

WICS Newsletter

Widowed Information and Consultation Services

Spring 2018

WICS Seabeck Retreat 2018

June 1-3

“Reaching Out to Each Other with Understanding and Hope”



Seabeck Conference Center is located on picturesque Hood Canal on the east side of the Olympic Peninsula. It is peaceful with natural beauty everywhere. Check out Seabeck Conference Center's website: www.seabeck.org to see pictures of the area.



The Place

The Program

We have held this Retreat for many years and coordinate it with The Compassionate Friends. Each group (WICS and TCF) have their own events, such as rituals and sharing groups, but share the keynote speaker and workshops. The program is simple and there is no pressure to attend scheduled programs and activities. There is also a program for families with children with separate accommodations and program for the children.

Schedule

Retreat check-in is 4:30 – 6:30pm on Friday. Take time to settle in and attend the orientation for new people before dinner at 6:30. After dinner we have a time of welcome and activities. Saturday is scheduled with speakers, workshops, activities, free time and massages. Sunday is the time for transition and a special closing ceremony to say goodbye to the place and people. The retreat ends with lunch on Sunday.

Workshops/Presentations

Presentations are diverse and stimulating. Some workshops address issues of grief and others offer help and ideas to enhance our life. Presenters are professionals who have worked in the area of grief or wellness.

Meals

Meals are served in the Historic Inn, a renovated 1869 vintage hotel. The Inn's dining room is a spacious windowed room where meals are served family-style with very generous portions. Also in the Inn is the Lobby, a comfortable public seating area with a large stone fireplace and coffee service.

Accommodations

WICS attendees are housed in the Spruce lodge which has a dozen sleeping rooms and a large carpeted meeting room. Our WICS get-togethers are in this meeting room and it becomes like our own living room. In the evenings before bedtime, we have activities and is a place to relax and visit. Each sleeping room accommodates up to three people. All rooms have private bathrooms. Seabeck provides linens, towels and soap. (So, be assured, you are not sleeping under a tent or using sleeping bags.)

Self-care, Massages, Fun Activities

You can sign up for a “chair massage” by a professional massage therapist. Sign-ups and payment will be made at the retreat after you check-in.

Espresso and other Amenities

Even with ample meals and snacks in between, some folks like to stroll across Seabeck Highway to indulge a food craving at the water-side restaurant, ice cream parlor, pizza place, or the espresso coffee shop!

Cost

The cost for 2018 is **\$230 per person** with double-occupancy accommodations. This covers the program as well as 6 meals and 2 nights lodging. (There will be an additional \$75 fee for single-occupancy.)

Driving/Directions

If you need help with getting to Seabeck, please call the office and we'll try to find you a ride-share or find someone you can follow to Seabeck. An acknowledgement of your registration will be sent after you register including directions to Seabeck Conference Center.

~ See pages 5-7 for more information and the Registration Form. Sign up early! Space is limited. ~

WICS

Board of Directors

David McDowell	President
Le Habryle	Vice President
Holly Finkbeiner	Secretary
John Hanson	Advisor
Sara Acree	
Burnie Barbus	
Margo Cutter	
Elaine Eggebraaten	
Dennis Jenkins	
Sue Styer	
Ann Thorpe	

Professional Advisor
Dr. Bob Baugher

WICS Contact Information

Phone: 206-241-5650
 Email: wicsoffice@qwestoffice.net
 Website:
www.widowinfo.org
www.widowinfo.com
www.kcwics.org



www.windermere Renton.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.

PLEASE NOTE: If you are no longer interested in receiving the newsletter via USPS mail, please contact our office to be removed from the list.

Gifts of Love

In loving memory of **PAT QUESTAD**
 from Philip Questad

In loving memory of **EILYNE LEVY**
 “My love.”
 from Moses Levy

In loving memory of **RANDALL AINSWORTH**
 “You are forever in my heart. I love you.”
 from Claudette Ainsworth

In loving memory of **DON SHARP**
In loving memory of **ELLA MAY MILLER**
 from Alecia Sharp

In loving memory of **MEL THORPE**
 from Ann Thorpe

In loving memory of **ARNIE SCHNEIDER**
 from Mary Schneider

♥♥

Please help us help others by sending a LOVE GIFT today. WICS relies on your donations. Your gift allows WICS to support grieving individuals and families in our community. We invite you to send a gift in memory of your loved one. You and your loved one's name will be noted in the next newsletter.

