



The Spirit

e-newsletter

February 2018

MONTHLY PUBLICATION OF THE WIAWAKA CENTER FOR WOMEN

Get Involved, Join the fun!

By Meaghan Keegan, Executive Director

One thing I have enjoyed about Wiawaka is the number of people who want to be a part of the organization by getting involved in some way. For instance, we have a wonderful group of talented instructors and facilitators who each bring unique programs to our summer schedule. Each year this group grows and I am amazed at the number of them who volunteer or charge a minimal fee to make these great programs available to Wiawaka guests.

Others get involved by attending our special fundraising events like the Ladies of the Lake Luncheon and Dock Party. These are fun events designed to bring people together and raise needed funds for our coming season and are perfect ways for you to introduce our organization to a friend who is just learning about

us. I hope you can all attend at least one of these events, as they are both a great way to start of the summer.

Additionally, there are others who volunteer at our spring opening weekends, attend a lecture, purchase a season pass, take tours, spend the night in one of our Victorian cottages, learn a new art technique, buy a t-shirt, practice yoga on the dock, hike, swim, read, garden, and simply enjoy Wiawaka.

I invite you to think about how you can get involved by supporting us and/or taking part in all we have to offer. Wiawaka is a wonderful place, filled with wonderful people and there are so many ways you can be a part of it. I hope to see you soon and look forward to your future involvement.

Quick News

Ladies of the Lake Luncheon & Awards

June 18, 2018 11:30am-2pm
Lake George Club, Diamond Point, NY
Tickets are available now on our website, www.wiawaka.org or by calling our office at 518-668-9690.

Employment Opportunities

We are now accepting applications for seasonal kitchen, housekeeping and front desk positions. To be considered, please email a letter and resume to Meaghan Keegan, Executive Director at wiawakadirector@gmail.com or mail to 3778 Route 9L, Lake George, NY 12845.

Vendors Wanted

Health, wellness, beauty, fashion consultants wanted for our Girls Day Out Wellness Fair on June 29, 2018. Limited spaces are available so please register for your booth today to set up under our lakeside tent. Visit www.wiawaka.org.

MEET THE BOARD



Rene Clements was appointed to serve in the Wiawaka board of Directors last July. Rene has served over 11 years as the Executive Director of the Greater Glens Falls Senior Citizens Center Inc. Upon her retirement she was honored by the City of Glens Falls Mayor by designating a “Rene Clements day” for her service to Seniors and to the entire Community. Rene has an extensive background in banking, finance and business management. A native of Glens Falls, Rene has had over twenty years experience in the not-for-profit arena. Rene was also the former Business Manager the Tri-County United Way and a Vice President at Evergreen Bank.

Rene is a very active volunteer in the community. She is currently a board member of The Conkling Center, The Glen At Hiland Meadows and The Glens Falls Collaborative. She served on the Retired Seniors Volunteer Program (RSVP) Advisory Committee as Chair for many years. Rene is very proud to have served on The Special Olympics Organization

Committee, something dear to her heart. Rene has a great appreciation of the arts. She is currently on the board of Lower Adirondack Regional Arts Council (LARAC) serving as Chair; is Past President and Past Treas. of the Adirondack Theatre Festival, still serving as a board member. She is also the former President, VP, Assistant Treasurer, and Board member and still an active member of the Glens Falls Community Theatre and this year was honored by receiving “Honorary Member”. She is a volunteer with The Chapman Museum, North Country Ministry & the Glens Falls Symphony to name a few.

Rene resides in Queensbury with her husband Brian (current Town of Queensbury Councilman for Ward 2) and has two grown children, Chad & Andrew and three beautiful granddaughters. In her spare time, she loves spending time with family and friends and boating or just spending time looking at the majestic Lake George

2018 Board of Directors

Doreen Kelly - President
 Karen Guiseppe - Vice President
 Peg Mackey - Past President
 Colleen Campoli - Treasurer
 Joan Tarantino - Secretary
 Rene Clements
 Fannie Glover
 Glenda Lewis
 Carol McCarthy-Sieper
 Lynn Sickles
 Marina Skea

**Support
 Wiawaka Holiday
 House Inc.**

When you shop at [smile.amazon.com](https://www.smile.amazon.com),
 Amazon donates.

[Go to smile.amazon.com](https://www.smile.amazon.com)

amazonsmile

Wiawaka can benefit every time you shop when you use Amazon Smile! Simply visit the website above and choose Wiawaka Holiday House, Inc. as your charity and every time you buy a donation is sent to Wiawaka!

