

**\*\*\* REGISTRATION FORM \*\*\***

**RICHMOND SINGLE ADULT CONFERENCE**

***“Spring Cleaning for the Soul II – Deep Cleaning!”***

**Please Register  
by  
April 17<sup>th</sup>**

**APRIL 24-26, 2009**

6:00 p.m. Friday to 1:00 p.m. Sunday

5600 Monument Ave., Richmond, VA 23226

**Suggested  
Contribution  
\$10.00  
*(please pay at the door)***

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**TO REGISTER:**

**Please send your answers to the below questions to this email address:**

[RichmondSAConference@gmail.com](mailto:RichmondSAConference@gmail.com)

Or hand deliver to your Stake or Ward/Branch Single Adult Rep (local tri-stake only)

Or mail to: Tricia Rorie, 1204 1<sup>st</sup> St., Hopewell, VA 23860

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**To register by email, just copy & paste the below in your email and type your responses:**

Full Name:

Gender: Male\_\_ Female\_\_

Address:

Phone:

Email Address:

Ward & Stake:

Age Range: 31-40 41-50 51-60 61-70 71+

Will you be attending the whole conference? Yes\_\_ No\_\_ If not, which days will you attend?

Song requests for DJ?

Do you want your email address included in a group email list for information about upcoming SA events, **locally** and/or **regionally**? Circle one or both. *(These are the Single Adult email lists maintained by Julie Hanks.)*

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**PLEASE REGISTER BY APRIL 17TH SO WE CAN PLAN ACCORDINGLY!**

**WE LOOK FORWARD TO SEEING YOU AT THE CONFERENCE!**



# RICHMOND SINGLE ADULT CONFERENCE

## "Spring Cleaning for the Soul II – Deep Cleaning!"



### ~ GENERAL INFORMATION ~

Friday – Sunday, April 24-26, 2009  
 6:00 p.m. – 11:00 p.m. Friday  
 8:15 a.m. – 11:30 p.m. Saturday  
 8:45 a.m. – 1:00 p.m. Sunday

Monument Avenue Building  
 5600 Monument Avenue  
 Richmond, VA 23226

**OFFICIAL WEB SITE:**  
[www.richmondldsingles.com](http://www.richmondldsingles.com)

**Suggested Contribution**  
**\$10.00**  
*(please pay at the door)*

**REGISTRATION:** PLEASE REGISTER BY APRIL 17<sup>th</sup>! The Registration Form is below and on our web site. Printed forms are available in church foyers and from your Ward/Branch or Stake Single Adult Reps (local tri-stake area).

### WHAT TO EXPECT...

**FRIDAY:** “Get-To-Know-You Activity” at Monument Avenue building, then break into groups for dinner out (on your own) in Carytown or Downtown Richmond; The Byrd Theatre (tentative), Carytown; Live Jazz, Canal Walk, etc., Downtown.

**SATURDAY:** Continental Breakfast, Lunch & Dinner provided. Engaging Keynote Speakers, Workshops, Special Presentation, Free Time to Explore Richmond (maps and info provided), “Mix & Mingle Activity,” Dance, Games and Refreshments.

**SUNDAY:** Continental Breakfast, Sacrament Meeting with Glen Allen Ward (at Monument Ave. building), Single Adult Testimony Meeting, and Sack Lunch provided.

### SPEAKERS/WORKSHOPS/SPECIAL PRESENTATION:

**Keynote Speakers:** Pres. Michael S. & Sis. Sandy Waters, Richmond, VA Midlothian Stake

**Workshop** – “Happiness: The Opposite of Stress” – Glenn R. Schiraldi, Ph.D.

**Workshop** – “Repristination: Renewal of purity through restoration.” – Wanda F. Mills, B.A.

**Workshop** – “Relax!” – Helen M. Clark, L.M.B.T.

**Presentation** – “Lessons in Resilience from Remarkable WWII Survivors” – Glenn R. Schiraldi, Ph.D.

**HOUSING/HOTELS:** For information on hotels, see the HOTELS SHEET below. We will try to accommodate out-of-town singles with member housing as much as possible. If you are willing to house out-of-town singles, or if you need housing accommodations, please call Steve Rochkind, Richmond Stake Single Adult Rep, at 804-387-8946 or 804-556-2403.