Workplace “Matching Gift” programs can increase your donation. Check to see if your employer will match your gift.

♥♥♥

WICS deeply appreciates everyone who gives so generously throughout the year. Thank you for helping WICS be available to those in the community who need us.

♥♥♥

All Love Gift Donations are tax deductible

UPCOMING EVENTS

Mark Your Calendars and Save the Dates



SEABECK RETREAT
June 1-3, 2018



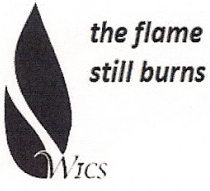
More Information and Registration Form on pages 5-7

SUMMER PICNIC CELEBRATION
August 2018



More Information in the Next Newsletter!





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 Ave NW - Ballard Landmark Assisted Living (mtg room near front desk)

Contact: **Doug** 206-441-9490 or **Pat** 206-367-1669

Dinner Gathering – Tues. 5 pm Call Pat for Dinner location.

BELLEVUE: 7 p.m. Mondays

10420 S.E. 11th St. - Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)

Contact: **Kathy** 425.653.7209 (best to call M, W, F during the day)

or email at: clancyKa@comcast.net

Dinner Gathering – Mon. 5 pm – Location varies - Check website weekly for location & info

COVINGTON: 7 p.m. Tuesdays

25810— 156th Ave SE - St. John the Baptist Catholic Church

Contact: **Le** 253.630.0324 or email at: saraacree@comcast.net

RENTON: 12:30 p.m. Wednesdays

211 Burnett North, Renton Senior Center

Contact: **Burnie** 425.255.1888 or email at: burnie@comcast.net



WICS invites you to send a gift in memory of your loved one. We rely on your donations. Your gift allows us to continue supporting grieving families in our community.

Please help us help others by sending a LOVE GIFT today.

All donations are tax deductible.

Workplace "Matching Gift" programs can increase your donation.

Check to see if your employer will match your gift.



If you are looking for a tangible way to honor your loved one for Memorial Day, please consider making a tax-deductible contribution to WICS. We are funded 100% by donations. We've enclosed an envelope for your convenience.



Gifts of Love

Amount: \$ _____ From: _____

In Memory of: _____

Message: _____

Send Acknowledgement to (name): _____

Address: _____

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



SPRING 2018 AUCTION



We had a wonderful time at our annual WICS Spring Auction and German Luncheon, held March 10th at St. John the Baptist Catholic Church in Covington. There were about 80 people in attendance.

A big thank you to the WICS Board members who organized the event - John Hanson (Advisor,) Dave McDowell (President,) Le Habryle (Vice President,) Holly Finkbeiner (Secretary,) Burnie Barbus, Margo Cutter, Elaine Eggebraaten, Dennis Jenkins, Sara Acree Habryle, Sue Styer, and Ann Thorpe. We also wish to thank all who had a part in making it a success. We appreciate those who donated items and all who prepared those items to be auctioned. A special thank you to all who bid and purchased the many items and those who were unable to attend, but sent donations.

Thank you to Le and Sara who purchased and prepared our delicious German luncheon of sausage, potato salad, lettuce salad, and sauerkraut. There were two large cakes for dessert. Wine was available for a donation.

We encourage you to support the following wonderful businesses who generously donated items and gift certificates. When you visit them, thank the managers/owners for their part in making our WICS auction such a success.

