



your guide™

September–December 2022

Connecting, empowering, creating, transforming our world – one woman at a time.

Season of Change

Discover New Interests

Connect with Others

Awaken Your Mind & Body

Expand Your Talents & Skills



editor's note



September of 2022 marks the beginning of Womanspace's 48th year in Rockford, and we couldn't be prouder to arrive at this milestone in good health and with optimism about our future. Womanspace is a strong, generous and responsive organization, partnering with other groups in many short and long-term projects. One of those long-term projects is the beautiful Rockford Women's Suffrage Plaza (RWSP), located on the east bank of the Rock River, next door to the YMCA's historic Log Lodge. Many Womanspace members have been vitally involved in this three-year project that resulted in the creation of the first public art monument in Northern Illinois dedicated to women's creativity and leadership. We are tremendously grateful for the thousands of hours of volunteer work on this project, under the leadership of our own talented mosaic artist, Susan Burton of Marseilles who is also a proud Womanspace member!

The RWSP was a semi-finalist for the 2022 Governor's Hometown Award. Making it to the semi-finalist level is an awesome achievement. We will enter the plaza into the competition again next year to recognize its historic and artistic significance.

We are creating an activity book designed for young people to encourage their expanded knowledge and appreciation of women's history (and local sites) depicted on the plaza. We need feedback on the prototype book from young girls (and boys) between the ages of 8 and 13. If you have a child or grandchild who would like to try out the book and give feedback, please let me know.

Womanspace is very grateful to the many generous donors who contributed to the Rockford Women's Suffrage Plaza. Having served since 2019 as fiscal agent for this large community-built project, Womanspace is now eager to hand over the endowment funds and responsibility to those who will oversee maintenance of the Plaza in perpetuity. Recognizing that the RWSP is now a community gathering space, we will always know in our hearts that the site is full of good Womanspace energy, and the memories of its creation will live on here at our campus.

Warmly,

Elaine Hirschenberger, SSSF, Executive Director

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Joy Jordan, *Programs*
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Connie Wenger, *Finance*

Land Acknowledgement Womanspace acknowledges that our beautiful campus sits upon land once inhabited by the First Nation Peoples of the woodland tribes, including seven indigenous nations with historical ties to this region of Rockford – the Kickapoo, Potawatomi, Sauk, Meskwaki, Miami, Peoria, and Sioux. When guests come to visit our campus, we invite them to take a moment of silence to honor both the land and the First Nation Peoples who cared for and preserved it. We strive to be intensely connected to nature and at peace with this beautiful land.

We recognize that the First Nation Peoples were forcibly removed from these lands that were their traditional birthright, that they faced centuries of struggle for survival and identity in the wake of that dispossession. We regret the ways our society has erased their stories and cultures. We ask for wisdom in sharing and fostering greater understanding and celebration of indigenous communities in Illinois.

general info



Mission & Philosophy Connecting, empowering, creating and transforming our world – one woman at a time. Womanspace offers programs to enhance the body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship.

Womanspace believes every person is a spiritual being, having within her the potential for health, self-reliance, creativity, wisdom and responsible caring. By enhancing her potential, she enriches her own life, the life of her family, and the lives of others. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Womanspace offers programs that stimulate awareness, develop competence, encourage creativity, and generate healthy decision-making. We provide support that offers honesty, compassion, challenge, and spiritual growth. Womanspace works cooperatively with others, striving for collaborative partnerships in our endeavors.

History Dorothy Bock and Elaine Hirschenberger, members of the School Sisters of St. Francis, co-founded Womanspace in Rockford, Illinois, in 1975. The Center is governed by a volunteer Board of Directors in cooperation with the Executive Director. Womanspace has art studios, a gallery, Gallery2Go gift shop, beautiful gardens and a labyrinth on its seven-acre campus, and operates as a not-for-profit 501(c)(3) organization.

Accessibility A ramp is available in the garage for access to the offices and events in the William Reif Gallery. The Media Room is currently accessible only to those who can do stairs. New Dimensions Upper Studio is fully accessible. The Clay Studio has a chair lift.

