWCA Oklahoma City offers a wide range of volunteer opportunities (required background check) suitable for your time and interests. For more information, use outreach@ywcaokc.org or call (405) 948-1770. Δ

eliminating racism
empowering women
ywca

Women Veterans Honored

The Women Veterans' Monument is a new monument being constructed in Del City, OK, paying homage to women who have served in the Armed Forces: past, present, and future. Dedication is scheduled for **Veterans' Day, Nov 11, 2014.**



Groundbreaking for the Del City Women Veterans' Monument was on the 70th Anniversary of D-Day, June 6, 2014, with many veterans, city officials, community members, and CMS Willowbrook staff attending.

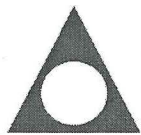
The monument area will include 7 statues—5 representing all branches of service with a woman sitting on a bench by the reflecting pool representing the national guard and a child on the bench with her not only representing the future but also the two statues together will honor the difficulty many service women face having to leave children behind when they are deployed. The Del City Women Veterans' Monument has been sculpted by Joel Randell (studio in Luther) and will be one of the largest of its kind in the country. [6/5/14 Del City, OK, edited] Δ



New Year's Day Open House & Potluck

Come ring in the New Year with us at the annual Herland Open House and Potluck from 1 p.m. to 5 p.m. on **Thursday, January 1st**. Bring a dish and bring a friend to Herland to meet up with old friends and new. We will encourage your luck and health in the New Year by providing black-eyed peas and colcannon (an Irish cabbage and potatoes dish). Whether you believe in luck or you just want to have a fun tradition for New Year's Day, join us for your enjoyment! This is a come-and-go event so don't worry about being prompt if you stayed up half the night! Δ

Are you affected by someone's drinking?

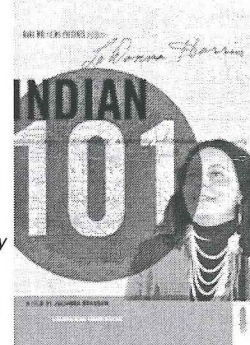


Al-Anon or Alateen may be able to help; information at <http://www.al-anon.alateen.org> or locally in OKC (405) 767-9071 and <http://okcalanon.org>. Δ

DOCUMENTARY SHOWS NATIVE'S IMPORTANCE

LaDonna Harris: Indian 101, from Comanche filmmaker Julianna Brannum, chronicles the life of Comanche activist and national civil rights leader LaDonna Harris and the role that she has played in Native and mainstream American history

LaDonna Harris: Indian 101... "explore(s) Harris' achievements, the personal struggles that led her to become a voice for Native people and her contemporary work to reshape Indian Country in America and abroad."—DeadCenter Film Festival, OK



since the 1960s. In this new verite style documentary, Brannum, the great niece of Harris, celebrates her life and the personal struggles that led her to become a voice for Native people and her contemporary work to strengthen and rebuild indigenous communities and train emerging Native leaders around the world. Using interviews, archival footage, and photographs, this film justly celebrates one of the most important women leaders in Native American and U.S. history. Δ

On Friday, **9/19/14**, HSR received the following (edited):

Hi to HerlandSisters.org,

I volunteer at a children's center with a safety program for kids. I came across and have been using <http://www.herlandsisters.org/pages/links.php> while discussing diversity, community, safety, and actions the kids can take to avoid finding themselves in a dangerous situation. I want to say thank you! Two of the kids, Mary and Jennifer, did some web searches at home and found a page that they brought in for me to see: <http://www.gayrealestate.com/real-estate-resources/the-neighborhood-tips-for-homeowners-to-keep-homes-from-being-burglarized.html>. I suggested that they share it with you because it had such great information, and I also want to impress upon them that by reaching out and simply asking others, like yourself, things can be accomplished that the girls might not otherwise think can. Thank you very much in advance for sharing the website that the young girls discovered!