Items and Gift Certificates

- Active Nails w/Style**, Kent, WA
- Alexa's Café & Catering**, Bothell, WA 98011
- Anthony's Restaurant**, Kirkland, WA 98033
- Applebee's Grill & Bar**, Bellevue & Renton, WA
- Black Angus Restaurant**, Federal Way, WA 98003
- Blue Apron** – food delivery, Blue Apron.COM/BA218SC
- Coho Café**, Issaquah, WA 98027
- Hand & Stone–Massage & Facial Spa**, Tukwila, Bellevue, & Kirkland
- Master Gardener, Catherine Foster-Boyd**, CRAFT249@gmail
- Museum of Flight**
- Panera Bread**, many locations
- Paolo's Italian Restaurant**, Kent
- Patty's Eggnest**, Everett, Seattle, & Arlington
- Pogacha Restaurant**, Bellevue and Issaquah, WA
- Purple Café**, Bellevue and Seattle
- Rainbow Café**, Auburn
- Square Lotus Restaurant**, Bellevue
- Vitality Skin Care**, Lake Tapps

Gift Cards

- Amazon**
- Barnes & Noble Book Store**
- Build-A-Bear**
- Firmly Planted Reflexology**
- Lowe's**
- Macy's**
- Office Max**
- Target**



Thank you to the many people who completed baskets and to **Ann Thorpe**, owner of the vacation home at Crescent Bar, Quincy, WA.

A special thanks to **Dr. Bob Baugher** for the \$3,000 donation to WICS. This is from the sale of Dr. Bob's newest book, Surviving Widowhood: Suggestions from Widowed People to You for Coping with the Death of Your Husband, Wife, or Partner

Thank you to ALL for Giving Back and Sustaining WICS for Others

Surviving Widowhood: Suggestions from Widowed People to You for Coping with the Death of Your Husband, Wife, or Partner

by Dr. Bob Baugher, Ph.D.

This book offers 49 excellent categories of suggestions straight from more than 40 widowed people about what helps & what doesn't. Chapters include: Dealing with Grief; Worry; Sleep and Dreams; Feeling Alone; Getting Things Done While Taking Care of Myself; The Ups & Downs of Life without My Loved One; Dealing with Others; Dealing with My Children; Considering a Relationship; and more. To purchase a book contact Dr. Bob at: **b_kbaugher@yahoo.com** or call **425-226-2350**



WICS Retreat at Seabeck, WA June 1-3, 2018



at the scenic and historic **Seabeck Conference Center** (www.seabeck.org) on Hood Canal.

Reaching Out to Each Other with Understanding and Hope

Keynote Speaker: **Alan Pedersen** on his *Angels Across the USA Tour*



Retreat Cost:

\$230.00USD per person (shared room)
\$305.00USD per person (single occupancy)
2 nights lodging & 6 meals
(Friday dinner through Sunday lunch)



Check-in begins Friday afternoon at 4:00pm

Orientation meeting at 5:45pm for first-time attendees

Friday evening dinner at 6:30pm

Three Delicious Hot Meals a Day Served Family-Style in the Historic Dining Hall.

Also available are a yogurt and cereal bar at breakfast and a salad and fruit bar at lunch and dinner.

Friendly staff wait on you and we guarantee you won't go away hungry!

Children/Family Program - see below and registration form on other side.

Your Program ♥ Your Retreat ♥ Your Rest & Relaxation

- ♥ Attend practical presentations/workshops that are diverse and stimulating. ♥
- ♥ Attend activities that are fun and allow for individual and group participation. ♥
 - ♥ Walk the beautiful grounds or explore the beach. ♥
- ♥ Make this weekend yours by paying attention to what you need. ♥

We will send directions and a map with the acknowledgement of your registration.



Registration Due By: **May 1, 2018**

(After May 1st, registrations accepted until spaces are filled.)