Hours Office hours are Monday–Thursday, 10:00a–5:00p. Our gardens, labyrinth and campus are open to the public everyday during daylight hours.



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Womanspace reserves the right to use photographic images taken at programs, events and classes for promotional purposes.

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special interests



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Creative Writing with Sharon Nesbit-Davis

Stories make us who we are. We put pen to paper and uncover forgotten treasures and expand understanding of ourselves and others. And when that happens, we create a more authentic and beautifully textured life. The two-hour workshop (meets on the first Monday of each month) includes guided exercises, prompts, and writing tips.

Whether you are writing fiction, memoir, legacy letters to family, or your personal journal... this workshop will encourage and inspire you to write. All writers, all levels, are welcome!

Monday | 10:00-12:00p

WR22N-1 | **Sept 12** (1-wk)

Register by 9/10

\$25 (Members \$20)

Sharon Nesbit-Davis | Anjali Pavilion

Mondays | 10:00-12:00p

WR22N-2 | **Oct 3-Dec 5** (3-wks)

Register by 10/1

\$65 (Members \$55)

Sharon Nesbit-Davis | Zoom Only

The Making of a Monument

The Women's Centennial Sculpture was begun as a response to the 100th anniversary of the 19th Amendment to the US Constitution, granting women the right to vote. A coalition of groups decided in spring of 2019 to create a monument celebrating women's empowerment. The evolution of this project with its many twists and turns makes a magnificent story. In the process, the "simple monument" evolved into a rich "destination," replete with history, symbolism and artistry. Come and learn the inside story and explore this unique addition to Rockford's public art collection.

Wednesday | 5:30-7:00p

WK22H-1 | **Sept 21** Reg. by 9/19

\$10/person

Elaine Hirschenberger

Southside of the YMCA Log Lodge,
200 Y Blvd., Rockford

Cultural Immersion in Guinea: Clean Water Project

Join Womanspace in welcoming a visiting musician, artist, storyteller and performer from Guinea, West Africa. Fodé Camara will be sharing stories, slides, and information about the Motherland Rhythm Community's Benkadi Project, a 501(c)(3) that offers charitable assistance to address education, health, and basic human needs in Guinea. To date, this project has assisted with providing clean water for over 70,000 individuals.

At the conclusion of the Benkadi water project program, Fodé will share information about and play drums made in Guinea. He will also display some African fabric and masks made in Guinea.

Fodé is the project director of the Motherland Rhythm Community's Benkadi's Project. Helen Bond, who is a frequent presenter here at Womanspace with a monthly drumming workshop is also the executive director of the Benkadi project and makes frequent trips to Guinea, West Africa. Helen will be translating from French as needed.

Saturday | 1:00-3:30p

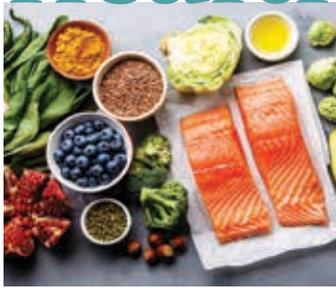
WK22C-1 | **Sept 24**

Register by 9/22

\$20 / \$30 / \$50 (Donation Levels)

Fodé Camara & Helen Bond | Pavilion

health



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Super Foods

What are superfoods? Various fruits, vegetables, and other nutrient-dense foods are often labeled as superfoods for their ability to keep the body in excellent working order. These kinds of foods can fight inflammation, boost the immune system, reduce the risk of cancer, lower stress, and more. A superfood provides the body with a high dose of essential vitamins, minerals, and antioxidants that help fight disease and naturally boost your health! Learn the top 10 superfoods you should definitely incorporate into your diet. You will get simple recipe ideas to implement these superfoods into your daily routine.

