

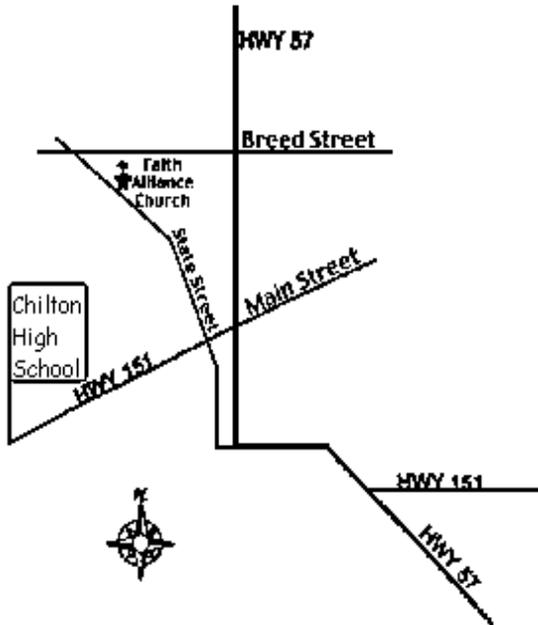
## DIRECTIONS TO CHILTON HIGH SCHOOL

530 W. Main Street  
Chilton, WI

The school is 1/2 mile west of  
the signal light located at the  
intersection of Main Street and  
Madison Street.

(Highways 151 and 57)

Parking is located in back of the  
school at the main entrance.



### LOCAL LODGING:

Best Western Stanton Inn, Chilton (866) 855-5216  
or (920) 849-3600

Thunderbird Motel, Chilton (920) 849-4216

Best Western offers a discounted room rate of  
\$80.00 (plus tax) per night. You must call the  
hotel direct and mention *Women's Break Away*  
to get the discounted rate. Availability is limited.

Women's Break Away 2019  
c/o Becky Jensen, Registrar  
126 South 1<sup>st</sup> Street  
Kiel, WI 53042

## YOU'RE INVITED!

## *Women's Break Away 2019*

**Saturday April 6, 2019**

7:30 AM – 4:00 PM

Will be held regardless  
of weather.

Registration Required

**Chilton High School**

530 W. Main Street  
Chilton, WI 53014



# 21st Annual Women's Break Away - April 6, 2019

The *Women's Break Away* is a day designed specifically for women – a day to relax, enjoy uplifting music, partake of delicious food, purchase unique merchandise, and have a chance to win fabulous door prizes. This is a no-charge event, however, there will be a freewill offering to cover expenses. Checks may be made payable to Faith Alliance Church with Women's Break Away in the memo. Or you may give online at faithcmachurch.org. Click on Giving.



**Keynote Speaker  
ROBYN DYKSTRA**

## “FINDING HOPE IN THE MIDST OF THE MESS!”

What do you do when your predictable life takes an unexpected turn? You don't like it, you don't want it, it's not your fault, and you want to know how to get your life back! Or, maybe you're a woman with a past full of regret and you're questioning whether God still loves or wants you. You long for acceptance, but believe it's too late, you're too messy and it's too much to ask.

Robyn Dykstra understands the cry of your heart, having been where you are, and having walked in your shoes. She buried her sweet husband at age 39, and spent years as a single mom to their two little boys. In her life before Jesus, she was a Playboy Bunny and A red hot mess with a reckless disregard for God. In spite of all this, she's experienced the transforming power and faithfulness of God's love. Her discoveries are your solutions!

Surprisingly funny and refreshing after all she's been through, Robyn's life-changing message will leave you uplifted and energized to face real life with real faith in Jesus. If you've experienced loss or trial in your life - whether self-induced or thrust upon you - you'll want to hear her encouraging discoveries to energize your faith in God and find the strength to face life's challenges.

*Robyn speaks to thousands of women annually at dozens of events across the country. For decades, she has helped women on their journey to trust God and follow Jesus. She's a Toastmaster's International Humorous Speech Champion, Bible teacher and best selling author. She promises to have you laughing one minute and crying the next as you discover fresh truth from God's Word for a life that works.*

### SCHEDULE

7:30 - 8:30 AM  
8:30 - 9:30 AM  
  
9:30 - 9:45 AM  
9:45 - 10:45 AM  
10:45 - 11:00 AM  
**11:00 - 12:00 PM**  
12:00 - 12:30 PM  
  
12:30 - 1:45 PM  
1:45 - 2:45 PM  
2:45 - 3:00 PM  
3:00 - 3:45 PM  
3:45 - 4:00 PM

### DOORS OPEN PROMPTLY AT 7:30 AM AND NOT BEFORE.

Registration/Continental Breakfast/  
Vendor Displays  
Welcome/Music/Speaker  
Introductions/Presentations  
Break  
1<sup>st</sup> Seminar  
Break  
**KEYNOTE SPEAKER ADDRESS**  
Freewill Offering/Door Prizes/  
Lunch Announcements/Prayer  
Lunch/Prayer Room Open  
2<sup>nd</sup> Seminar  
Break  
Prizes/Surveys/Closing/Grand Prize  
Prayer Room Open

