

F.R.E.S.H.'S HISTORY

F.R.E.S.H. is an organization that was founded in 1990 by Cheryl and Dick McKinley. Its original purpose was to serve as a support to persons recovering from chemical dependencies and/or addictive behaviors. At that time, people following 12-step programs formed the core of members and participants. Since those early beginnings, F.R.E.S.H. has evolved to include all spiritual seekers and today focuses on physical, emotional and spiritual wellness. Since we are not allied with any other organization or institution, we consider ourselves a community resource available to all.

The F.R.E.S.H. premises had originally been the family vacation home for Cheryl's family of origin. Her father was the original brewmaster for Anheuser-Busch and had been brought over by the company from his native Germany. He styled his family's summer house in the manner of a Bavarian chalet. It is nestled in acres of beautiful woodland outside of Augusta, MO on what was sacred Indian burial grounds.

Although the land since has been donated to Maryville University by the family, F.R.E.S.H. holds several of its annual events on the property. A strong sense of wellness and peace is usually experienced by all who participate in these events.

EVENTS & SPECIAL NOTES

F.R.E.S.H. ANNUAL GENTLE LUNCH On April 2 of this year, our annual Gentle Lunch was held in the blessed and quiet atmosphere of the Mercy Center in Frontenac, MO. Our theme this year was "Embrace Life!"

This theme encouraged participants to identify and celebrate heretofore unexplored aspects of themselves. We were encouraged to appreciate that all 5 of the senses we are given provide different avenues through which we can reach and explore our inner selves. Sounds, odors, colors, designs, textures tastes, and words may all be used in our search for ways in which to express ourselves.

Our guest artistes, Dana Sebastian-Duncan and Kelley Brown, led us in a variety of exercises designed to do just that! Through a variety of media, guests were inspired through guided activities of self-expression. Sharing in a safe, peaceful environment was encouraged. Participants were inspired by their own and others' contributions.

We enjoyed a delicious luncheon as well as opportunities for self-reflection and meditation. Feedback for the occasion was overwhelmingly positive. As a result, Dana and Kelley, offered follow-activities on Friday, May 20. It was well-attended and enjoyed by all. Additional sessions will be announced as they are planned.

F.R.E.S.H. 20th ANNIVERSARY PICNIC This year our annual picnic is an extra-special event: we are celebrating our 20th anniversary! Please join us at the chalet in Augusta on Sunday, June 12 from 10:00-3:00. The morning will include Tai Chi and Healing Touch as well as a word from our founders, Cheryl and Dick McKinley. The afternoon session is entitled "A Time of Gratitude."

Luncheon will include BBQ hamburgers, veggie burgers, bratwurst, beverages, and potluck.

Cost is \$15.00 and all are welcome.

Please feel welcome to bring a potluck to share and a LAWN CHAIR. (minimal chairs available).





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F.R.E.S.H.:
**What Does It
Mean?**

Fellowship
Renewing
Experience
Strength
Hope

**For further
information or
to pre-register
for any event,
please contact
F.R.E.S.H. at
(314) 839-8828**

EVENTS & SPECIAL NOTES (CONT.)

ANNUAL KAREN CASEY WEEKEND One of the highlights of F.R.E.S.H.'s calendar has continued to be the Writers' Workshop led by our artist-in-residence, Karen Casey. Karen's first book was published in 1982 and it sold over 3 million copies. She has been a prolific writer since then, publishing an additional 23 books.

Previous weekends (held at the little chalet near the town of Augusta) have traditionally proved memorable for all who participated. The beauty of the surroundings, the fellowship and camaraderie, Karen's skills and expertise as an author coupled with her unique ability to encourage others sets a tone that never fails to produce amazing results.

The theme for this year is "Continuing the Journey Within." It promises to be a special, sacred time of exploration and sharing. This special weekend is for people who write regularly and for those who have never written before...but would like to try. We are so fortunate to have this special opportunity with such a gifted author.

Register early to ensure a spot.

QUOTES & WISDOM

A Teacher's Prayer

One day, I would like to teach, just a few people, many and beautiful things that would help them when they teach---a few people. ~ *Anonymous*



There are things only you can do,
And you are alive to do them.
In the great orchestra we call life,
You have an instrument and a song.

~ *Max Lucado*



One great, strong, unselfish soul in every community could actually redeem the world.

~ *Elbert Hubbard*



Thank you for being. ~ *Native American greeting*



F.R.E.S.H. NEWS

SPECIAL SECTION

MEET OUR BOARD OF DIRECTORS

The mission of F.R.E.S.H.'s Board of Directors remains the same as it was at its founding 20 years ago: to reach out to the community with information that promotes wellness of the mind, body, and spirit. As our Director, Carol Martin, always says, "We are a working Board." In keeping with our mission, we are always looking for additional ideas in keeping with our mission while being mindful of the increasing challenges facing today's society.

In future newsletters, we will be spotlighting a board member in each edition. This will provide an opportunity to learn a bit more in-depth information about each of us. Until then, here are our Board members and a little information about each.

Carol Martin is the current Director of F.R.E.S.H. She has served on the Board since 1991. Carol has enjoyed a long and rewarding career in education and has held several leadership positions in a variety of service organizations. Her respect for and love of F.R.E.S.H. is apparent in her desire to ever expand our offerings to the community. One of her favorite sayings is, "We are a working Board."

Cheryl McKinley founded F.R.E.S.H. Renewal Center together with her husband, Dick McKinley, in 1990. She served as the Director of F.R.E.S.H. for 18 years. She still serves on the Board and retains a vital interest in F.R.E.S.H. events. Her interest in and support of our organization inspires us to maintain the quality of service apparent in her original vision.

Anne McNally is President of F.R.E.S.H.'s Board. She has been involved with F.R.E.S.H. for 10 years, supporting events with her planning initiatives, her presence, and her service work.

Jackie Endraske is a past President of the Board of Directors. She has remained active on the Board despite beginning a successful journey as an author after retiring from a memorable 25-year-long career in education.

Jerry Bowen has been an active volunteer and participant in the F.R.E.S.H. organization since 1995, contributing much to building and maintenance to the F.R.E.S.H. premises and grounds. He has been on the Board since 2000.

Noel Hwande has been involved with F.R.E.S.H. since 2004 and served on the Board since 2005. A graphic designer by profession as well as a self-described "tech enthusiast," he has been personally responsible for establishing and updating our web page (www.freshrenewal.org) as well as designing our flyers and brochures. He is also the layout editor and publisher of our newsletters.

Denise Henry has been a participant in F.R.E.S.H. events since 1990 and has been on the Board since 2008. She believes in the full continuum of RENEWAL as the essence of LIFE.

Sherri Plankenhorn has been a friend of F.R.E.S.H. since 1991. Her professional life includes teaching high school and co-authoring a book. Her positive attitude and sound insights are always in evidence. She has served on the Board since 2009.

Cheryl Webb has been an eager participant in F.R.E.S.H. activities since 2008, having found each event to be spiritually uplifting and enlightening. After recently retiring from a rewarding career in education, she was honored to be offered a position on the Board. This is her first year of service.