Wednesday | 6:00-7:30p

HL22T-1 | **Sept 7**

Register by 9/5

\$30 (Members \$25)

Rhonda Torossian | Wm. Reif Gallery

Adaptogens

Feeling good and motivated is a prerequisite for optimal cognitive function. Is there a magic pill that will solve all your problems? Adaptogens! These are substances, such as herbs and mushrooms, that increase the body's ability to cope with stress and fatigue. If you have been considering taking an adaptogen or are just looking to learn more about adaptogens, then this class is for you. Rhonda will give a rundown on how adaptogens work and the health benefits they offer. We will also make our own adaptogen nutballs which are a fun way to get a daily adaptogen boost and are super yummy!

Wednesday | 6:00-7:30p

HL22T-2 | **Oct 19**

Register by 10/17

\$30 (Members \$25)

Rhonda Torossian | Wm. Reif Gallery

Fermented Foods

Have you noticed there is a lot of information about increasing gut health with fermented foods? Do you have concerns about your gut health? Not knowing where to begin can prevent you from ever starting. This workshop is all about going back to how our grandmothers did things. Learn about probiotics vs. prebiotics, why we need probiotics, what are good sources for probiotics, and some basic knowledge about your immune health and the role probiotics play. You will be equipped with the information necessary to begin fermenting your very own high-potency probiotics immediately. (Ingredient list for Kimchi will be sent with your confirmation for those on Zoom.)

Wednesday | 6:00-7:30p

HL22T-3 | **Nov 16**

Register by 11/14

\$30 (Members \$25)

Rhonda Torossian | Wm. Reif Gallery

Herbal Gift Making

Join Linda Conroy of Moonwise Herbs for this fun, hands-on class. You will make 10+ herbal gift items that you can give to your friends and family or keep for yourself. The classroom will be set up in stations and you will rotate through, making a different item at each station. Everyone will make lip balm, body spray, felted soap, herbal condiments, herbal salts for foot and bath, lotion bar, dream pillow, herbal tea blend, and much more! Learn about the variety of herbs offered and select herbs that resonate with you. **All supplies and decorative packing provided.**

Sunday | 1:00-5:00p

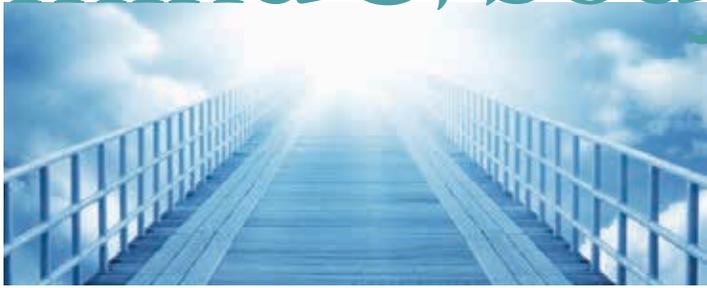
HL22C-1 | **Nov 20**

Register by 11/18

\$70 (Members \$60)

Linda Conroy | ND Upper Studio

mind & body



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Past Life Regression

Take a journey to explore the limitless boundaries of the mind and soul with Michele (Mica) Cascarano Berg MS, CH, CLC, trained by Dr. Brian Weiss, one of the world's most renowned experts in Past Life Regression. Mica also is trained in QHHT (Quantum Healing Hypnosis Technique) by Dolores Cannon and with Peter Woodbury of the ARE (Association for Research and Enlightenment, founded by Edgar Cayce.)

During this experience you have an opportunity to possibly:

- Discover extraordinary details about your past
- Reduce/release phobias, fears or physical challenges
- Learn insights about your current relationships
- Awaken talents and skills
- Connect with departed loved ones
- Gain insights about your life/life purpose

Regression can be done either seated or prone. Bring a yoga mat, pillows and blankets for your personal comfort. Also suggested is a notebook/journal.

Level 1 - Introductory Class

Wednesday | 6:00-9:00p

WK22B-1 | **Nov 9** Reg. by 11/7

Friday | 6:00-9:00p

WK22B-2 | **Nov 18** Reg. by 11/16

\$65 (Member \$55)

Mica Cascarano Berg | Media Room

Level 2 - Experiential Workshop

Tuesday | 6:00-8:00p

WK22B-3 | **Nov 29** Reg. by 11/27

\$50 (Member \$40)

Mica Cascarano Berg | Wm Reif Gallery

Bonus: All participants will be offered \$20 off one subsequent individual past life regression, valid through 2023.