### LUNCH MENU

Turkey & Ham Sub Sandwich	Chips
Raw Veggies & Dip	Dessert
String Cheese	Beverage

### **\*\*\* IMPORTANT GUIDELINES \*\*\* PLEASE READ CAREFULLY**

**REGISTRATION** - Although this is a no-charge event guests must pre-register. Registrations must be submitted in writing, either by mailing the accompanying registration form or online at <https://reg.planetReg.com/wba2019>. **Registrations will not be accepted over the phone or via voice mail.**

**CONFIRMATION** - You will receive a reservation confirmation via mail or email after your registration has been processed.

**CANCELLATION** – If after making your reservation you are unable to attend, **cancellations are required.** Cancel by mail or online. Failure to cancel may result in your name being removed from next year's mailing list.

**DINING** - Due to the large number of guests who attend, we are **unable to accommodate special dietary needs.** You are welcomed and encouraged to bring your own lunch, if necessary. We will happily provide refrigeration, if needed, however, we regret that there is no use of kitchen appliances for preparing or reheating hot meals.

**DAYCARE** - For the courtesy of all our guests and so that you may enjoy your day without the responsibility of childcare, we respectfully ask that you **do not bring infants or children.** Daycare facilities are not available.

**SERVICE ANIMALS** - Service animals as defined by the Americans with Disabilities Act are welcomed. Please **notify us at time of registration** so we can accommodate the animal.

**ATTIRE** – We strongly recommend you **dress in layers,** as we do not have control over the building's temperature.

**PERFUMES** – Respecting those who suffer from allergies and asthma, please **refrain from wearing strong or excess perfumes, lotions, soaps, etc.**

**BACK FOR 2019  
MUSICAL PERFORMANCE BY**



# Seminar Topics and Speakers

Seminars are filled on a first-come, first-serve basis. Therefore, if you are using the paper registration form at the back of this brochure, ***indicate your choices by writing 1, 2, 3, and 4 on the form. We will not be able to process registration forms completed with Xs.*** We will honor your first and second choices, if at all possible. The earlier you submit your registration, the more likely you will be able to attend the seminars of your choice.

**A**

## HOW DO I KNOW I'M GOING TO HEAVEN? Beverly Lynch

Do you know for certain that you have eternal life and that you will go to heaven when you die? Have you ever asked yourself this question? Or maybe something similar like, "Am I good enough to go to heaven?" or "What do I need to do to go to heaven?" Join Beverly Lynch as she delves into questions like these using resources from well-known pastors, some who have struggled with these very same questions. Be 100% sure where you will spend eternity; leave no room for doubt.

*Bev has been married to her best friend, Gary, for nineteen years. Former residents of New Holstein, WI, they moved to Nixa, MO in 2016. Their blended family includes six children, thirteen grandchildren, four great-grandchildren, and a cute black Shih Tzu named Bandit. Bev works part-time as an Administrative Assistant at her church and is an Independent Mary Kay Beauty Consultant.*

**B**

## MEAL PLANNING 101 Faith Jensen

Meal times can seem like a surprise event some days. "What are we going to eat tonight?" is a question that can cause great anxiety. So what can be done to alleviate the angst? Is it possible to create a plan for your weekly menus and reduce the time you spend in the kitchen? Faith Jensen will show you a different system for creating meal plans, reducing stress, and cooking only once a month!! Good-bye weeknight scramble. Hello sanity.

*A wife and mother of three daughters, Faith is a personal strategic coach who specializes in creating systems for home and work, helping to eliminate troubled organizational systems, and to execute business organization's goals and events.*

**C**

## ANCIENT OILS... GIFT OF THE EARTH Julie Anderson

From the beginning of time, the essential oils of plants were mankind's first medicine. A "gift from the earth," they were pure, natural, and effective, and they are still incredibly valuable today. Julie Anderson will help you discover their numerous applications for your everyday life. Learn how to use them and what to use them for. Oils will be available for you to smell, sample, and experience while rediscovering their applications for your everyday life.