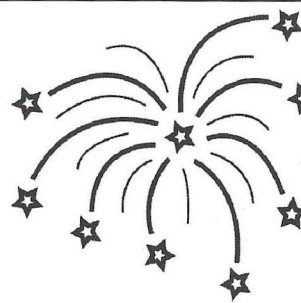
Rachel Martin Δ

Cherokees on National Holiday celebrate 175th Anniversary of Cherokee Constitution, Trail of Tears

The vibrant culture of the Cherokee Nation was on full display Labor Day weekend for visitors around the world attending Cherokee National Holiday. More than 120 Native American vendors, traditional games like stickball, and the only parade in the state announced in both Cherokee and English was at the 62nd annual celebration, which ran **Aug 29-31** in the Cherokee Nation capital of Tahlequah, OK. "The annual Cherokee National Holiday is a weekend celebration of the tribe's history, heritage, and hospitality, and it's a true homecoming for Cherokee citizens. We expect another record crowd of friends, family, and visitors again this year," said Cherokee Nation Principal Chief Bill John Baker [prior to the event]. "This 62nd annual holiday is especially significant because we will commemorate the 175th anniversary of the end of the Trail of Tears. Our ancestors never gave up, and today the Cherokee Nation is stronger than at any time in our history. That's something for all to be proud of and to celebrate."

This year's holiday theme is the 175th anniversary of the signing of the Cherokee Nation Constitution on Sept 6, 1839, creating the tribe's existing government. The theme also emphasized the strong kinship and unity of Cherokees, thriving nearly two centuries after removal from their original homelands in the Southeast. More than 100,000 visitors were expected for the free events. Besides the parade, a powwow, named the second largest powwow in the country, was held on Friday and Saturday. Following the parade, Principal Chief Baker delivered the State of the Nation address, a tradition at the site since the mid-1800s. In addition, the Cherokee Arts Center offered opportunities to weave baskets, build clay medallions, or make mini-stickball sticks and cornhusk dolls for free. Professional angler and Cherokee citizen Jason Christie returned for the children's fishing derby held on Saturday morning.

Also shown at this year's Cherokee National Holiday was a



Copyright Cherokee Nation

screening for the independent film "Playground of the Native Son" about the all-Indian football team Hominy Indians, who played against the world champion New York Giants in 1927. The film

features Cherokees such as Tribal Councilor and former Chief Joe Byrd and flutist Tommy Wildcat. Prior to the holiday, the musical "Nanyehi: The Story of Nancy Ward" returned to the area. The show was written by Nashville song writer and Cherokee citizen Becky Hobbs. The Cherokee Nighthawks also went head to head against teams from the Chickasaw and Choctaw nations in a stickball tournament. The Cherokee National Holiday offered many more events, such as an antique car show, fireworks, art shows, softball, basketball and even a traditional foods cook-off, giving visitors a chance to learn more about the Cherokee Nation, its culture, and way of life.

For more next year's details, visit www.cherokee.org and for media inquiries, contact Julie Hubbard (918) 207-3896 or julie-hubbard@cherokee.org. [Cherokee Nation News Release, Tahlequah, OK, 08/06/2014, edited] Δ



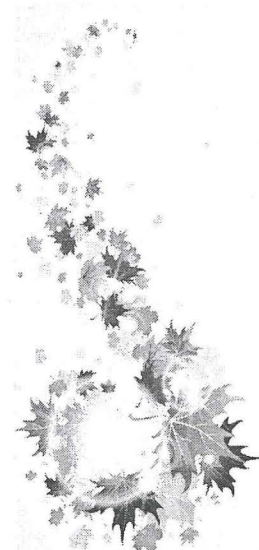
The Diversity Business Association (DBA) is a collective of LGBT-owned and LGBT-allied businesses. Together DBA is supporting business, advancing equality, and improving the economy. Δ

Memories of My Mother

Memories of my mother sing of love
for the loving and the beloved
Sing of life for the growing and the falling
Leaves—God's message of renewal.

Memories of my mother gild my life
with golden leaves of laughter,
Hum melodies of living which she nurtured
for and with me: new growth from the old.

