



the flame
still burns

WICS NEWSLETTER

WIDOWED INFORMATION AND CONSULTATION SERVICES

JANUARY 2011

Important: WICS new office email is wicsoffice@qwestoffice.net
(Some how we had it wrong in the December newsletter, as "questoffice." Change this in your records.)

From John Hanson, President, and Margarita Suarez, Executive Director

We want to start by wishing all "A Special New Year" and we want to say this in a deep and sincere way, knowing that this means different things for each of us. We are all at different places in our journey, and at the same time we are also there for each other, not to take away each other's pain, but to walk with each other, one day at a time, one step at a time.

The board, the staff and Tally Reynolds, as chair of the Silent Auction Committee, met on Thursday, Dec. 9 to review 2010 and start plans for 2011. We have heard from several of you through the year, as volunteers and participants in different activities.

Brief review of 2010 and plans for 2011:

We believe all our activities are important since they serve the purpose of our mission. At the same time, we want to start with our Auction/Bingo in November, since we have heard from many of you wanting to know the results of that event.

Auction and Bingo:

Our Fun/Fundraising event on Saturday, Nov. 20 at John the Baptist Church in Covington was a wonderful success. We shared the people connections and details in our December newsletter. Now we can share that we made about \$7,000. Yes, this is the amount after expenses for that evening. There are many people to thank, and so we want again to give a heart felt thanks to all of you.

2011: Auction and Bingo was such

a success in 2010 that we are doing this again, and probably at the same time and in the same place. Tally Reynolds has agreed to again chair the silent auction, and you will be hearing from her pretty soon. Tally is also working on a list of all that went well and all that we may want to add or to change. So contact Tally with your ideas and suggestions. If you want to help, contact Tally at ibtally22@gmail.com so stay tuned for more information and details.

Support Groups:

The WICS facilitators continue to have support groups, the foundation of who we are. It was so good to see representatives from almost each group at the facilitator training, and then at the November fundraising. For us at the office it's so good when we can refer people to the support groups, and at times to be able to recommend a specific one-to-one connection for a new person with someone who can also support on the phone. We continue to send the information about the groups in the insert of each newsletter. According to information sent to the office, there were just under 100 people who came to one of the groups for the first time.

Bunco:

We had three Bunco events at Panther Lake Community Church, on March 13, May 8 and July 10. Several of the groups helped out with this events; they were fun and we got to meet others as we moved around from table to table. The total amount we made was \$1,316. Even if it Bunco was fun, it has been decided not to have this in the coming year

2011: Spring Fun/Fundraising Event, the success of the Bingo in the November Auction/Bingo has given the idea of special fun raising in spring as well as another Auction Bingo in November... Le and John have agreed to share this event, and the idea is of a dinner and bingo... They are working on starting a committee as well as what fun name to give to this event... for questions contact John at johnh@winest.com.

Seabeck:

We had our annual Seabeck Retreat, in June 4, 5 and 6. We sent a detail report in our July newsletter; but to remind you we had 19 WICS participants, plus our speakers; and 65 from the Compassionate Friends, and eight families for our children's program. Some of our facilitators like Le, Sara and John helped with group's rituals. Several presentations dealt with topics about understanding the grief journey, as well as ideas for relaxation and meditation. We added two new things: a guided hike and an opportunity to receive a massage. Both additions got very good reviews and so we will have then again in 2011.

The children's program also went very well and we will have it again next year. Remember the children's program is supported by the families' fee, and by donations.

2011: June 3, 4 and 5. Reservations have already been made at Seabeck.

cont. on page 3: Seabeck 2011

WICS NEWSLETTER

The **WICS Newsletter** is published monthly by Widowed Information and Consultation Services.

The deadline for articles is the **10th of each month.** Articles and notices may be mailed to:

WIDOWED INFORMATION
AND CONSULTATION SERVICES

PO Box 66896
Seattle, WA 98166
Attention: Newsletter

Executive Director
Margarita Suarez

Board of Directors
John Hanson
President

Molly Krinsky
Vice President/Secretary
Claudia Antuna, Director

Ronald Brothers
Larry Dixon, Director
Le Habryle, Director
Kevin Steil, Director

Gifts of Love

In memory of **Herb Fredenburg** and **Anne Hallman**
from Harriette Fredenburg
In memory of **Ed Cavin** from Sue Law
In memory of **Judy Bardeleben, Don Hay and Jim Cone**
from Bart and Nancy Bardeleben
To WICS from North End Dine Out Group

2011 Events:

Spring Fundraising Event:

Le and John are starting to work on this event. The idea is a dinner and Bingo, so contact John at johnh@winest.com if you are interested in helping and or have ideas and questions.

