



*the flame
still burns*

WICS Newsletter

Widowed Information and Consultation Services

April 2011

From Margarita Suarez, Executive Director

We are dedicating the April Newsletter to Seabeck; why? Because we believe it is one of the most important events for those who participate and because we want you to come, as well as encourage others to participate. We know not everyone can come, and so as we share what Seabeck is all about, we hope you can find some place to create some of it for yourself...

We have been going to Seabeck for many years and it continues to be a weekend filled with hope and healing. We start Friday afternoon and end after lunch on Sunday.

"Seabeck Conference Center provides non-profit organizations with the perfect escape from the hectic pace of daily life. The facilities are located on 90 beautiful acres with sweeping views of Hood Canal and the Olympic Mountains. The grounds are reminiscent of a small village, complete with walkways that meander past manicured lawns, fruit orchards, and wooded trails. Steeped in history and beauty, it's easy to find yourself transported back to a simpler time." (seabeck.org, Mar 2011)

The entire weekend will give you the opportunity to both experience community and to take time for yourself when needed. The meals are family style and there are

opportunities for small group discussions and sharing. We work together with The Compassionate Friends, having some group activities together with them as well as some activities for each separate organization. It has been a good partnership because we share presenters, ideas and the organization of the week end.

The place itself invites one to relax, you do not have to cook, do dishes, or worry about the day by day stuff as you are given the opportunity to slow down and relax. Again, there will be an opportunity to sign up for massages as well as to go for walks or even a guided tour. Some of the presentations are about how to care for oneself. We will also have some games and puzzle for those who simply want to relax.

There will be many presentations in different areas of the grief journey as well as on other parts of your life. The weekend starts and ends with time together; some of the rituals you may be familiar with from your support groups. Ideas for presentation come from those who have participated in the past.

We know the need for balance to receive and to give, to look for meaningful experiences in our life. And

so this weekend will give you chance for both--to listen and learn, as well as it fits for you to give to others. For example, sharing of your own journey, if you feel it fits your own tempo.

Again, you are free to participate in different ways. This year we will have Betty McClain a dance instructor who has participated in WICS. She has offered to teach line dancing, for those who are interested. She has traveled all over the world learning various dances and currently teaches a senior adult dance group in the Seattle area.

There is a special program for parents and their children. There are 5 volunteers who have been coming for years to provide the activities of the program. We have meals together; however their activities and housing are in a different area from where we meet. Activities for the children are age appropriate with the goal of helping them with their own grief journey as well as offering a time for fun, relaxation and connection with other children and adults.

The Seabeck committee is made up of the WICS staff, including Marge Tomlinson from TCF, Tally R., Bob Baugher and the Board as consultants. Please send us your ideas, comments and questions at wicsoffice@gwestoffice.net

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
Attention: Newsletter
PO Box 66896
Seattle, WA 98166

Executive Director

Margarita Suarez

Board of Directors

John Hanson, President
Molly Krinsky, Vice President/Secretary
Claudia Antuna, Director
Ronald Brothers
Larry Dixon, Director
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www.windermere.com
425-235-7777

WICS would like to thank **Windermere RE/Renton, Inc** and **The Windermere Foundation** for their generous donation to our children's program.

Gifts of Love

In memory of Dick Hale & Anne Halman from Darlene Hale

In memory of Ann Leach from Wendy Morgan

To WICS from the North End Dine Out Group.

2011 Events:

Spring Fling BINGO!:

Scheduled for April 2nd, we are hoping this event is as successful as the last BINGO! night, in November. It's not too late to go. You can purchase tickets at the door for \$25 per person. This includes a spaghetti dinner and a night of fun! Doors open at 5:30pm; dinner is served starting at 6pm and BINGO will continue through the evening until 8:30 or 9pm.

Seabeck

Scheduled June 3, 4 & 5. Last month we sent out a questionnaire for potential changes and requests; we are still looking forward to receiving more of these back. This month, you will find directions to Seabeck as well as the registration forms. Registration forms and payments should be mailed back by May 15th to reserve your space. For more information please contact Margarita or Yola at 206-241-5650 or email at wicsoffice@qwestoffice.net

Training for Facilitators

Bob Baugher has planned this event for **Saturday, October 15, 2011**. It will be located at Lake Burien Presbyterian Church, in Burien. This is a great opportunity for anyone who would like a refresher course or someone looking to become a facilitator. Please feel free to contact us with your ideas and/or questions.

November Auction/Bingo fundraising:

We continue to work on this successful event. Tally Reynolds is working as the chair for the Silent Auction, and Margarita has started a committee to handle all of the details. If you want to support and join us in this fun fundraising project, please contact Tally at ibtally22@gmail.com or Margarita at wicsoffice@qwestoffice.net.

Website

Please continue to check out www.kcwics.org for additions and update.

