

**Winter Fest: last weekend**

- Was fun!

**BRMC VOA T-shirts**

- Marybeth will be in contact with the designer.

**Roanoke County Sheriff Department: Defense Class**

- Either two 6-hour class days, or 4 class days.
- 12 hour commitment.
- RAD or AVOID program.
- RAD (Rape Agression Defense System) teaches self-defense tactics and techniques for women. It is a program of realistic, self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing on the basics of hands-on training. It is not a martial arts program. It is taught by certified RAD instructors. The class provides women with the knowledge to make an educated decision about resistance. The program operates on the premise that a spontaneous violent attack will stimulate a natural desire to resist on the part of the victim (supported by research). This course will educate women about "The Flight or Fight Syndrome", while showing them that enhancing their option of physical defense is not only prudent, but a necessity if natural resistance is to be effective. The class provides effective options by teaching women to take an active role in their own self-defense and psychological well-being.
- Class will be planned by the people who can commit to going to the class.

**UPCOMING EVENTS:**

**BRMC VOA Elections**

- April 15th @7pm @Panera Bread at Valley View Mall

**Conclave 2020**

- We are not going to have a booth this year at SR-7A's Conclave.
  - April 24th-26th, 2020.
    - You can still register to go with Tutelo Lodge if you're a member- February 15th is the early registration date.
- Possibility: go to SR-7B's Conclave.
  - Soren and Kelsey (?)
  - Weekend before our Conclave.

**Wakefest 2020**

- Summer 2020
- Have budget, but do not have target audience
- Need to get with Maggie and Kelsey for planning

**Area 7 VOA Orientation 2020**

- August 21st-23rd, 2020

- At Camp Shenandoah

#### **Powderhorn 2020**

- September 25-27th, 2020

- At Camp Powhatan

#### **The Last Venturer (TLV) 2020**

- November 6-8, 2020

- Council contingent

- At Camp Tuscarora

#### **Winter Extravaganza 2021**

- Make it camp-based unless it is too expensive.

- January 22-24th, 2021

#### **UPCOMING MEETINGS:**

- Now every third Wednesday of each month.

- March 18th @7pm @Panera Bread at Valley View Mall

- April 15th @7pm @Panera Bread at Valley View Mall