**DRESS CODE:** Casual Friday, nice casual Saturday, church dress Sunday.

**IF ANY QUESTIONS OR FURTHER INFORMATION NEEDED, PLEASE CONTACT:**

**Steve Rochkind** at 804-387-8946 or 804-556-2403 (Richmond Stake Single Adult Rep)

*All divorces must be final.*

# **RICHMOND SINGLE ADULT CONFERENCE**

## ***“Spring Cleaning for the Soul II – Deep Cleaning!”***

~ PRESENTER BIOS ~

~ WORKSHOP & SPECIAL PRESENTATION DESCRIPTIONS ~



**Glenn R. Schiraldi, Ph.D.**

**Workshop: “Happiness: The Opposite of Stress”**

**Special Presentation: “Lessons in Resilience from Remarkable WWII Survivors”**

Glenn has served on the stress management faculties at the Pentagon, The International Critical Incident Stress Foundation, and the University of Maryland, where he received the Outstanding Teaching Award in the College of Health and Human Performance. He has authored books on post-traumatic stress disorder, resilience in WWII survivors, stress, anxiety, anger management, depression, and self-esteem.

His skill-based mind/body courses at the University of Maryland have improved mental health—increasing resilience, self-esteem, happiness, and optimism, while decreasing anxiety, depression, and anger. He has trained clinicians in the U.S. and Canada on self-esteem building and the nature, treatment and prevention of post-traumatic stress disorder, and provides resilience training for high-risk groups (military, firefighters, police).

He has served on the Board of Directors, Depression and Related Affective Disorders Association, at Johns Hopkins University, Department of Psychiatry, cooperative; the editorial board of the *International Journal of Emergency Mental Health*; and the ABC News Post-Traumatic Stress Disorder working group.

He is a graduate of the U.S. Military Academy, West Point; and is a Vietnam-era veteran. He has graduate degrees from BYU and the University of Maryland. A convert to the Church, Glenn has served in various bishoprics and high councils, which is where he presently serves. He lives in Laurel, MD.

**WORKSHOP: “Happiness: The Opposite of Stress” –**

We can arrive at the Celestial Kingdom distraught, but this is not a requirement. Without trivializing human suffering, we'll explore what we've learned about the pursuit of happiness. To a great degree, happiness is a skill that can be cultivated. Research findings suggest ways to discover and create happiness; and that the habits of greater happiness can be learned.

**SPECIAL PRESENTATION: “Lessons in Resilience from Remarkable WWII Survivors” –**

Resilience not only helps us bounce back from adversity, but also helps us grow and perform at our best under pressure. Glenn traveled the country to interview WWII survivors from all walks of life and nearly all theaters of the war. You'll hear their inspiring stories and lessons.



**Wanda F. Mills, B.A., Founder of Repristination, Inc.**

**Workshop: “Repristination: Renewal of purity through restoration.”**

Wanda is uniquely qualified to address our topic of healing having been the victim of child abuse and also a violent crime which occurred on March 25, 1993. She has come to know how *essential* and *powerful* the Atonement of Jesus Christ is in putting together the pieces of a shattered life.

For several years now, Wanda has turned her own experience into an avenue of understanding, help, and healing for others. She sought training through the Alexandria Office on Women (Alexandria, VA) for domestic violence and rape crisis. She has had the privilege and opportunity of being a guest speaker for many organizations in several communities. Some of her forums have included the Office of the Attorney General, Department of Criminal Justice Services, police academies, and various media. She has spoken at conferences and has been seen on national television shows such as, *Save Our Streets*, *Carolyn & Marilyn Show*, *ABC/Nancy Glass Show*, *WRVA (Talk Shows and Answers)*.

A native of Richmond, Wanda graduated from Old Dominion University where she received a Bachelor of Arts degree in Political Science. She has enjoyed a professional career in the corporate world where she has served in management and as a vice president. As a gubernatorial appointee, she served as a confidential policy analyst for The Department of Criminal Justice Services.

Wanda’s church service has included YW Personal Progress Advisor, Stake Athletic Director, Ward Missionary, Relief Society Secretary and Teacher, and 2<sup>nd</sup> Counselor in a Primary Presidency. She currently serves as Family History Coordinator for the Gayton Ward in Richmond, Co-Facilitator for LDS Family Services Addiction Recovery Program for the Richmond Virginia Stake, Temple Worker (2001 – present), and Visiting Teacher, which is her favorite calling.

**WORKSHOP: “Repristination: Renewal of purity through restoration.” –**

The Gospel of Jesus Christ was restored in order to provide a way for us to reclaim our original state. This can be accomplished through the cycles of sanctification. Bringing the whole of our nature through the Holy Spirit under the influence of the new principles that are implanted in the soul through regeneration.



