



Summer
2010

Networking and support for all women in the mental health professions.

2010 MWP Annual Celebration of Women—The Picnic

A small contingent of hardy MWP members attended the Annual meeting and celebration on a Saturday in late May. The forecast was for 85 degrees and sunny...the actual weather, blustery cold and rainy, with occasional lightening (for effect). Despite the conditions, there was good food, great humor and the Annual Meeting commenced!



**The forecast was for
85 degrees and sunny...
the actual weather,
blustery cold and rainy,
with occasional lightening**

Jennifer Nash Wright presided over her last official function as Chair before turning over her role to our new Chair Dawn Brennan. Our appreciation was expressed to Jennifer for her service and leadership to MWP. Thank you Jennifer! We heard summaries from Membership, Private Practice Group and the Treasurer's Report from outgoing Treasurer Fran Zimmerman.

A major accomplishment this year was the new website launch, and activities to assist with the creation of member profiles. This year, it appears the more successful organizational activities were the smaller gatherings that provided networking and mentoring opportunities to the membership. The Private Practice Group, Brown Bag Networking events, and Mentoring Conversations are well-received opportunities for members to initiate connection, share expertise and support.

Outgoing Executive Committee members were recognized:

- Susan Broadwell, honored for her longtime leadership, creativity, and organizing role in helping MWP through some tough transition years. Susan will continue serving on the Membership Committee.
- Rebecca Chesin, who Chaired the Technology Committee, was recognized for her tremendous energy towards our website transition and launch, and her contributions to organizational development. She will continue to serve as a resource for our tech questions on an informal basis.
- Fran Zimmerman, who was recognized for her excellent job of pulling our financials together, updating and streamlining the role of Treasurer.

In Addition, new incoming Executive Committee members were voted in, welcomed and Karen Wright, who has been a regular with the Private Practice Group, will be assuming the Contact role from Dawn, and bringing her energy and enthusiasm to the EC.

- Connie Studer, who will be bringing her valuable expertise in marketing along with organizational development skills to the EC.
- Barb O'Brien, active on the Membership Committee, is taking over the role of Treasurer, and will be a wonderful addition to the EC.
- Faye Foote, who is a current graduate student, will be serving in a new role as Student Liaison to the EC and assist in initiatives that outreach to graduate programs.

Newsletter Editor
Jacqueline Greenwood Julien
jacquelinebgrnwd@yahoo.com

Production Coordinator
Susan Johnson
WmPsychlgy@aol.com

Web Site
www.mnwomeninpsychology.org

The MWP Newsletter is published four times a year by Minnesota Women in Psychology for its members. Deadlines are: September 1, December 1, March 1, and June 1. All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers. Contributors are given credit via byline. Email articles and items of interest to jacquelinebgrnwd@yahoo.com, or mail to

Jacqueline Greenwood Julien, 16 E. 9th Street, Morris, MN 56267

All articles and announcements may be edited to conform to space limitations or to improve clarity, without permission of writers.

Advertising Guidelines: Ads must be of interest to women psychologists, and MWP reserves the right to reject or edit advertising. Publication of any advertising does not constitute endorsement; advertising by psychologists must follow APA guidelines. Cost: Ads will be accepted in increments of business card size (2" x 3 1/2"); cost of one business-card-size ad is \$20, two—\$35, three—\$50, four—\$60, etc., up to \$100 for 8-card-size, equivalent of a full-page ad. All advertising must be prepaid. Procedures: Ads must be camera ready and fit the requirement of increments of business card size. Submit by the newsletter deadline to: WmPsychlgy@aol.com or MWP, 5244 114th Ave, Clear Lake, MN 55319 or fax: 320-743-5694.

2010-2011 Executive Committee

Dawn Brennan, Chair

Laura Tripet Dodge

Faye Foote

Jacqueline Greenwood, Newsletter

Jennifer Nash Wright

Laura Nielsen

Barb O'Brien, Treasurer

Connie Studer

Karen Wright

Membership in MWP is available to those who hold either a Master's or doctoral degree in psychology from a regionally accredited institution or have been licensed as psychologists in Minnesota, and others who support its mission. Membership applications are available by calling the MWP office, 320-743-5694 or email at WmPsychlgy@aol.com or on the website at www.mnwomeninpsychology.org.