November Auction/Bingo fundraising:

As we shared, Tally Reynolds has agreed to be the chair for the Silent Auction, and Margarita is starting a committee to handle all the details. If you want to support and join us in this fun/fundraising project, let Tally or Margarita know.

Seabeck

It is not too early to start planning to come to Seabeck, June 3, 4, and 5. Margarita and Yola are starting to work on this, Margarita with the overall Seabeck and Yola with the children/families part, so call us if you want to help, or to give us your comments and ideas. Contact Tally R. at ibtally22@gmail.com.

Training for Facilitators

We will have another inspiring and practical training with Dr. Bob Baugher this year. He will be on a sabbatical from HCC, but has agreed to do this for us. The training will probably be in September or October, so let us know about your ideas or questions, or if you plan to come. Remember this is for anyone who may be new and want to become a facilitator, for someone who wants a review, and or for someone who is not yet sure if he or she wants to be a facilitator.

Website

Please continue to check our www.kcwics.org and see the additions and update. We started the Book Review session, and are looking for your contributions.

Remember...

...our new email address is wicsoffice@qwestoffice.net.



www.dignitymemorial.com

*WICS thanks the Puget Sound
Dignity Memorial Providers for
sponsoring our newsletter.
These providers include:*

**Forest Lawn Funeral
Home and Cemetery**

**Yarrington's
Funeral Home**

**Acacia Memorial
Park and Funeral Home**

Seabeck 2011, cont. from page 1
Margarita is working on establishing a committee to work for Seabeck for this year. Le and John as board members will serve as consultants since they have participated for several years.

Yola will continue to chair the children's program. We also will continue to work with the Compassionate Friends and the main format will be similar to what has been so successful. We want to review all that has worked well, including the new additions, as well as the fee for this year. If you have ideas, comments, questions, or want to help, please contact us at our office: wicsoffice@qwestoffice.net.

Facilitators Training:

We had another successful, Facilitators Training led by Dr. Bob Baugher on Saturday, Oct. 9, at Lake Burien Presbyterian Church. There were 18 participants, representing most of our support groups and for several participants this was their first time to attend Bob's training.

2011: Bob has agreed to do the training again this year. For this year we may open the training to other groups, so as to have more people benefit from Bob's training. We are thinking to have this on a Saturday, either in September or October. Margarita wants to hear from those who want to come, your ideas and suggestions for the training. wicsoffice@qwest.net.

Staff/Office Work:

Last year in the January and May newsletters, we shared some of the work for the whole organization and the work at the office. We continue to work with the day-by-day needs of the organization. We have adjusted to the building in the back, and we continue to rent the house. Just to share some of the work Yola does: this year she answered almost 500 phone calls from people who were calling for the first time. She gave them information, connected them with the groups, and mailed them information. These calls did not include all the other calls for administration, or the connection with

support groups, as well as the work for Seabeck. We have checked our work and we have found that most of our work is for direct and indirect support. We also do the work that is needed to keep up with the guidelines and requirements for a 501(c)3 organization.

Website:

We thank Kevin for his work with the website, and we want you all to participate by sending him information or ideas, and if you read a good book, do send him a review for the website.

Pledges:

In 2009, John Hanson sent a fundraising letter, and people were given the opportunity to pledge a monthly amount by sending a monthly check, or by taking the opportunity to have it taken monthly through a Visa or MasterCard. And some of you started to do this in 2010.

2011: We will give you this opportunity again in 2011 and will send more information later.

New DVD Resource: Men and Grief DVD

Dr. Bob Baugher was able to put the video of *Men and Grief*, an interview of eight men and their grief, in a wonderful easy to use DVD. It is for sale through WICS for \$25 plus applicable tax. Bob was the one who interviewed the eight men.

This is what Bob wrote on the back of the DVD:

This is a DVD with eight touching views of grief from men who have walked its path. They talk about how they have painfully lost wives, children, siblings, parent and friends. Through their sharing we get a better understanding of what to expect as our own grief unfolds.

Topics Include:

- Men and Grief Introduction
- Society's Response
- Anger
- Avoidance vs. Dealing with Grief
- Denial and Triggers
- Sexuality
- Crisis and Crazy's

- Similarities and Differences
- Credits

"This is a powerful DVD. Eight bereaved men of extraordinary courage allow us an honest glimpse into their very souls. It takes real guts to break through all of society's grief and 'tell it like it is.' Don't watch this one unless you're truly brave enough to square off against the reality of pain with truth, wisdom, and compassion. Bravo to eight terrific role models!" Andrea Gambill, Editor, *Grief Digest - A Centering Corporation Resource*.