Remember...

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

Directions To Seabeck

From North End via Edmonds/Kingston Ferry: Go South on I-5, take Exit 181 West on Route 524 to the Edmonds Ferry. After departing the ferry in Kingston, follow Highway 104 to the point where it turns right to Port Gamble. Instead, continue straight on Bond Road (follow signs to Bremerton/ Poulsbo). At the Bond Road stoplight for Highway 305 turn right onto Highway 305 and follow the signs onto Highway 3 southbound. Exit Highway 3 at the Newberry Hill Road exit and then follow the signs to Seabeck

From Seattle Area via Seattle-Bremerton Ferry: After departing the ferry turn right on Washington Avenue, left onto 11th Avenue, and right onto Kitsap Way. From Kitsap Way turn right onto Highway 3 northbound. Exit Highway 3 at the Newberry Hill Road exit and follow the signs to Seabeck.

From Tacoma and South End: From I-5 take Highway 16 westbound to Highway 3 northbound. Exit Highway 3 at the Newberry Hill Road exit and follow the signs to Seabeck.

From North Olympic Peninsula: Cross Hood Canal going east, and turn right to go south on Highway 3 to Newberry Hill Road exit. Exit and turn right on Newberry. Then follow signs to Seabeck.

From Fauntleroy-Southworth Ferry: Turn left onto Highway 160 through Port Orchard and onto Highway 16 westbound, then follow Highway 3 northbound. Exit at the Newberry Hill Road exit and follow the signs to Seabeck.

What makes Seabeck relaxing:

Steeped in history and beauty, it is easy to find yourself transported back to a simpler time.

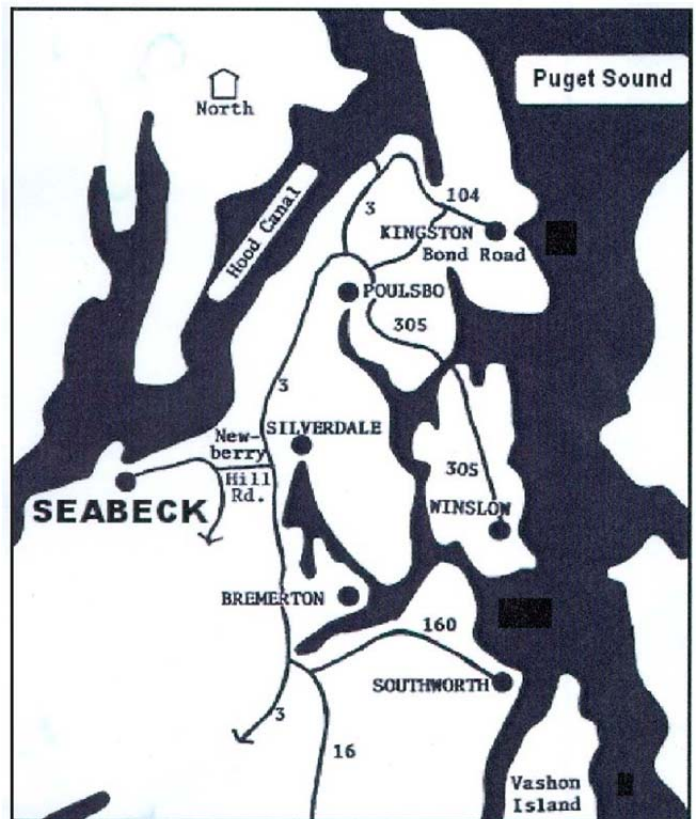
Generous portions of food are served family style in the dining room.

You can bring games, books, or any item that will help you feel comfortable and make this a more relaxing time for you.

We have found that it is easy to connect with the rest of the world as needed with your cel phones; however, there are two public phones as well.

Phone numbers for emergencies are: 360-830-5010 and 206-842-0346.

Map to Seabeck



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

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WICS Newsletter
Widowed Information and
Consultation Services
PO Box 66896
Seattle, WA 98166
(206) 241-5650
www.kcwics.org
Return Service Requested
April 2011

Please return by May 15, 2011 to WICS, PO Box 66896, Seattle WA 98166

WICS Registration Form

Participation is limited. Payment and reservations must be in the WICS office by May 15, 2011. Two to three persons to a room with a private bath. Weekend includes lodging for two nights and six (6) meals. WICS and the Seabeck Conference Center assume NO responsibility for injury to guests, or loss of and/or damage to personal property. Participants are responsible for safeguarding their persons and possessions through the retreat. We are planning for the opportunity to receive a 15-minute massage. You can pay this at the conference and you may need an appointment.