Notes From The Chair

Hello, it is me, Dawn Brennan, your new Minnesota Women in Psychology Executive Committee Chair. I admit to being exhausted as I write this. My dad died last week . . . Being a relatively healthy and vibrant 83 year old, his illness and subsequent death created a ten-day whirlwind of activity and worry. It is welcome respite to write this introduction.

I owe my private practice as a Licensed Professional Clinical Counselor (LPCC) to the Minnesota Women in Psychology organization. Having relocated back to Minnesota after an eighteen-year hiatus in Montana, I knew my licensure as a then Licensed Professional Counselor would not be recognized in Minnesota. I struggled to understand how by crossing over state lines I could become professionally invisible by comparison to the professional recognition LPC's receive in Montana as well as most other states.

After introducing myself to an MWP member at a workshop in 2002, I soon discovered during our conversation that not only was there a statewide organization for women but there was what proved to be an incredible membership benefit – the Private Practice Group. Monthly attendance at this informal gathering of women in the coffee shop at Como Park ultimately resulted in my researching and opening my private practice within six months of my first meeting. Incredible when I consider that I did not have a clue where to start.

Six years later I am happy to report that I have a nice little private practice located in Cambridge, about an hour north of the metro. I have one therapist who works as an independent contractor both in Cambridge and at a second office in Uptown. I also have an LAMFT completing her post licensure hours through my office.

So it's payback time. I'm not typically a joiner much less a Chair but I admit to feeling compelled to contribute to the organization that provided such positive support. Of course the individual members of the organization provided that support but the organization provided the opportunity for us to come together.

I'm looking forward to and thankful for this opportunity to serve as Chair of the Executive Committee. Since I am in a confessional mode, I will admit to not having formalized my goals for my term of service. Trust that I step into this role with enthusiasm and optimism. I will look forward to laying out the Committee's goals for the upcoming year after our annual retreat that is scheduled for June 6th. Please feel free to contact me anytime with suggestions or concerns you have. My email is dawnbrenn@gmail.com . It's the quickest way to share your thoughts with me.

Regards,

Dawn Brennan MPC LPCC

Epona Counseling Center LLC



2010-11
Executive
Committee:
Top Row
Karen Wright,
Connie Studer,
Jennifer
Nash-Wright
Bottom Row
Laura Tripet
Dodge,
Dawn Brennan,
Barb O'Brien
Missing:
Laura Nielsen
Faye Foote
Jacqueline Julien

MWP BOOK REVIEW March 2010

“The Middle of Everywhere: helping Refugees Enter the American Community” by Mary Pipher

In this book, the “middle of everywhere” is right here in the Midwest, specifically Lincoln, Nebraska, a community that was originally Native American, and for the last 150 years had consisted of mainly European people. In early 19th century, “Wave after wave of new pioneers broke over Nebraska and we became a state of Scots, Irish, British, Czechs, Swedes and Danes”. In recent years, the community has seen an influx of refugees from Russia, Serbia, Croatia, Bosnia, Hungary, Ethiopia, Sudan, Somalia, Pakistan, Liberia and Sierra Leone.

The author’s focus is on adjustment to these communal changes. Mary Pipher, a psychologist by training and past practice-experience, chose to devote her time to help them. In the process she discovered the type and extent of help needed by these very resilient, nice folk, who were not immigrants by choice. These were people who had had hardships generating PTSD for several years: they had had to leave their homes and culture under political pressure and threat of life, had seen many of their relatives killed, had to be separated from many near and dear to them, and, on top of it all had been in several different countries as bewildered and helpless newcomers, due to many sudden transfers from refugee camp to refugee camp, in which they had absolutely no say. They were repeatedly not allowed to stay on in a particular country so that all the adjustments they had made there were in vain. ‘Settlement’ was not permitted to them by powerful outside-agencies and they had to live without many rights. With such loss of personal control, trauma, many emotional losses and much grief, they had survived, and, finally landed in our country, the leader of the world nations.