For more information, call WICS at 206-241-5650 or email: wicsoffice@qwestoffice.net

~~~\*~~~ **Limited Scholarships** *may* be available. ~~~\*~~~

If interested in financial assistance, you **MUST** call the office **BEFORE** sending in your registration form.

There will be a WICS/TCF Children's grief support program for children ages 5-17 and their parents. If you are interested in bringing your children to the retreat, call 206-241-5650 or email [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net) for more information.

Registration information on next page.



**REGISTRATION FORM ~ Registration due by May 1<sup>st</sup>**  
(After May 1<sup>st</sup>, registrations still accepted until spaces are filled.)



**SPACE IS LIMITED!!      SEND IN REGISTRATION FORM & FEE EARLY!**

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

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

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Please check all that apply:

\_\_\_\_ **Single Occupant** room requested

(Limited # of Single Rooms available. ~ "first come, first serve".)

\_\_\_\_ **Double/Triple Room with:** \_\_\_\_\_

\_\_\_\_ **Special Diet:**      Circle the one/s you need:

\_\_\_\_ **\*Dairy-Free \*Vegetarian \*Non-Celiac Gluten-Free \*Vegan**

\_\_\_\_ **Housing Limitations:** (i.e. difficulty with stairs, etc.)

\_\_\_\_ **Chair Massage – Please indicate if interested.**

15 minute Chair Massages available Saturday for \$20.

Pay at the retreat when you sign up for appointment time.

**Waiver:** WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.

Signature/s: \_\_\_\_\_

**2 Nights and 6 Meals** Lodging includes all bedding, towels, & soap. Meals are Fri. supper thru Sun. lunch.

**Shared 2-3 person room**      **\$230.00** USD per person      \_\_\_\_\_

**Single Occupant Room** (Limited # of rooms available.) **\$305.00** USD per person      \_\_\_\_\_

**Contribution to Scholarship Fund:** (To assist others to attend the retreat)      \_\_\_\_\_

**Total Enclosed with Registration:** (Make Checks payable to **WICS**.)      \_\_\_\_\_

Send Form and Payment To: **WICS RETREAT    PO Box 66896    Seattle WA 98166**

*Make checks payable to **WICS**. (Sorry for the inconvenience, but we can no longer process credit card payments.)*

\*\*\* **Limited Scholarships** *may* be available for WICS and the Children's Program. \*\*\*  
If interested in financial assistance, you **MUST** call the office **BEFORE** sending in registration form.

**PARENTS AND CHILDREN PROGRAM REGISTRATION**

**ADULTS: \$175**

(Scholarship assistance may be available. Contact WICS office before sending in registration.)

**YOUTH** (age 12-17) and **CHILDREN** (age 5-11) fees are waived this year.

**Thank you to Windermere Real Estate for supporting our Children's Program.**

Parent/s Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Contact Phone Number while at Seabeck: \_\_\_\_\_

**Special Diet Needs:** Circle the one/s needed: **\*Dairy-Free \*Vegetarian \*Non-Celiac Gluten-Free \*Vegan**  
(Be sure to specify name of person needing a special diet.)

1. Child's Name: \_\_\_\_\_ Age: \_\_\_\_ 2. Child's Name: \_\_\_\_\_ Age: \_\_\_\_

Allergies/Physical Limitations: \_\_\_\_\_ Allergies/Physical Limitations: \_\_\_\_\_

Parent/s Signature: \_\_\_\_\_

**Waiver:** WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.



## Our Annual WICS Retreat in Seabeck, WA ~ June 1-3, 2018

For decades the widowed have been crossing the wooden bridge into the serenity of Seabeck Conference Center ([www.seabeck.org](http://www.seabeck.org)) in the historic town of Seabeck, Washington, just an hour and a half drive from Seattle. The majestic Olympic Mountains rise to the west, scenic Hood Canal lies between you and the Olympics and the wooded hills sloping up from the beach set this place apart from being just any conference center. This peaceful place sets the tone for a *healing* weekend. One feels safe and protected from the outside world while feeling the calm and comfort of being with others who understand. It's a safe, supportive place to do one's grief work. We believe that other widowed people are the greatest resource and support for this most difficult grief journey we have to travel.



Our retreat is just that...a *retreat*. We leave behind the busyness of our everyday lives and enter a relaxed and safe haven to bond with other widowed people. The retreat is a place where we share our thoughts, feelings, and precious memories of our loved ones. The weekend includes a keynote speaker, workshops, sharing time, a reflection room, crafts, and other activities.