By the way one of these eight brave men is John Hanson, and remember, the interviewer is Bob Baugher so each of them can give you more information before and after you see the DVD.

North

Dinner is at 4:30 p.m. Friday.
Thanks to **Judy Sweet** for making these arrangements.

January 7 - IHOP

10002 Aurora Avenue N
206.517.4467

January 14 - Marie Callender

9538 - 1st Avenue NE
206.526.5785

January 21 - Greenwood Senior Cntr

525 N 85th Street
206.297.0875

January 28 - 125th Street Grill

12255 Aurora Avenue N
206.363.8950

February 4 - Wedgewood Broiler

8515 - 35th Avenue NE
206.527.2676

South

9 a.m. every Saturday.
No reservation, come by and ask
For WICS table. Thanks to **Ellen Fawcett**
for these arrangements.

January 1 - Wild Wheat Bakery

202 - 1st Avenue S, Kent
253.856.8919

January 8 - Village Inn

31711 Pacific Hwy S
253.941.9860

January 15 - Yankee Grill

1 S Grady Way, Renton
425.255.8543

January 22 - IHOP

20402 International Blvd.
206.592.5928

January 29 - Black Bear Diner

32065 Pacific Highway S
253.945.8332

February 5 - Denny's at SeaTac

17206 International Blvd.
206.246.6076

East

Bellevue - Dinner at 5 p.m.
before Monday group meetings. Call
Kathy Clancy at 425.653.7209 for
locations. All WICS members welcome.

Kirkland - Dinner at 6 p.m. on the
fourth Monday of each month. Call
Deena Chavez at 425.643.8081 for
information.

Federal Way

Dinners on the second Monday of each
month at 5:30 p.m.

Call **Carole**: 253.927.0404 or
E-mail: bzeebee@msn.com

WICS Weds

For those who have remarried
or are in a coupled relationship.
Call **Diane** at 253.839.5453 or
Molly at 253.839.4560 for
information about
January events.



Subscriber Form

Name: _____ Phone: _____

Address: _____

Return to: WICS, P.O. Box 66896, Seattle, WA 98166

Subscription: \$25 per year



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Support Group Meetings

For all widowed men and women who would like to share their concerns and experiences and discuss coping skills.

BALLARD: 7 p.m. Tuesdays

5433 Leary Way, Seattle - Ballard Landmark (a block south of the Bay Theater and Market St.)

Contact: Doug 206.441.9490

BELLEVUE: 7 p.m. Mondays

10420 S.E. 11th St. – Pilgrim Lutheran Church (Corner 11th Street and Bellevue Way)

Contact: Kathy (clancyKa@comcast.net); 425.653.7209 best to call M. W. F. during day

COVINGTON: 7 p.m. Tuesdays

25810 – 156th Ave SE, St. John the Baptist Catholic Church

Contact: Le (saraacree@comcast.net); 253.630.0324

FEDERAL WAY: 7 p.m. first and third Tuesdays

35451 - 1st Ave. S – Fairfield Building, Village Green Retirement Home

Contact: Wanda (wcolvin7@comcast.net); 253.874.5452

KIRKLAND: 7 p.m. first Thursdays

7355 - 120th Avenue NE, Common Room, Holy Family Parish

Contact: Deena (gkondos@comcast.net); 425.643.8081, best to call 3-8 p.m.

RENTON: 12:30 p.m. Wednesdays.

211 Burnett North, Renton Senior Center

Contact: Burnie (burnie@comcast.net); 425.255.1888

Gifts of Love

Amount: \$ _____ **In Memory of:** _____

From: _____

Send Acknowledgement to (name): _____

Address _____

Return to: WICS, P.O. Box 66896, Seattle, WA 98166

Widowed Information and Consultation Services (WICS)

WICS is a program that offers group support to men and women who are coping with the death of their spouse/partner. Since its beginning in 1974, WICS has served more than 75,000 men and women.

When a widowed person telephones or visits a WICS support group, he or she can be sure to find other widowed people who will listen and understand. A warm and supportive atmosphere is provided for those who call on the service.

The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

WICS is non-sectarian and is not affiliated with any other agency.

Website: www.kcwics.org

January 2011

Return Service Requested

www.kcwics.org

(206) 241-5650

Seattle, WA 98166

PO Box 66896

Widowed Information
and Consultation Services

WICS Newsletter



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