Clearly the newcomers must learn many new things to get along in any new culture. Mary Pipher, the author, discovered that the job of helping them turned out to be much less of a burden than one might think. Instead, the contact with these families contained pleasant surprises, and were enjoyable, fulfilling, educational, and created new long-term relationships for her, due to their capacity for healthy warmth, healthy attachment, mature appreciation of current reality and life, and, general good humor and relaxed cheer. She notes particularly the specific features of resilience common to the refugee populations. On the other hand, the local community needs to adjust to the newcomers also. To this goal, she has clarified some assumptions and/or misconceptions in our minds, about their needs upon arrival in the US. She became aware that contact with refugees of different cultures was something not to be missed and more of us could easily enjoy the role of being a “cultural broker” and benefit ourselves in widening our social-mental horizons and / or correct some old, no longer applicable, psychological sets. In addition, she believed that we had something to learn about COPING from these populations, and realize that what we call ‘overwhelming stress’ is much smaller compared to the human capacity for tolerance and adjustment through resilience and the right philosophy of life. She emphasizes the need of compassion and respectful inclusion at both local community and government levels.

The needs of the initial adjustments of the refugees are defined as those of much simpler guidance that would enable them through information, new skills and “street-smarts” in a new culture. The author provides a detailed list of such tasks. These needs must be met prior to the PTSD / Trauma treatment in a therapist’s office in one-hour sessions in most cases (of course, depending on the severity of the case). Some may need both occurring simultaneously and for some the “cultural broker” (see definition in the book, please) may suffice. The cultural broker can also become an appropriate referral source. Also there is no law against the professional mental health workers including psychologists, to take on this role for part of the time for their own growth and personality enhancement.

Our outlook as those who have become residents some time ago and felt / feel well established, (until threatened by 9/11), needs to broaden further to befriend the newcomers rather than remain afraid of new communities because of the past and current terrorism events. If we understood different cultures better and included them, and had a balanced ‘give-and-take’ of culture and related values, perhaps we would deal better with prevention and occurrences of terrorism and eventually would reduce it in the global community. It seems to me to be the old story of the values of “cooperation versus competition” and “inclusion versus neglect”.

The book is wonderful, well written. In the first major portion, it has many simple, experiential stories of communication and contact of the author with different families. These can be read one at a time to accommodate time commitments. In the second part, they all come together with commonalities despite diverse cultural backgrounds, as she makes her own observations and comments. It is a book to be read by every human being, needless to say, by every mental health worker and every politician.

Alice in Wonderland

The new Tim Burton movie “Alice in Wonderland,” a sequel to Lewis Carrolls’ books, caught me by surprise. It is a tale of the heroine’s journey – and how often do the arts depict the Heroine’s journey?!

The movie opens with the now grown-up Alice at a garden party. The landed gentry are gathered, all so very proper in their adherence to the tradition, rules and protocol of Victorian England. They are symbolically dressed in white, to cover up their dark side. Outwardly they pretend to be “nice.”

Alice does not know that she is about to be proposed to by the utterly revolting, pompous and condescending Lord Ascot. She finds herself being ushered to the pavilion in the garden where Lord Ascot gets on his knees and proposes marriage in front of the gathering. Alice panics.

At this point, I was hooked on the movie. How many times, as a woman have I felt anxiety at wanting to say “no,” when convention and common sense tell me to say “yes.” And how many times have I acquiesced and violated the truth of who I am for the sake of what others expect and want.

Luckily, Alice catches a glimpse of the white rabbit. She desperately and clumsily excuses herself, follows her guide and falls down the rabbit hole into Underland. What ensues is an adventure of the soul., with the archetypes in her own unconscious; the simpy, sappy, passive White Queen; her sister, the aggressive Red Queen with her evil henchman; the ethereal Cheshire cat, the blue hookah-smoking caterpillar, the fatuous empty headed Tweedledum and Tweedledee and the greatest delight of all for me, the archetype of the fool – the Mad Hatter. It takes a Fool to defy cultural norms!

Alice has to confront her fear, represented by the fearsome Jabberwocky. After a series of adventures, she rides into battle on the back of, what I think, is a representation of her own instinct, a marvelous, many toothed, furry monster. The key to her courage has been to befriend this monster. Alice slays the Jabberwocky by befittingly cutting of its head – the symbol of rules, roles, beliefs and conformity. She has transcended the duality of her own fear-based ego and finds herself back

Continued on page 5

Asha Mukherjee, PhD, LP



Dawn Brennan and attendees during the committee reports

Continued from the cover.

A BIG WELCOME to incoming Chair Dawn Brennan! Dawn shared her thoughts and spoke about areas of interest as we plan for the coming MWP year. She will be graciously hosting the upcoming EC Retreat in June at her practice in Cambridge, MN. Continuing on EC are Laura Nielsen (Co-Chair of Professional Development), Laura Tripet Dodge (Chair of Membership), and Jennifer Nash Wright (Past Chair). And as always, we truly appreciate the excellent work done by Susan Johnson, the MWP Office Administrator!