Important Dates for 2018

- May 4 & 5 – Volunteer Clean-up
- May 11 & 12 – Volunteer Clean-up
- June 18 – Ladies of the Lake Luncheon
- June 22 – 3rd Annual Dock Party
- June 23 – 115th Season opening day
- June 28 – Girl’s Day Our Wellness Fair
- July 4 – Family Fun Day & BBQ
- July 6-8 – Artist in Residence Art Show & Sale
- July 8-12 – Georgia O’Keeffe Week
- July 16-20 – Writer’s Week
- July 21 – Victorian Tea Party
- July 29 – Adirondack Pastel Art Show
- August 14 – Lake George Music Festival Concert & Chocolate and Wine Buffet
- August 30 – Final day of regular season
- September 9 – Volunteer Appreciation BBQ
- October 12 – Annual Appeal Kick-Off Party

For Those Who Have No Clue...This One's For You

By Stacey Morris

Why doesn't that out-of-control pig just stop eating?

Helllooo? Just push yourself away from the table – it's simple.

Or my favorite cut-and-dry prescription: Whack your portions in half and start exercising.

Those who have no clue about the inner workings of a person of size piously say phrases like these aloud or to themselves while disdainfully assessing imagined but glaring character flaws. And in the interest of not playing games with ourselves, let's come clean and admit the negativity's root: a visceral response to appearance.

If health concern is your argument, please don't use it unless you're also vocally disdainful of the habits of habitual drinkers, smokers, and shop-a-holics. For the 20 years I weighed in excess of 300 pounds, I was more than familiar with disapproving remarks and reproachful looks. As a survival tool, I unconsciously developed an invisible 'back away from the fat chick' forcefield around my parameter. Most of the time, a withering look from me was enough to put a would-be lecturer in their place, but a few of the well-meaning health-mongers penetrated the forcefield and they'd commence dispensing some "It's so simple if only you'd just..." pearl of great price...as if they had just helped me crack the wall of the most potent secret since the Da Vinci Code.

If only they had a little more information and a lot more compassion, they may have been able to connect the dots a little differently.

Pushing yourself away from the table is fine and good if you're the average Joe or Sally who have slowly let 15-20 pounds creep on due to 'that's life' factors such as middle age, a sedentary desk job, and perhaps a few too many complex carb choices that dot our fast food nation.

But for someone like me, who carried 180 extra pounds on her frame, eating wasn't just eating. It was a psychologi-

cally loaded activity. How could I just abruptly cut the cord that connected me to emotional salvation?

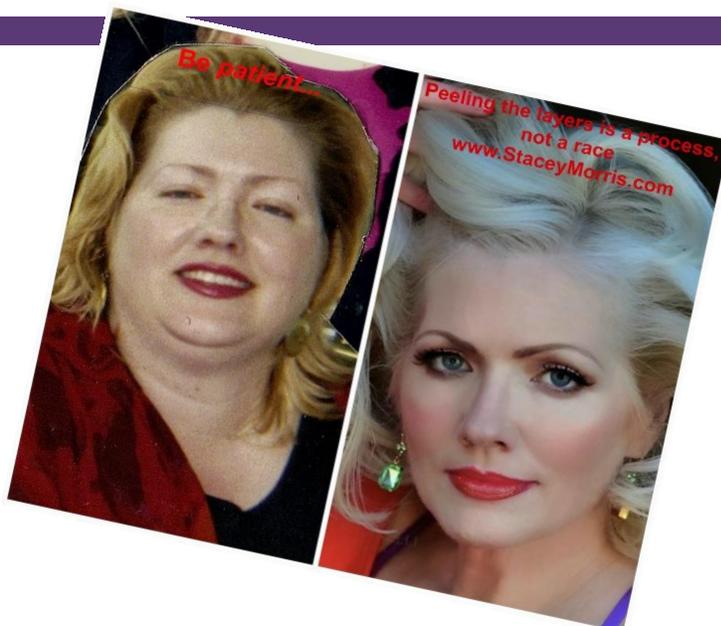
The answer is, I couldn't. Any attempts I made at an abrupt disconnect via calorie-counting, pre-packaged meals, metabolism-enhancing pills and other Molotov cocktails always ended in a steaming pile-up of a mess.