*Julie is a wife, mother, organic gardener, and essential oil enthusiast. Seeking natural, safe, cost effective health care alternatives, she found essential oils worked well for her family. Today her passion is to share her knowledge with other people to empower them to care for their families*

**NOTE:** The material presented is for informational purposes only. Any information should not be used as a substitute for seeking the counsel of a medical health professional.

**D**

## SUICIDE ASSESSMENT, PREVENTION, AND AFTERMATH Reverend Stephen Rose

Suicide is a tragic event with strong emotional repercussions for families of its victims. It is one of the top causes of death in the U.S., with rates rising across the country. Suicide is preventable and it starts with knowing what to look for and what to do. Trained in Critical Incident Management and as a Crisis Negotiator, Reverend Stephen Rose has gained first-hand insight into the tragedy of suicide and its aftermath. He will share his knowledge on how to assess if someone is suicidal, what resources are available to prevent suicide, and how to heal after the suicide of a loved one.

*Born and raised in England, Reverend Rose has been in pastoral ministry over thirty years, currently specializing in counseling. He holds a BA in Theology and a Masters in Biblical Counseling. Reverend Rose can be contacted via email at [www.thecounselingrev.com](http://www.thecounselingrev.com).*

**National Suicide Prevention Lifeline 1-800-273-8255**

**E****LEAVE NO WAKE  
(OR MEND THE ONE BEHIND YOU)  
Jacky Drewry**

Relationships are one of the greatest sources of happiness in our lives, yet they can also cause lasting heartache and regret. Sadly, things happen that can damage the bond that once existed. Maybe your actions or words hurt someone and now you're wondering how you will ever make it better. Join Jacky Drewry in the discovery that relationships matter and your language matters. Learn how kind words, along with an open mind and heart, promote new life and healing to a damaged relationship. Be challenged to explore wounded relationships that you have caused and understand the steps to begin the healing process.

*Jacky is the Executive Director for Anchor of Hope Health Center in Sheboygan WI. With a Masters Degree in Marketplace Chaplaincy, her work focuses on helping people make difficult decisions and plan for the future. She is an enthusiastic relator and lover of people. Energetic and optimistic, she works to accept everyone where they are without judgment.*

**WARNING:** This seminar will touch on topics involving sensitive subjects.

**G****SEXUAL ABUSE AND EXPLOITATION:  
WHAT DO YOU NEED TO KNOW?  
Trish Propson**

Sexual abuse, pornography, and sex trafficking are rampant all across the nation and in communities just like yours. To raise awareness and provide tools to spot and stop the devastation of sexual abuse and exploitation in your community, Trish Propson uses the backdrop of her own survivor story. A victim of this darkness, she helps others understand the statistics, definitions, myths, and signs of sexual abuse and exploitation, and how to take action in your community.

*Broken or beautiful? Trish spent a lifetime trying to answer that question after surviving a volatile life of violence and chronic sexual abuse in her childhood and young adult years. Today, she passionately serves sexual abuse and exploitation victims, care givers, and first responders as a licensed crisis response chaplain and certified counselor. She is a speaker, author, and teacher devoted to raising awareness about sexual abuse and the impact it has on survivors.*

**WARNING:** Sensitive sexual content

**F****UNRAVEL  
Jennifer Gebhart**

***Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?....So glorify God in your body.***

***1 Corinthians 6:19***

Caring for your body, the temple of the Holy Spirit, is a key principle associated to living in a right and intimate relationship with God. Exercise is one aspect of caring for your body and Jennifer Gebhart will demonstrate a Christ-centered approach of exercise, what many call yoga. The use of movement and breath will help your body and mind 'unravel' from the many earthly deterrents that stop you from growing in your relationship with Christ and being who God has made you to be.

*Jennifer is a passionate follower of Christ, using her gifts as a licensed massage therapist and core functional fitness instructor. Her aim is to encourage and inspire others to 'unravel' out of the many things that hold us back from fulfilling the life and dreams God has for us.*

**NOTE:** Limited to the first 20 registrations, per session. To best support your participation, please indicate when registering, if you have done yoga in the past. Beginners are welcomed. Wear comfortable clothing. Mats and other materials will be supplied.

**H****SAVE OUR MONARCH BUTTERFLY  
Jack Voight**

The monarch butterfly, considered by many to be the most beautiful of all butterflies, is in trouble! Monarch populations have been declining during the past decade, quite sharply in the last few years. Co-owner of *Butterfly Gardens of Wisconsin*, Jack Voight, is on a mission to educate others in an effort to help save the monarch butterfly. Jack will report on the current population of monarchs and share ways on how you can help increase their population. Be prepared for a "butterfly quiz."