One of the functions of the Annual Meeting is to recognize the many volunteers that it takes to make this organization work. MWP is fortunate to benefit from the many contributions, efforts and good energy of members who share their time and talents! A thank you and a rose was presented to all volunteers who were able to attend. A HUGE THANK YOU TO ALL OUR VOLUNTEERS!!!

PS. We love volunteers...AND it's fun! No huge commitments are required. Please ask how you can be involved--all inquiries will be cheerfully acknowledged.

Article submitted by Laura Tripet Dodge

Connie Studer and Karen Wright



Left: Jennifer Nash Wright and Susan Johnson

Below: Susan Broadwell

Fran Zimmerman



Conscious Evolution

Recently I was reading the futurist, Barbara Hubbard's book "Conscious Evolution" and learnt something amazing about the life cycle of the caterpillar/butterfly. She likens the metamorphosis of the caterpillar to butterfly to the metamorphosis that she believes is occurring in consciousness on the planet.

The caterpillar is the larval stage of the butterfly and its sole purpose is to eat and eat, and get fatter and fatter. It mindlessly munches its way through vegetation and sheds its skin four or five times to accommodate its growth. When it reaches a critical mass something magical starts happening. It stops eating and the critical mass activates what scientists call the imaginal disc in the body of the caterpillar; this is the blueprint of the butterfly. The imaginal disc starts releasing imaginal cells that attack the immune system of the caterpillar. From the caterpillar's perspective this is not a good thing and its immune system fights back, which further activates the creation of even more imaginal cells that link up and work together to overwhelm the body of the caterpillar and reduce it to goo. This goo is used to reconstitute the butterfly.

Barbara Hubbard suggests that humanity has been in its larval stage, rapaciously and greedily munching its way through the resources of the planet. For the last few thousand years, having reached a critical mass, the imaginal disc of humanity has started creating imaginal cells in the form of great spiritual leaders and teachers, all of whom have been seen as a threat to the social caterpillar. At this point in evolution, more and more people are awakening to higher states of consciousness and perhaps, as occurs in evolution we will reach a tipping point and achieve a quantum leap in consciousness before we destroy our planet.

I found this to be such a hopeful message for all who struggle as leaders against the mindless greed of big corporations, the self-entitled attitude of ego driven entrepreneurs, the dysfunction of systems in which we find ourselves and the sadness we feel about our own shortcomings. It is easy to go to a place of despair, to feel alienated and attacked when we put forth our vision and imagine a better future for the world and our children.

I know from my own life that the times when I have been reduced to mush have been times of reconstituting myself, recreating, re-imagining... This is easy to see in retrospect but not very pleasant at the time! I believe that if this is true in my life, it is true in everyone's life and in humanity as a whole.

I am reminded to keep living the dream, imagining the future and believing in change, to commit myself to surrender my caterpillar self to the higher purposes of my soul's imagining. I reassure myself that I am not alone in this striving and that if I stay focused on my own inner metamorphosis and others do too, then something magical can happen on our planet.

Lyndall Johnson, M.A., L.P., President Aslan Institute

Office Space for Bodywork

I'm looking for a person to share my bodywork office starting July 1, 2010. Preferably someone who doesn't use oil or very much oil.

Particulars: The office is located at 3507 Lyndale Ave. S. The office space is in a house remodeled with a waiting room, new bathrooms, fax/copier, and nicely landscaped. The other offices are rented by psychotherapists. There is some off-street and plenty of on-street parking.

The office is on the second floor. It is available M, T (3- 10 p.m.), W, F, and Sunday. I currently use the office Tuesdays 9:00 - 2:30, Thursday (10:30 - 7:30) and Saturday (9-4). The rent is \$600 a month, plus misc. expenses for supplies like tea, paper towels, T.P., copier ink, and a cleaning service (\$37.50 per month). So it is approximately \$325 a month, as the amount for supplies varies.

P.S. There is another office space available in the building and I would love another bodyworker to join me in the upstairs, if you want your own space.

