



'Making Dreams Happen' draws 110 to fourth annual women's weekend

You're never too old for the Women's Weekend - or for politics! Women ages 19 to 75 attended.

"Food for the body . . . food for the mind . . . food for the soul . . . soooo nourishing! Thank you ."

--Margaret Dresbach

A student's point of view:

Women's weekend proves to be bonding experience

by Renae Parr
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Write a story about the Focus On Women Retreat Weekend from a student's point of view? Sure, no problem. . . that is, until I actually sat down to write it. Things that are basically emotional are difficult to express in words that make sense to someone not involved.

When I was asked to attend this year's event as a speaker, I wasn't quite sure what to expect. I had never attended anything like this before. I took all the things on the packing list, my outline of the session I was to speak at, the directions to get there, and got on my way.

What I found there is hard to put into words. This group of approximately 100 women ranging in age from their early 20s to late 60s and 70s came together to share their joys and strengths, as well as their sorrows and weaknesses. Tears of both joy and sadness were shed. There were workshops to attend, art to be made,

songs to be sung, and walks to be taken. Friendships were deepened, while mere acquaintances and strangers became friends. Given the option of doing anything or nothing, we were encouraged to "make the weekend our own."

one actually define it? It involves getting out "with the guys," extended hunting and/or fishing trips, and watching sports, but there is more to it. No one can put it into definitive words, but something happens. I'm told this is "a neces-

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Putting away the pressures of school and home felt great. I didn't have to worry about getting kids to bed on time, doing the laundry piled by the washing machine, or taking care of anyone but myself. It was the most relaxing weekend I have had in a very long time--like a weight had been lifted off me. Attending this weekend took me back to my family refreshed and in a better frame of mind to handle the daily routines we all encounter.

We've all heard about the need for "male bonding," but can any-

sary part of the 'male' needs." But what about women's needs?

I have also been told that women have many opportunities to bond--talking on the phone, shopping sprees, and taking the kids to the park. We're supposed to be home taking care of kids, home, and health and that should be enough for us. Now women have an outlet for "bonding." We have the FOCUS ON WOMEN PROGRAM with monthly breakfast meetings and weekend retreats. It's about time!!!



Sandra Johnson and her mom - Counselor Bernie Nolan - take a sun break. Bernie's three daughters were part of the "Your Sister, Yourself" panel, along with Oregonian writer Jann Mitchell and her two sisters.

"Praise to the healing hands. Honor to the healing tears."

--Jann Mitchell

"A wonderful place to connect with women. Female energy is so sweet, nurturing, nourishing (even more so when we nurture ourselves). It just feels 'flat out' great to be here with such energy music, spirit. There's no turning back; I am forever changed. I will nurture this information in me to grow and grow."



photography by Linda Vogt
and Kate Gray

Coordinators for the event were CCC faculty members Nancy Baker, Ellen Burbridge, Linda Vogt and Rene' Rathburn.