

Widowed Information and Consultation Services  
PO Box 66896  
Seattle, WA. 98166-0896  
(206) 241-5650- Fax (206) 243-1982  
[www.kcwics.org](http://www.kcwics.org)

March 1, 2011

Dear Friends:

I am writing to give you information about some important events for this year. For March we will not have a Newsletter, so this letter will be our main communication for this month. This letter and information is going out to about 500 of you who have participated in one or more WICS events, and about 110 to organizations that have been partners with us in the past years. All of you, like WICS, are dedicated to service in our community.

In this envelope you will find:

- 1- This letter with information.
- 2- A reservation form to fill out for the Spring Fling Bingo/Spaghetti Dinner.
- 3- A questionnaire about Seabeck, please take time to answer this.
- 4- The insert that we usually have with our Newsletter listing the Support Group Meetings and the other events.

**Important Events for 2011**

- 1- **BINGO and Spaghetti Feed**: Following the success of the Bingo last November, we have decided to do it again!

**Fee:** \$20 before March 25<sup>th</sup>; after March 25<sup>th</sup>, \$25 or \$25 at the door.

**Date & Time:** **Saturday, April 2, 2011**

- **Social** starts at **5:30 pm**. There will be wine, beer, soda, water and coffee available to purchase.
- **Dinner** 6-6:45pm and then a few minutes to socialize and get ready for **BINGO!**
- **Bingo**: Clyde, who was such a success last November, will organize and call the bingo. It will be fun, engaging, and will go until 8:30 or 9:00, depending on the games etc... (Of course you can always leave early if you want to.)

**Place:** St John Baptist Catholic Church: 25810 156th Ave SE, Covington, WA 98240

**Join in the fun by attending and bring your friends!**

**We are currently accepting donations for prize; we have some but we need more.**

For prize donations contact Le and Sara at: [saracree@comcast.net](mailto:saracree@comcast.net)

For reservations call the office at: 206-241-5650 or **return the enclosed form.**

\*\*Please note that it is important to hear from you by March 25<sup>th</sup> so we know how many people to cook for.

(Continued on the back)

## **Important Events for 2011 (cont.)**

- 2- **Seabeck**: This year it will be **June 3-4-5**. We are already working on the program and presentations. As you will see, there is a questionnaire enclosed for you to fill out. We would like to hear from you about your ideas, and what would make you want to go to this event or send others to it. (Please note that based on the feedback from last year we are planning on having two tiers: one for those at the beginning of their grief journey and one for those who feel they are further along.)

Please stay tuned for more details. However, please also take some time **to answer the questionnaire**.

- 3- **Facilitators' Training**: By *Dr. Bob Baugher*; **Saturday, October 15, 2011**

Bob has agreed to do his practical, sensitive, informative training again for those who are attending for the first time, and for those who may want a review.

Call or email Margarita for more information, reservations, and for ideas you would like for this training, at [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

- 4- **Auction/Bingo/ Dinner**: **November 2011**

As we have already announced, plans have started for this. We will follow the same, fun format from last year. Tally R. is our 2011 Auction Chair. Please contact her at [ibtally22@gmail.com](mailto:ibtally22@gmail.com) for more information. Stay tuned for more details.

We would like to thank everyone who has participated with us in these events to support the bereaved. We would also like to encourage you to continue participating with us. We are in need of new board members, so please take a moment and reflect about whether this is a direction you could make. I would like to encourage each of our participants to come to Seabeck and see that the format has changed and we have some significant improvements to this event. Thank you again to those who are facilitating and pay-it-forward with the services we provide; groups, social outings and outreach, without you we could not exist.

John Hanson, Board President.

**Bingo and Spaghetti Feed**

**April 2, 2011**

Reservations and donations for Bingo and Spaghetti Feed

**RSVP by March 25 for \$20**

*Please print clearly*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number in case we need to reach you: \_\_\_\_\_

I want to make #\_\_\_\_\_of reservation(s) at each for total of \$ 20 for total of \$\_\_\_\_\_

I can not come, but here is my donation for \$ \_\_\_\_\_

Enclosed is my check made payable to WICS for \$\_\_\_\_\_

I want to use my credit card; circle one:    Visa        MasterCard

Credit card number: (*Please print clearly*) \_\_\_\_\_

Name as it appears on the credit card: \_\_\_\_\_

Expiration date: \_\_\_\_ / \_\_\_\_ Zip code of the billing address on the card\_\_\_\_\_