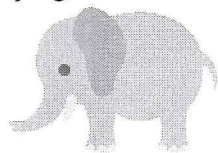
Memories of my mother shine with gratitude
and I thank her for the roots, the shelter,
So that the early wind-songs swayed, but
Did not twist the tender branches of my youth.



Holiday Potluck & White Elephant Gift Exchange Party

Herland's annual holiday party is coming up on **Saturday, December 13**, starting at 6 p.m. Bring a potluck dish or dessert to share. Don't forget a wrapped *White Elephant* gift worth no more than \$15 and have fun playing the "steal a present" game!

This is a fun annual event that you won't want to miss!



In addition to bringing a *Dirty Santa/White Elephant* gift, please also consider bringing a gift for a child or items from the YWCA's wish list. We will be taking the donations and children's gifts to the YWCA Crisis Center, helping to make a difference in some families' holiday season. Δ

Spiritual Exploration Opportunities



[We have made requests for OKC spiritual organizations to respond with informational descriptions—more should appear in the next issue.]

First Unitarian Church of Oklahoma City (1UC in OKC) has been a Welcoming Congregation since 1998, which means not only that we explicitly welcome LGBT people into our church, but also that we have studied the issues and made a commitment to acting for the advancement of equality for all, without regard to sexual orientation or gender identity. Our Interweave chapter specifically addresses concerns related to LGBT people, as does our Social Justice Committee. Our approach to religion and spirituality is open and inclusive—no creedal tests apply to membership or participation. Rather, we gather to support one another on our individual spiritual journeys. Besides worship on Sundays, we have an array of religious education opportunities for

Fall Peace Fest



Oklahoma City's Fall Peace Fest will be held **Saturday, November 8**, from 10 a.m. to 4 p.m. at the Civic Center Hall of Mirrors. More than 50 social justice organizations (including Herland) 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, and many more gifts are offered. A Children's Activity Area will be supervised all day.

The Peace Festival celebrates the efforts of Oklahoma groups working for social justice, human service, civil rights, environmental sustainability, and peace. The Civic Center is located at 201 N Walker in downtown OKC. Admission to the festival is free and so is parking at street meters on weekends. Δ

Foreign Film Series Begins

The OCU Film Institute offers the university and the greater Oklahoma City community the opportunity to view classic and contemporary international films. Its thirty-third year begins on **September 28, 2014**. All films begin at 2 p.m., in the Kerr McGee Auditorium in the Meinders School of Business. The series theme will be "Beyond Religion: Ethics for a Whole World" and material from Dali Lama's book (HMH, 2011) by the same name will be used. Since 1983, the Institute has been screening eight to ten films per year on designated Sunday afternoons to an audience of 150 to 250 people. Each year the series focuses on a theme, and reading material on the theme and individual films is available at the showings. A discussion session follows each screening. The films are also available for university courses. In 1996, the Oklahoma Humanities Council awarded the Institute one of four awards for excellence in humanities programming over the past twenty-five years in the state of Oklahoma. The film series is supported by OCU, the OCU Film Institute Endowment, the Designated Endowment in the Community Foundation of the Kirkpatrick Family Fund, and the Thatcher Hoffman Smith Endowment for the Center for Interpersonal Studies through Film and Literature. More information available from Bryan Kimmey, Coordinator; Dr. Harbour Winn, Director; or <http://www2.okcu.edu/film-lit>. Δ

children, teens, and adults; a strong program of work for social justice; and an active group life. We also host Oklahoma City Youth United (OKCYU), a support group for LGBT and questioning youth. For more information, visit www.1uc.org, call (405) 232-9224, or contact jonaluj@1uc.org. Δ