Name: _____

Address: _____

Phone number - and easiest way to reach you _____

Email: _____

Cell phone number while at the camp _____

(1) ground floor accommodations ____ (2) vegetarian meals ____ (3) interested in getting a massage ____

Cost: \$195/per person; send check, or use the form below to pay with credit card, and this completed form to: WICS, P.O. Box 66896, Seattle, 98166.

____ I would like to donate to the scholarship fund so someone else may attend.

Please return by May 15, 2011 to WICS, PO Box 66896, Seattle WA 98166

Registration form (WICS/TCF) parents and children program

Participation is limited. Payment and reservations must be in the WICS office by May 15, 2011. Weekend includes two nights lodging and six (6) meals. WICS and the Seabeck Conference Center assume NO responsibility for injury to guests, or loss of and/or damage to personal property. Participants are responsible for safeguarding their persons and possessions through the retreat. **Remember:** sturdy shoes or tennis shoes must be worn any time children are playing outside.

Parent(s) name(s): _____

Child(ren)'s name/s and age(s) _____

Address: _____

Phone number - and easiest way to reach you _____

Email: _____

Cell phone number while at the camp _____

Allergies/physical limitations _____

(1) Vegetarian meals _____ (2) if you are interested in getting a massage _____

Cost: \$195/per person; send check, or use the form below to pay with credit card, and this completed form to: WICS, P.O. Box 66896, Seattle, 98166.

Parent(s) signature(s) _____

For credit card: Card type: Visa _____; Master Card _____

The exact name (person's name) on the card: _____

Card number: _____

Card expiration date: Month _____ Year _____

V code (3 digit code on the back of your card) _____

Mailing address _____

Your signature: _____

WICS
P.O. Box 66896
Seattle, WA 98166
206.241.5650

Hope and Healing

June 3, 4 & 5, 2011

Established in the 1900's as an area for nonprofit organizations to commence, Seabeck has been providing relaxation for decades. "As you cross the bridge over the old mill pond there is a strong sense of the past. In the lagoon rowboats are floating-instead of giant logs. Except for a few modern structures Seabeck looks much the same as it did back then; back when we imagine life was less complicated, issues were clearer, and values were stronger. The hillside behind the grounds is once again covered with towering conifers. Those apple trees are now twisted and hollow but still bloom each spring. The Meeting House, built in 1857, was once the Mess Hall for the mill and community center. Today it serves as an auditorium. The bell that once called the mill hands to meals now calls conferees to meetings and services. Many of the houses built by early pioneers have been converted into guest lodging."
(seabeck.org, March 2011)

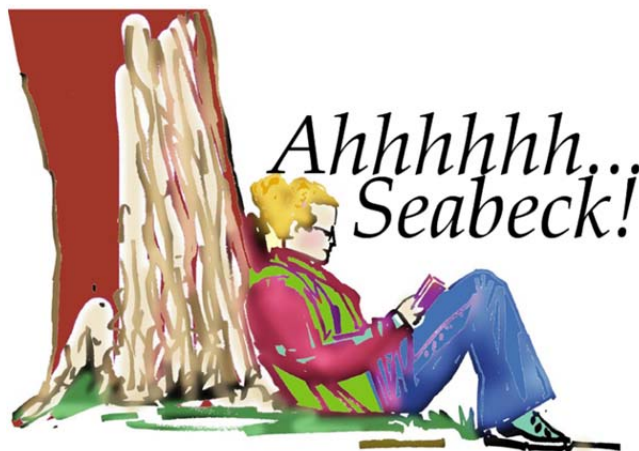
Relaxing and peaceful...

Serene....

Time to reflect and share with others....

Walk on the beach, alone or with someone...

Your *retreat*, *your* *preferences*, *your* *needs*,
YOUR *healing...*



North

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

April 1 - Las Margaritas
14356 Aurora Ave N
206.362.7527

April 8 - 125th Street Grill
12255 Aurora Avenue N
206.363.8950

April 15 - Greenwood Senior Center
525 N 85th Street
206.297.0875

April 22 - Colonial Pantry
9627 Firdale Ave, Edmonds
206.546.8155

April 29 - IHOP
10002 Aurora Avenue N
206.517.4467

May 6 - 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.

April 2 - Mitzel's
22330 - 84th St South, Kent
253.395.3635

April 9 - Black Bear Diner
32065 Pacific Highway S
253.945.8332

April 16 - Pancake Chef
152nd & International Blvd
206.431.9411

April 23 - Huckleberry Square
14423 Ambaum Blvd SW, Burien
206.246.7006

April 30 - Shari's
24525 Russell Rd (on Meeker),
Kent 253.859.5774

May 7 - Dave's Diner
2825 S 188th St, Seatac
206.277.7196

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

WICS Weds

For information on the April
meeting of WICS-Weds (a
support group for those who
have remarried or are in a
coupled relationship), please
call Sybil 253.874.1958 or Kathy
206.331.6631



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 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