(Month/ Year)

Three-(or four)digit code from the back of card \_\_\_\_\_Signature:\_\_\_\_\_

*Please mail this form to WICS, PO Box 66896, Seattle WA 98166*

## Seabeck 2011 Annual Retreat

June 3, 4, & 5

The Seabeck Retreat will begin the afternoon of Friday June 3<sup>rd</sup>, and end after lunch on Sunday June 5<sup>th</sup>. In an effort to ensure everyone gets their money's worth, we are asking for ideas and input. We are keeping our **fee for this year at \$195 to cover the expenses** for Seabeck. This includes **2 nights and 6 meals**, and the expenses for presenters. (Please note the presenters and volunteers offer their time for free, and WICS only pay their expenses.) Please fill in this questionnaire and mail or email your ideas to us. This questionnaire can also be found at: [www.kcwics.org](http://www.kcwics.org) (Please note that we would like your name so we can contact you for follow up. If you prefer to be anonymous just leave your name blank.)

Name \_\_\_\_\_

Best way to connect with you for follow up questions or support: \_\_\_\_\_

Have you ever attended a Seabeck Conference?  Yes  No

If "Yes," which year(s)? (Approximately) \_\_\_\_\_

Are you planning to come back in 2011?

Yes  No  Undecided

If you **have not attended, and/or are undecided about coming back**, we want to hear from you about what it might take to *help you decide to attend*. We have listed a few ideas below, and left space for you to add others.

In order for me to consider coming to Seabeck, I would need:

Support with transportation

More information about presentations and activities

A Shorter time period

Friday & Saturday

Saturday & Sunday

Connecting with some one who is attending so as not to come alone

Other \_\_\_\_\_

For Seabeck 2011 we are working on having two "tiers" of workshops: one for people whose grief are relatively new and/or are in what they feel is the first years of the grief journey; and another for those who feel they are further along in their grief journey. We are planning presentations for both groups.

**For everyone:** In the space below, please fill in ideas of topics/issues you may want for the retreat:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Email to: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

Mail to: WICS. PO Box 66896, Seattle WA 98166

Use the back if you need more space for your idea.

### North

Dinner is at 4:30 p.m. Friday.  
Thanks to Delina Bardon for making these arrangements.

March 4 - *125th Street Grill*  
12255 Aurora Avenue N  
206.363.8950

March 11 - *Colonial Pantry*  
9627 Firdale Ave, Edmonds  
206.546.8155

March 18 - *Greenwood Senior Center*  
525 N 85th Street  
206.297.0875

March 25 - *IHOP*  
10002 Aurora Avenue N  
206.517.4467

April 1 - *Las Margaritas*  
14356 Aurora Ave N  
206.362.7527

### South

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

March 5 - *Old Country Buffet*  
31711 Pacific Hwy S, Federal Way  
253.941.9860

March 12 - *I-Hop*  
20402 International Blvd, Seatac  
206.592.5928

March 19 - *Maggie's on Meeker*  
307 W Meeker St, Kent  
253.852.4116

March 26 - *Jack's Country Kitchen*  
21919 Marine View Dr S, Des  
Moines  
206.824.2833

April 2 - *Mitzel's*  
22330 - 84<sup>th</sup> St South, Kent  
253.395.3635

### 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 5 p.m. on  
the fourth Monday of each  
month. Call Deena Chavez at  
425.643.8081 for information.

### Federal Way

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

Call Carole: 253.927.0404 or E-  
mail: [bzeebee@msn.com](mailto:bzeebee@msn.com)

### WICS Weds

For those who have remarried  
or are in a coupled relationship  
we would like to invite you to a  
Brunch at the home of Ida  
Hoopman, Sunday, March 27th  
at 1pm.

To RSVP and sign up for pot  
luck menu choices please  
phone Ida at 425.641.0834 or  
Kathy at 425.454.2981.  
Hope to see you there.



### Subscriber Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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

Subscription: \$25 per year



***the flame  
still burns***

## **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 St. & Bellevue Way)

Contact: Kathy (clancyKa@comcast.net); 425.653.7209 best to call M. W. F. during the 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:** At this time, Kirkland is not having any meetings except for dinner at 5 p.m. on the fourth Monday of each month at *Tres Hermanos*, which is open to all widows/widowers.

Contact: Amy via email at wiljar2006@yahoo.com

**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*