The retreat is low-key and there's no pressure to attend every scheduled session. The weekend is yours to use however you need to take care of yourself. If there's an activity and you'd rather take a nap or take a walk, do what YOU need to do. You are with people who understand.

WICS and TCF (The Compassionate Friends) jointly plan the retreat. We share the main speaker and workshops, but WICS and TCF have separate sharing groups, memorial ceremonies and housing.

Together, WICS/TCF offer a children's program for those who want to bring their children (ages 5-17). The children have their own program, activities and ceremonies. Call **206-241-5650** for more information about the children's program.

About 100 bereaved adults and children from Washington, Oregon and British Columbia attend our retreat. You will find caring friends who can relate to you and your grief. Please join us at our Seabeck Retreat! For info about the retreat call **206-241-5650** or email: [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net).

### The Mask

Lennie Neal, Victoria, BC



There's an old mask I wear for the public,  
Smiling face, I'm sure you've seen the act.  
Concealing all the grief so deep and wild,  
The deep and desperate longing for my loved one,  
Buried under courtesy and tact.

An invitation brought me to Seabeck  
Hesitantly, hoping for some peace.  
Walking slowly, shy among the strangers  
Mask in place, alert for hidden dangers,  
Hoping against hope for some release.

A fortunate seating at the table,  
I sat beside a woman, calm and mild.  
She turned to greet me with a gaze so fine,  
Compassionate eyes that never left mine  
As she smiled, and asked about my loved one.

The wave of relief fairly shook me,  
I saw at once that I could drop the mask.  
The workshops and the sharings all were real,  
Emotions in the songs that made me feel,  
The meals also, all that I could ask.

Candles in the night, so very moving,  
We gathered on the bridge under the moon.  
Couldn't stop the flood of tears from streaming,  
Can't mistake the song, or miss its meaning,  
Our loved ones all were taken far too soon.

Our burdens were all burned at the closing,  
Cascades of bubbles floating far and near.  
The sense of community was stronger,  
But we just couldn't stay any longer,  
That's OK, we'll all come back next year. ♥

### Seabeck Testimonials

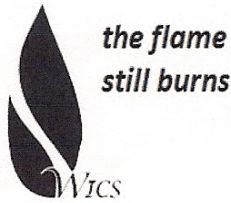
*From some of our Retreat evaluations:*

- ♥ *"I felt supported and being with others who understood and didn't try to fix me."*
- ♥ *"Everything was done really well. I felt validated. The retreat encouraged all feelings."*
- ♥ *Well organized, great food & lodging, a variety of relevant topics & awesome speakers.*
- ♥ *"Location was excellent! Sharing with like-minded people was so good! Food was fantastic!"*
- ♥ *"I decided to attend the retreat because I've loved it so much from attending previous years."*
- ♥ *"I was told how amazing it is."*
- ♥ *"This retreat was a phenomenal experience."*
- ♥ *"The retreat was well organized, in an ideal location and had excellent workshops."*
- ♥ *"The retreat far exceeded my expectations."*
- ♥ *"The closing ceremony was a perfect closing to a perfect weekend. It was great to see the change in people in just 2 days! They found life after death."*

***Memories will bring you love from the past, courage in the present, hope for the future.***

Sascha Wagner

**WICS**  
PO Box 66896  
Seattle, WA 98166



**Spring 2018**

**NON-PROFIT ORG**  
**U.S. Postage Paid**  
**Seattle, WA**  
**Permit #1014**



**RETURN SERVICE REQUESTED**

**Seabeck Annual Retreat**  
**June 1-3, 2018**  
Information and Registration – pgs 5-7

## **Widowed Information and Consultation Services (WICS)**

- WICS is non-sectarian and is not affiliated with any other agency.
- WICS is a program that offers group support to men and women who are coping with the death of their spouse or partner. Since its beginning in 1974, WICS has served more than 80,000 men and women.
- The most frequent inquiries at WICS are for clarification of the grief process, such as “Are my feelings normal?” or “Am I losing my mind?” and also seeking help for dealing with loneliness.
- 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.

Phone: **206-241-5650**

Website: [www.widowinfo.org](http://www.widowinfo.org);  
[www.widowinfo.com](http://www.widowinfo.com); [www.kcwics.org](http://www.kcwics.org)

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