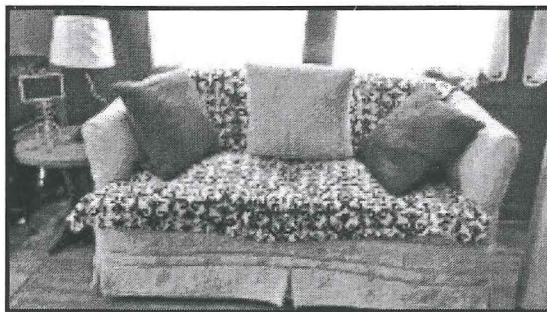
Raindrop Turkish House is a non-profit 501(c)(3), educational, charitable, social, and cultural organization founded by Turkish-Americans in Houston in 2000 and now operates in eight states: Texas, Arkansas, Kansas, Oklahoma, Mississippi, New Mexico, Tennessee and Louisiana.

Next to being a home for Turkish -Americans, Raindrop Turkish House addresses their social and cultural needs and helps them integrate into this multicultural society better. The mission of Raindrop is to introduce Turkish culture into American society and cultivate friendship and promote the understanding of diverse cultures through its unique services to the community, through dialog and cooperation. For more information, contact OKC Raindrop Turkish House, 4444 N Classen Blvd, Oklahoma City, OK 73118, (405) 702-0222, oklahomacity@turkishhouse.org, or FB page. Δ



HERLAND MAKEOVER

While we won't quite make it onto the TV show "Extreme Makeover," the Herland building interior has had some sprucing up over the last month or so. Improvements include a new kitchen floor, new bathroom sink and vanity, some trim painting, and new accessories. In addition, Herland now offers Wi-Fi and a variety of K-cup coffees and Tazo teas. We're getting to be quite the comfy place to hang out, drink coffee, and browse the internet or our own library of books. Come check us out



on the 2nd and 4th Saturdays from 1 p.m. to 5 p.m. Note that the Herland Health Initiative meets at 4:30 p.m. on the same Saturdays. Δ

Victory Dolls Skate OKC Flat Track

The Oklahoma Victory Dolls (OKVD) roller derby league was founded in November 2007 by a group of skaters who wanted to put Oklahoma City on the international roller derby map. It has since attracted women from around the OKC metro area, including experienced former members of other leagues around the US. OKVD practices and holds bouts year-round in OKC and, after six successful seasons, are currently planning to make OKC roller derby even bigger. OKVD operates as a non-profit organization and also takes pride in giving back to the community.

The Oklahoma Victory Dolls mission is to provide opportunities for women in the OKC metro area to participate in the challenging and hard-hitting sport of flat track roller derby. OKVD develops, harbors, and supports the caliber of athletes that have the ability to compete on a national level. They are proud members of the Women's Flat Track Derby Association (WFTDA), which provides each player the necessary standards for national and international competition. The Oklahoma Victory Dolls are extremely honored to be the youngest member league ever accepted into the Women's Flat Track Derby Association. Only with hard work from the women of the league and help from experienced surrounding leagues were they able to accomplish this feat. Tournaments are held **August through November**, and this year's championship is scheduled for October 31-November 1, 2014. For current schedule and more information, see www.oklahomavictorydolls.com. [9/30/14 website, edited] Δ



SUPPER CLUBS SCHEDULED INTO EARLY 2015

Find food and friends at the Herland Supper Clubs. Upcoming supper clubs include Ingrid's Kitchen on **October 11th** and Swadley's Bar-B-Que on **November 8th**. Ingrid's serves both German and American faves and is located at 3701 N Youngs Blvd, OKC. Most people never leave without taking something home from the bakery. Swadley's Bar-B-Que has several locations in OKC, and we scheduled the one at 4000 N Rockwell, Bethany. Swadley's is a humble joint dishing out ribs, chicken-fried steaks, brisket, and all the fixin's.

The **December** supper club is the traditional holiday potluck at Herland starting at 6 p.m. (different from our usual 5:30 p.m.) followed by our White Elephant gift exchange/steal-a-present game.