**Helen M. Clark, L.M.B.T.**

**Workshop: “Relax!”**

Helen is a Licensed Massage and Body Therapist from Apex, NC. She’ll be focusing on physical ways to alleviate stress, relax the body, find your pressure points/stress points, how to give yourself a massage (as we’re single and usually don’t have others around to do this for us) on our heads, necks, shoulders, hands, feet, even our backs (if possible), and also how to give a massage to someone else.

Physical touch is so important and so beneficial to our health. People who have family around or are married or in a relationship take that physical touch for granted. There are physical, mental and emotional benefits to massage.

A friend once commented: “Whenever I see my 75-year-old mother who lives about 1,500 miles away (so I don’t see her very often), I make sure to give her back rubs and foot rubs. She lives alone and is a widow of 15 years. I can tell how good it makes her feel, mentally and physically, to have that physical touch for even a little while.”

# RICHMOND SINGLE ADULT CONFERENCE

April 24 - 26, 2009

## ~ SCHEDULE OF EVENTS ~

☺ denotes times to get acquainted with other singles – meet, mix, mingle and make some new friends ☺

### Friday, April 24, 2009:

- 6:00-6:45 p.m. Late registration (Foyer)  
“Get-To-Know-You Activity” ☺; break into groups for dinner out (Cultural Hall)
- 7:00-9:00ish p.m. Leave church at 7:00 for Dinner in Carytown or Downtown ☺
- 9:00-11:00ish p.m. The Byrd Theatre (tentative), Carytown; Live Jazz, Canal Walk, etc., Downtown ☺

### Saturday, April 25, 2009:

- 8:15-8:45 a.m. Late registration (Foyer)  
Continental breakfast (Cultural Hall) ☺
- 9:00-9:50 a.m. Opening of Conference, Keynote Speaker (Chapel) – 50 min.  
- 15 minute break - ☺
- 10:05-11:05 a.m. “Happiness: The Opposite of Stress” Workshop – Everyone (Chapel) – 60 min.  
- 15 minute break - ☺
- 11:20-12:10 p.m. Workshops 1 & 2 (RS Room & Primary Room) – 50 min.
- 12:10-1:10 p.m. Lunch (Cultural Hall) – 60 min. ☺
- 1:10-2:00 p.m. Workshops 1 & 2 (RS Room & Primary Room) – 50 min.  
- 15 minute break - ☺
- 2:15-3:30 p.m. Special Presentation: “Lessons in Resilience from Remarkable WWII Survivors”  
– Everyone (Chapel) – 75 min. *(This presentation is very worthwhile, but if you prefer to start sightseeing early, mingle with friends in the Cultural Hall or outside, or just get some rest, please feel free – we want you to have a great time here.)* ☺
- 3:30-6:30 p.m. Free Time ☺ – Sightseeing, Monument Ave., Museums, Canal Walk, Carytown, Shockoe Bottom, Suspension Walking Bridge over James River, Civil War Sites, etc.
- 6:30-7:30 p.m. Dinner (Cultural Hall) ☺
- 7:30-8:30 p.m. “Mix & Mingle Activity” ☺ (Cultural Hall)
- 8:30-11:30 p.m. Dance – DJ Justin Knight ☺ (Cultural Hall)

### Sunday, April 26, 2009:

- 8:45-9:15 a.m. Continental breakfast (Cultural Hall) ☺
- 9:30-10:40 a.m. Sacrament Meeting with Glen Allen Ward (Chapel)  
- 10 Minute Break - ☺
- 10:50-11:50 a.m. Single Adult Testimony Meeting (Cultural Hall)  
- 10 Minute Break - ☺
- 12:00-1:00ish p.m. Sack lunch and farewells (Cultural Hall). Feel free to linger longer! ☺

## HOTELS NEAR MONUMENT AVENUE BUILDING

(5600 Monument Ave., Richmond, VA 23226)

### PLEASE NOTE:

WE RESERVED A BLOCK OF ROOMS AT **DAYS INN** AT A **DISCOUNT GROUP RATE**.

THESE ROOMS WILL BE **HELD UNTIL 2 WEEKS PRIOR** TO THE CONFERENCE; AFTER THAT, THEY WILL BE RELEASED & ROOMS WILL NO LONGER BE AVAILABLE AT THE DISCOUNT RATE.

IF YOU'RE INTERESTED IN GETTING A ROOM AT DAYS INN, PLEASE CALL THEM **ASAP**. TELL THEM "**LDS SINGLES CONFERENCE**" TO GET THE DISCOUNT RATE.