Marjorie Huebner
wren@mm.com/612.242.6646 - cell

Rosen Method Bodywork

Greetings colleagues,
Beginning on June 1, 2010 I will be offering free ½ hour consultations in Rosen Method Bodywork for anyone interested in experiencing the work. You can refer people to a local Rosen Method website: www.rosenmethodmn.org for more information on The Rosen Method. My page: <http://www.rosenmethodmn.org/pract/marjorie.html>

I always appreciate your referrals and I hope this will make my work more accessible to those who are curious about it. I can be reached at 612.242.6646 (cell) or 612.338.5353 (landline) OR email: wren@mm.com.

I also teach a Rosen Movement class every Thursday morning and welcome new movers. The class is from 9-10 a.m. in the Sunroom at the Center for Performing Arts (3754 Pleasant Ave. S., Mpls). Drop-in's welcome, \$12 per class.

And last, but not least, think of referring to my business Breathing Space: Unclutter and Organize for anyone who needs help with clutter busting....think Spring Cleaning! I'm currently reading *Stuff, Compulsive Hoarding and the Meaning of Things* by Randy O. Frost and Gail Steketee.....very accessible to read if you're inclined!

Marjorie Huebner

Continued from page3.

in the pavilion with the snotty Lord Ascot still on his knees. Alice has found her voice, her courage and her conviction to follow her heart and not her head. In a moment of new found inner power, she tells Lord Ascot "NO, I do not want to marry you!"

The movie ends with Alice setting sail for China to be a trade ambassador for England, following her heart and her true purpose in life. The symbol of her metamorphosis, the blue caterpillar, turned to blue butterfly flutters towards the audience with the message of being true to one's inner guidance not the outer demands of others. Alice has found her true "Yes," and her true "No."

Lyndall Johnson, M.A., L.P.,
President Aslan Institute

Minnesota Women in Psychology Annual Meeting

May 22, 2010

Present: Kathie Bailey, Dawn Brennan, Susan Broadwell, Laura Triplet Dodge, Denis Dworakoski, Susan Johnson, Jill Magnuson, Sherry Merriam, Jennifer Nash-Wright, Connie Studer, Karen Wright, Fran Zimmerman

Jennifer Nash-Wright opened the meeting.

1. Membership Committee Update

- a. A thank you to all the committee members.
- b. Wine and Chocolate Event in Fall 2009 was well attended.
- c. A contest was hosted by the membership during the membership renewal last fall.
- d. Brown Bag Lunches began this spring and have been well attended.
- e. The committee has reached out to welcome the new members.
- f. The committee has been presenting MWP to area colleges. They plan to create an informative email brochure for students.

2. Treasurer's Report

- a. Fran Zimmerman provided copies of the financial report for those present.
- b. Membership has been declining. The raise in the dues meant that we did not loose money in that area.
- c. A workshop in 2008-09 provided the money for the new web site.
- d. The Newsletter is not being printed except to those who elect to pay a fee to have it mailed. This has cut costs.
- e. The interest bearing checking account had not been collecting the interest, but this problem has been corrected.

3. Executive Committee

- a. Three members of the Executive Committee, Fran Zimmerman, Susan Broadwell and Rebecca Chesin will be stepping down. They were presented with a small thank you gift for all the time and energy they have given to MWP.
- b. Jennifer Nash-Wright will be stepping down from the chair. She plans to remain on the Executive Committee for one more year.
- c. Dawn Brennan will be holding the chair position on the Executive Committee for the 2010-11 membership year.
- e. Connie Studer, Karen Wright and Barb O'Brien have accepted nomination to the Executive Committee. Faye Foote has accepted nomination as student liaison on the Executive Committee.
 1. Decided by unanimous vote to elect Connie Studer, Karen Wright, Barb O'Brien and Faye Foote to the Executive Committee.
- f. Flowers were presented as a thank you to the members of the 2009-10 Executive Committee.
- g. Dawn spoke about her goals for the upcoming membership year as chair of the Executive Committee
 1. Bring more "outstate" activities to MWP
 2. Work towards a more notable presence
- h. The Executive Committee will be attending a one day retreat to plan goals for the upcoming year on Sun., June 6th.
- i. Technology may be the answer to reaching members
 1. Some type of social networking such as facebook is being considered.
- j. Study groups may be of interest to members – a book would be chosen and over a set time period the group would read a chapter or so at a time and get together for discussion.

The meeting was adjourned by Dawn Brennan.