In the new year, we will start our supper clubs at Vito's Ristorante, 7521 N May, on **January 10th** and then to Crabtown, 303 E Sheridan Ave, on **February 14th** (Yes, Valentine's Day!). Vito's is a traditional trattoria and bar crafting refined Italian cuisine in a convivial setting. Crabtown is a bustling seafood restaurant in a renovated warehouse with quirky, eclectic furnishings. Restaurant supper clubs start at 5:30 p.m. Come and join us for a good time! Δ

 **February &
March 2015**
**Girl Scouts Sell
Cookies**





Continued from page 1.

Activities during the day on Saturday will include a nature walk/hike and a juicing demonstration and sampling with the Herland Health Initiative group, outdoor and indoor games, a Salsa dancing workshop, some fun holiday crafts, and campfires both Friday and Saturday nights!



We'll also have our silent auction, so please try to bring an item or two to donate. Popular items include salon & restaurant gift-certificates so keep the auction in mind when you find yourself at a cool place that has gift certificates that someone would love to bid on. It's the perfect opportunity to re-gift and even do some holiday shopping! The silent auction really helps keep the costs of the weekend low and helps to keep Herland here for us all!

The retreat takes a lot of work to make it happen, and we still need volunteers for several jobs. So, if you're willing and able to help, please call Sannie at (405) 550-2312 to discover just the right job for you!

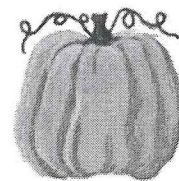
You'll want to go to www.herlandsisters.org and click on the "Retreats" tab on the left, for specifics on what to bring to the retreat and what to expect from the retreat. Lake Eufaula is the camp that has 4 duplex-style

buildings, with metal bunk beds in the rooms on either side of the hall. The bathrooms are centrally located by the cabins (with some handicapped adaptations); a big round pavilion is just outside of the main hall; and sidewalks with partial railings connect the buildings.

So...please plan on joining us for an incredibly comfortable and supportive weekend full of fun and friends! You are welcome to do as little or as much as you'd like, but if you'd like to participate, remember to bring a pumpkin to carve, \$5 extra for the hayride, an item or two for the silent auction and some extra money to shop, and something for the Saturday evening potluck.

This will be the only article and registration form you'll receive (via mail) before the retreat. Do yourself a favor and register now, while you're thinking about it! To register, just mail back the registration form with your check, or register on-line at www.herlandsisters.org using the "Donate" tab using PayPal or call (405) 550-2312 to register over the phone and pay at the door. Although it's fine to pay at the door, it really helps to know how many to prepare for (for food), so please at least call and let us know you're coming. Of course, please also call with any questions you may have.

The Herland Retreat Is What We Make It ... Let's Make It Magical & Memorable! Δ



Herland Fall Retreat 2014 Registration

Lake Eufaula State Park, Eufaula, OK—October 31-November 2, 2014

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

Name(s): _____
E-Mail: _____
Address: _____
City: _____ State: _____ Zip: _____
Phones: _____

Total Registration Fee \$_____ enclosed.

- ☐ I'm enclosing an additional \$_____ to help provide scholarships.
- ☐ I'm bringing _____ children (Girls of all ages and , this retreat only, boys age 11 and under 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 have a disability and need the following if possible:

Sliding Scale Registration Fee (for the entire weekend for each person)—

Annual Income **PER PERSON**:

- under \$13,300 - \$40
- \$13,300-\$30,000 - \$55
- over \$30,000 - \$70
- All Day Saturday (only) - \$30
- Saturday Evening (only) - \$15

Herland Sister Resources, Inc.

2312 Northwest 39th Street
Oklahoma City, OK 73112

Return Service Requested

Non-Profit Org.
U.S. Postage
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SUPPORT THE BUSINESSES THAT HELP SUPPORT HERLAND!

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



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McLoud, OK 74851 sandyjoingraham@gmail.com

Ginny Poindexter

Realtor

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405.948.7500 Office
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KELLER WILLIAMS

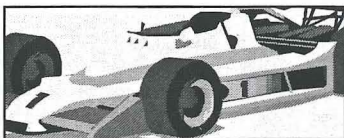
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