*Jack and his wife Marty, owners and operators of the largest butterfly nature center in Wisconsin, encourage everyone to have a backyard butterfly garden. In addition to his expertise on butterflies, Jack is a master gardener, thereby, quite knowledgeable in the types of vegetation that attract butterflies and support their life.*

*Faith in Jesus*  
changes everything!





**PAINTING BREAK**  
**Lori Rose**

Whether you're an aspiring artist or paint-by-the-number type, painting can be a great way to de-stress and turn a blank canvas into a masterpiece to brighten your home or office! A little nervous to paint? Don't be! Talented painter Lori Rose will guide you step-by-step in creating your very own work of art. Unleash your creative spirit and discover a new way to relax.

*Lori, an Art Educator for the past twenty-one years, will be a first-time presenter at the 2019 Women's Break Away. She is the wife of Reverend Stephen Rose and a resident of Manitowoc WI.*

**NOTE: Limited class size. Please consider a donation of \$10 to cover cost of materials, payable at the seminar.**



**VINTAGE STYLE**  
**Susan Puls**

Vintage style - whether decor, furniture, jewelry, or clothing - uses items from the past to create a warm, nostalgic look. Today, vintage style is combined with modern choices for a look that is fresh, yet full of charm and history from the past. Owner of *Vintage of Ada*, guest speaker Susan Puls will explain the rise of vintage and flea market style, why it is popular, and how to incorporate vintage into all decorating styles. Find inspiration for your home decor.

*One of eight children, Susan was raised on a farm and attended a one-room grade school. A teacher much of her adult life, while also being a wife and mother, she has always been happiest as a shopkeeper.*



**AVOIDING ESTATE DRAMA  
WITH ESTATE PLANNING**  
**Kim Rietbrock**

Regardless of your age, estate planning is a vital part of any financial strategy, and advance planning can give you greater control and security of your legacy. Attorney Kim Rietbrock will discuss the importance of estate planning for adults of all ages. She will review key objectives, including obtaining financial security, transferring assets to a spouse, planning for minor children, planning for possible incapacity, and preserving assets in case of long-term care.

*An attorney and partner in the law office of Twohig, Rietbrock, Schneider & Halbach, S.C., Kim is a native of Sheboygan County. She obtained her law degree from the University of Wisconsin Law School. Her professional practice focuses on real estate and estate planning.*



**FIVE KEYS TO PHYSICAL HEALTH**  
**Dr. Travis Salisbury**

Your physical body is your vehicle to take you where you want to go in this life. It can limit you or it can inspire you to soar to new heights. To soar, you need to have a body that is running at top performance, healthy at all times. Is this possible? Yes! You were created to experience a healthy body and Dr. Travis Salisbury will share with you ways to promote a healthy body. He will explain five keys to physical health, including the importance of good posture and balance, and actions you can take to help achieve them.

*A husband and father, Dr. Salisbury is an upper cervical progressive chiropractor. His clinic, located in Oshkosh WI, specializes in Quantum Spinal Mechanics, a method of assessing and treating postural muscle imbalances.*



**READY! GET SET! GOAT?!**  
**Sarah Vogel**

Something as simple and unexpected as feeding goats can make all the difference in learning to love people as Christ did, which Sarah Vogel learned on her latest mission trip. As Sarah shares her experiences, discover the lives and traditions of Western Sahara Refugees, and Muslims elsewhere around the globe. See that God is already at work and extends to you an invitation to step out and join Him in radically changing the world by entering into the lives of others.

*A native of Wisconsin, Sarah fell away from her faith after the passing of her mother when she was still in school, only to discover God's close presence through the pain. Desiring to serve Him, she embarked on a mission trip to Africa working among refugees. Today, she works to enhance the lives of children diagnosed with autism.*

**JOURNEY**  
OF  
*Faith*

**N****FINANCIAL STRATEGIES FOR WOMEN**  
Barbara Van Grinsven

When it comes to personal financial management, one size doesn't fit all, and that's especially true when it comes to women, who are likely to face different financial challenges than men. Managing your own money through each stage of life is key to a secure financial future. Barb Van Grinsven, financial advisor with Thrivent Financial, will share the steps to developing a clear picture of your current financial situation, setting and prioritizing financial goals, and employing protection strategies, all in order to achieve your goals and dreams.

*Employed by Thrivent for forty-two years, Barb has a passion for educating people on investment and protection strategies so they can enjoy life and live more generously.*

**O****SITUATIONAL AWARENESS AND SELF-DEFENSE**  
Betsy Wandtke

Bad things can happen to good people anytime, anywhere. So how do you protect yourself? Betsy Wandtke has a deep-seeded drive to empower women (and men) to ensure their personal safety. From situational awareness to avoidance of dangerous situations, outsmarting troublemakers to self-defense for self-preservation, she will share tips and techniques for an overall personal safety strategy.