Respectfully submitted,

Susan Johnson, MWP Administrative Assistant

2010 Annual Treasure Report

Income	6/1/2008-5/22/2009	6/1/2009-5/22/2010	Difference
Annual Meeting	50	464.00	414
Interest Income	7	.30	
Membership	11,660	12,270.00	610
Misc	247	0	-247
Newsletter Income	135	50.00	-85
Sexuality Workshop	4897	0.00	-4897
Total Income	16,996	12,785.00	-4211
Expenses			
Administrative	2,787	2,988	-799
Advertisement	21	0	-21
Annual Meeting	2,039	135	-1904
Directory	1,284	1,007	-277
Executive Committee	1,075	1,924	849
Gift	0	50	50
Membership Expenses	1,298	1,360	138
Newsletter Expenses	2,998	1,085	-1913
Office Supplies	150	68	-82
Phone	767	849	82
Sexuality Workshop	513	0	-513
Web Expenses	900	4,652	3,752
Wine and Chocolate	412	265	-147
Total Expenses	14,247	13,383	-864

An Integrative Approach for Working with Vicarious Trauma

Three opportunities for growth:

Thursday, June 10

Thursday, July 15

and/or Thursday, August 12

6:30–9:30 pm

\$30



Facilitators: Mavis Rice, MA, LP & Mary Anna Palmer, LICSW, LMFT

Preferred Registration Date: June 4

**To Register: Email mavis@aslaninst.com or maryannap@aslaninst.com
or call (952) 736-7136 or (612) 920-3745**

Location: Aslan Institute, 4141 Old Sibley Memorial Highway, Eagan, MN 55122

Many therapists who work effectively with severe trauma in their client populations find themselves struggling privately with vicarious trauma. This harmful phenomenon can result in emotional disconnection, physiological symptoms, cognitive dissonance, and a sense of soul weariness. This workshop will not only offer essential self care education, but will introduce mind-body-spirit practices which heal neurologically, psychologically, emotionally, and spiritually. We will offer effective take-home healing methods from integrative psychotherapy and psychodrama to address each of these four arenas. Participants will have an opportunity to experience relief while being supported by others, and will learn techniques for staying vibrant and managing the overwhelming effects of trauma exposure.

Healing the Healers: Integrative Therapy to Heal Vicarious Trauma

An ongoing 8 week group (Sept 16 -Nov 4, 6:30-9:30p) will provide a safe and supportive container in which to explore how working with trauma survivors impacts us in our daily work and personal lives. This group will be closed in order to deepen the work and provide cohesiveness. New members may join at the end of each 8 week cycle. Cost is \$320 or discounted to \$280 if paid by September 1. Payment options include check, credit card or payment plan by arrangement. To register contact: mavisrice@gmail.com or 952.736.7136 or maryannapalmer@yahoo.com or 612.920.3745.



5244 114th Ave
Clear Lake, MN 55319

ADDRESS SERVICE REQUESTED

*Dated Materials:
July 1, 2010*

In this Issue

Annual Meeting Review

cover

Letter from the New Chair

page 2

Book Review

page 3

Movie Review

page 3

Conscious Evolution

page 5

*Annual Meeting Minutes/
Treasurer's Report*

page 6

Mark Your Calendar

Thursday, July 8

Executive Committee Meeting

7:00—9:00 PM

Caribou Coffee

4210 Winnetka, New Hope

FFI: Dawn Brennan

dawnbrenn@gmail.com

Saturday, July 10

Private Practice Group

9:00-11:00 am

Black Bear Coffee House, (go upstairs)

1360 Lexington Pkwy N, St. Paul

FFI: Karen Wright

karen@benevolentjourney.com

Saturday, August 14

Private Practice Group

9:00-11:00 am

Black Bear Coffee House, (go upstairs)

1360 Lexington Pkwy N, St. Paul

FFI: Karen Wright

karen@benevolentjourney.com

Thursday, August 19

Executive Committee Meeting

7:00—9:00 PM

Caribou Coffee

4210 Winnetka, New Hope

FFI: Dawn Brennan

dawnbrenn@gmail.com

Wednesday, September 1

Fall Newsletter Deadline

FFI: Jacqueline Julien

jacquelinebgrnwd@yahoo.com

Early October

Wine & Chocolate Event

Watch the EBlast for more details

Friday October 15

Membership Renewal Deadline