For those fortunate enough to never have been ensnared in this sort of trap, think of it this way: It's kind of like your arm being on fire and looking for a bucket of water...food is that bucket. Some of you reading relate to this while others are shrugging, wondering why a simple visit up on the roof isn't enough to quell stress on those days when the world is too much to bear.

That's the eternal mystery. I don't have the time or expertise to debate the issue of nature vs. nurture, but let me be clear about the simple truth that people of size don't need your judgment or your two cents, whether in the form of a mini-lecture or a look.

If being unhappy with my size, or breaking into a cold sweat at the prospect of fitting into an airplane seat, or feeling disgusted after yet another dieting attempt failed were any kind of valid motivation, obesity would be wiped off of our nation's map. For decades, I directed copious amounts of disappointment and disgust at myself. But it wasn't enough to turn the tide. It really only escalated my defense mechanism of eating to sedate.

People write to me confessing they want to do what I've done but "can't stop" with the food. I know exactly where they're coming from. After my 475th attempt to force myself to be a good girl, a modest eater, a person who was dispassionate about Eggs Benedict and potato salad, I finally waved the white flag and admitted my efforts were futile. And in fact, maybe even a little detrimental to my mental health. A decade ago, when I was riddled with rage and frustration over a toxic job I'd remained in for about eight years too



many, the orange Tupperware bowls full of homemade potato salad carted from my refrigerator to the office probably prevented me from committing a homicide or two. See? Even destructive habits can have a silver lining.

I'm not suggesting I was happy with my size or the way my misusing food was siphoning my mental and physical energy. Binge-eating was an automatic habit and coping technique that wasn't in my best interest for a variety of reasons. And speaking of reasons, I decided it was time to start listing the ones that led to me reaching for potato chips and clam dip in the first place. I guess you could say it was a commitment ceremony of sorts, a sacred vow between the self I projected to the world and the humiliated fat girl who had some accrued anger, sorrow, remorse, and other sundry emotions I needed to say hello to.

A lot of people don't want to hear this next part, but healing from the inside out was a long process and a journey that doesn't really ever end. It's the nature of life's bumpy road. But wouldn't you rather hear truth for a change instead of lies and manipulation from someone with a financial agenda?

The good news is, if you're ready to begin, it's more simple and freeing than you ever imagined. And there are no hidden fees or membership dues.

Stacey Morris is a cookbook author, health coach, and DDPYOGA instructor based in Albany, N.Y. Her website is www.staceymorris.com. She will be instructing a Yoga & Nutrition Class at Wiawaka Wednesdays this August!

Meet Haley



Originally from Greenwich, NY, Haley Graves recently relocated back to the area from New York City. She is a 200-hour certified yoga instructor with a passion for all things health and wellness. Haley also has a professional background and interest in marketing and community management, which she is excited to use at Wiawaka assisting with reservations, programs and at the front desk. She is thrilled to be working for an organization that aligns with her personal values and endeavors. Haley looks forward to connecting with everyone this upcoming season!

“Hayley is a wonderful young woman and I am excited about all the talents she brings to Wiawaka,” said Meaghan Keegan, Executive Director, “I am sure all of you will love her friendly demeanor and her positive and helpful attitude”

Congrats!



Join us in congratulating our Executive Director Meaghan on her recent marriage to Denny Keegan. The two were married at St. Paul's Episcopal Church in Greenwich, NY on January 21st.

Last Call!



As a fundraiser for our Fuller Scholarship Fund we are selling a variety of apparel in honor of our 115th Anniversary. We have extended the sale of these limited addition shirts, available in a variety of colors, sizes and styles. The Sale ends on February 14th. To purchase visit <https://www.bonfire.com/115th-anniversary-shirts/> or call Meaghan at 518-668-9690.

Does your organization want to learn more about Wiawaka?

Wiawaka has a rich history and exciting new programs that we are excited to share. If you are interested in having a representative from Wiawaka come to an upcoming meeting to share a power point presentation about Wiawaka please contact our office at 518-668-9690 or wiawakadirector@gmail.com.

Guest Photos



Lois Radke sent this photo of her group's annual “friends gathering” at Wiawaka in 2017.

Please feel free to email your photos to wiawakadirector@gmail.com, we'd be happy to share them!

Volunteers are needed!

Learn how you can help with upcoming events, tasks and projects. Current opportunities:

- Ladies of the Lake Luncheon
- Spring appeal letter mailing preparation
- Spring opening weekends in May

Email Haley at wiawakareservations@gmail.com for more information or to sign-up.