*Betsy, owner/operator of Warrior Princess Training Academy (WPTA) in Oshkosh, WI, has always had a passion for safety, for herself and others. WPTA offers courses in self-defense, firearms, and situational awareness, to ensure people do not become targets of violence.*

**ONLINE REGISTRATION**

Click the link below or type the address into your web browser to begin.

<https://reg.planetReg.com/wba2019>

*Meet the Vendors*

God calls us to share the Good News of Jesus Christ with those in our community and well beyond. He also calls us to meet the needs of those in crisis and suffering. The vendors who support the *Women's Break Away* share our vision to heed God's call to action. Domestically and internationally, these organizations support those who are spiritually and/or physically poverty-stricken. You too can help make a difference. When you purchase any of their fine quality products, you are making a crucial difference in the lives of others. This is your opportunity to help heal the broken hearts of those who desperately need to know of God's love for them.

<p><i>ReachOut Books &amp; Solid Grounds Coffee Shop</i></p>	<p>ReachOut Books &amp; Solid Grounds Coffee Shop is a locally owned Christian gift store operated by people who love the Lord and consider their business a way to touch and impact their community. A faithful supporter of the <i>Women's Break Away</i> throughout our past twenty years, ReachOut Books offers books, music CDs, DVDs, home décor, novelty gifts, learning materials, and so much more for men, women and children for all occasions.</p>
<p><b>DON SHIRE MINISTRIES</b></p>	<p>Don Shire Ministries (DSM) is a non-profit ministry whose purpose is to share the Gospel of Jesus Christ with all who will hear. One aspect of this remarkable ministry is caring for orphans and widows in India and Haiti. Hindu widows, the poorest of the poor, are shunned from society when their husbands die. With little social or economic status, many become destitute, living in the streets. Those who can sew make exquisite scarves that are available for sale through DSM. When you purchase one or more of these beautiful scarves, you are not only helping the widows but those who receive these gifts are blessed as well.</p>
<p><i>Manitowoc Trinity Alliance Mercy Market</i></p>	<p>Manitowoc Trinity Alliance is part of a Christ-centered global movement to bring the good news about Jesus to our neighborhoods and the world, as well as support relief efforts for impoverished people. Through their Mercy Market Ministry, selling beautifully handcrafted merchandise from third-world countries, 100% of the proceeds fund lifesaving programs that provide medicine, food, clothing, shelter, and other basic necessities to people who would otherwise perish. From this fabulous collection of gifts, purchase something unique for yourself or a loved one.</p>

**ACCEPTING CASH, CHECK AND CREDIT CARDS**

Like us on Facebook  Women's Break Away



# Women's Break Away, April 6, 2019 - Registration Form

(Feel free to duplicate this form if needed for more registrations)

Please return this Registration Form to:  
**Women's Break Away 2019, c/o Becky Jensen**  
**126 South 1<sup>st</sup> Street, Kiel, WI 53042**

You will receive a reservation confirmation via mail or e-mail after your registration form is processed.

[This form may be folded in thirds, sealed, stamped, and mailed to the above address (see backside)]

## Your Registration

## Guest Registration

## Guest Registration

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

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

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

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

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

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

City, State, \_\_\_\_\_

City, State, \_\_\_\_\_

City, State, \_\_\_\_\_

Zip: \_\_\_\_\_

Zip: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Seminars are filled on a first-come, first-serve basis. You must indicate your choices by writing 1, 2, 3, and 4 on the registration form. We will be unable to process registrations completed with Xs. We will try to honor your 1st and 2nd choices, if at all possible.**

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- A How Do I Know I'm Going To Heaven?
- B Meal Planning 101
- C Ancient Oils... Gift Of The Earth
- D Suicide Assessment, Prevention & Aftermath
- E Leave No Wake
- F Unravel
- G Sexual Abuse & Exploitation
- H Save Our Monarch Butterfly
- I Painting Break
- J Vintage Style
- K Avoiding Estate Drama With Estate Planning
- L Five Keys To Physical Health
- M Ready! Get Set! Goat?!
- N Financial Strategies For Women
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**If you would like to make a contribution at any time, please make checks payable to Faith Alliance Church and write Women's Break Away in the memo. Or you may donate online at [faithcmachurch.org](http://faithcmachurch.org). Click on Giving and select Women's Break Away.**

Fold Here First

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Women's Break Away 2019  
c/o Becky Jensen, Registrar  
126 South 1st Street  
Kiel, WI 53042

Fold Here