IF QUESTIONS, PLEASE CALL TRICIA RORIE AT 804-452-1052, OR 804-503-6716, OR EMAIL HER AT [roriel2006@yahoo.com](mailto:roriel2006@yahoo.com).

### HOTELS

### MINUTES

### MILES

#### **Days Inn Richmond West Broad**

**3 minutes**

**1.68 miles**

**Discount Rate: \$66.00 + 13% tax – 1 double/2 doubles, continental breakfast**

2100 Dickens Rd. (Tell them "**LDS Singles Conference**" for discount rate)

I-64 Exit 183

Richmond, VA 23230

804-282-3300

#### **Courtyard by Marriott**

**2 minutes**

**1.42 miles**

**\$89.00 + 13% tax, single; \$94.00 + 13% tax, double (2 queens); continental breakfast included**

6400 W. Broad St.

Richmond, VA 23230

804-282-1881

#### **Crowne Plaza Hotel**

**2 minutes**

**1.60 miles**

**\$89.00 + 13% tax – 2 doubles/1 king**

6531 W. Broad St.

Richmond, VA 23230

804-285-9951 or 888-303-1753 (toll-free)

#### **Best Western**

**4 minutes**

**2.34 miles**

**\$79.99 + 13% tax – 2 doubles per room**

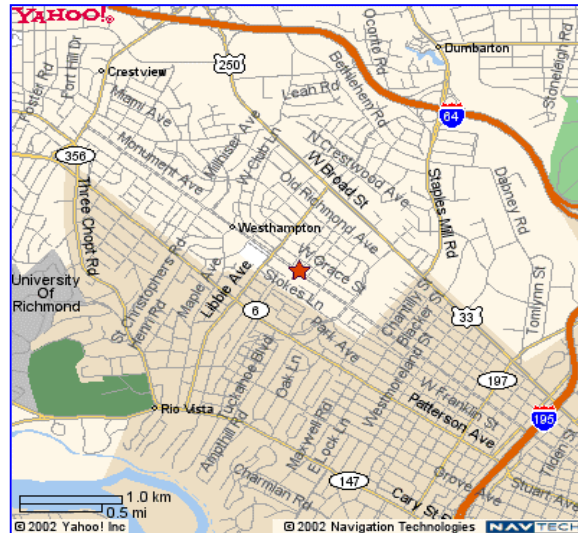
7007 W. Broad St.

Richmond, VA 23294

877-722-3422

~ **Directions to Monument Avenue Building** ~

5600 Monument Ave., Richmond, VA 23226



**From Chesterfield area:** Take the POWHITE PKWY/VA-76-TOLL NORTH exit. Merge on VA-76 NORTH. VA-76 becomes I-195 North. Take the GROVE AVE/PATTERSON AVE (VA-6) exit, bear left onto N THOMPSON ST. Turn Left on MONUMENT AVE. Chapel is 1.8 miles ahead on the RIGHT.

**From Points North (Washington DC):** Take I-95 SOUTH to the I-195 SOUTH/I-64 WEST/POWHITE PKWY exit #79. Merge on I-195 SOUTH. Take the HAMILTON ST/(US-33)/BROAD ST (US-250) exit. Continue on N HAMILTON ST. Turn Right on MONUMENT AVE. Chapel is 1.7 miles ahead on the RIGHT.

**From Points South/North Carolina:** Take I-85 North to I-95 North towards Richmond. Take the CHIPPENHAM PKWY/VA-150 NORTH/(US-360 W)/(US-60) exit #67. Take the POWHITE PKWY/VA-76-TOLL NORTH exit. Merge on VA-76 NORTH. VA-76 becomes I-195 North. Take the GROVE AVE/PATTERSON AVE (VA-6) exit, bear left onto N THOMPSON ST. Turn Left on MONUMENT AVE. Chapel is 1.8 miles ahead on the RIGHT.

**From Points East (Williamsburg/Norfolk/VA Beach):** Take I-64 WEST towards Richmond. Continue on I-64 WEST/I-95 NORTH. Take the I-195 SOUTH/I-64 WEST/POWHITE PKWY exit #79. Merge on I-195 SOUTH. Take the HAMILTON ST/(US-33)/BROAD ST (US-250) exit. Continue on N HAMILTON ST. Turn Right on MONUMENT AVE. Chapel is 1.7 miles ahead on the RIGHT.

**From Points West (Charlottesville, VA):** Take I-64 EAST towards RICHMOND. Take the BROAD ST/GLENSIDE DR/US-250 exit #183. Turn Right on GLENSIDE DR. Turn Left on MONUMENT AVE. Chapel is 1.6 miles ahead on the LEFT.