Learn to Read Tarot Workshop

Learn the history of Tarot, including symbolism on the cards, the methods used, different spreads and how to read Tarot for yourself and others. Tap into your natural intuition and take it to the next level. This class will be a lot of fun!

Saturday & Sunday | 9:00a-1:00p

WK22P-1 | **Dec 3 & 4** Reg. by 12/1

\$95 (Member \$85)

Melissa Paluzzi | Media Room

Witches Night Out

It's coming this October!

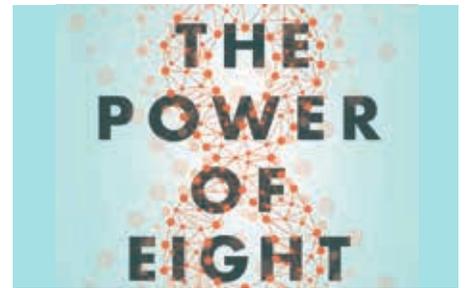
No crystal balls necessary.

We will let you know, my pretty!

Sign-up for our e-newsletter if you haven't already:

womanspace-rockford.org

mind & body



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Meditation: A Wellness Practice

Start your day off with greater focus, less stress and more peace of mind. Meditation is the practice and process of paying attention and focusing your awareness. Different forms of meditation are introduced and practiced in a seated position. Join us – it's a great way to de-stress, re-charge, and re-focus. **Suggested equipment: comfortable attire, yoga mat or rug.**

Tuesdays | 9:00-10:00a

MD22T-1 | **Sept 6-27** (4-wks)

MD22T-2 | **Oct 4-25** (4-wks)

MD22T-2 | **Nov 1-15** (3-wks)

Register by 2 days before class

3-week Fee: \$40 (Members \$30)

4-week Fee: \$50 (Members \$40)

Single Class Fee: \$15

Shiraz Tata, Ph.D. | Zoom Only

Gongtopia

It's unlike anything you have ever experienced before. Imagine floating in an ocean of sound, where you can let go of all your stress and worries. Gongs, Singing Bowls, Bells, and other instruments ring out, creating waves of vibrations that wash over you. Your body and energy systems are able to realign and recharge, helping to clear out blockages, while leaving you refreshed and reawakened. **Bring a yoga mat or blanket and wear comfortable clothing.**

Friday | 6:00-7:30p

HL22B-1 | **Sept 16** Reg. by 9/14

\$30 (Members \$25); Walk-in Fee: \$35

Michael Bettine | Anjali Pavilion

The Power of Eight

Discover how to tap into our extraordinary human capacity for connection and healing using the power of group intention. Based on the book, *The Power of Eight* by Lynne McTaggart, the group will be guided to focus their intention together. A powerful collective dynamic emerges that may heal conditions and transform lives. The first session will be an informative, introductory session. This will be followed by bi-weekly group sessions. Each participant will be required to sign a confidentiality agreement and read the book *The Power of Eight* before joining the group.

Thursdays | 1:00-2:00p

WK22T-1 | **Sept 8 & 22** Reg. by 9/6

WK22T-2 | **Oct 6 & 20** Reg. by 10/4

WK22T-3 | **Nov 3 & 17** Reg. by 11/1

WK22T-4 | **Dec 1 & 15** Reg. by 11/29

Freewill Offering

Julie Thompson | Media Room

Donate using Your Required Minimum Distribution (RMD)

If you are an IRA owner, age 70 ½ or older, you can take advantage of a provision in the tax code that allows you to make a direct transfer to a qualified charity in any amount up to \$100,000 without having to pay income taxes on the distribution. This is an important advantage for a charitably minded IRA owner who doesn't need his or her required minimum distribution (RMD) for living expenses. Although you cannot claim the qualified distribution as a charitable tax deduction, you enjoy three appealing advantages: You satisfy the removal of the required minimum distribution from your IRA, you pay no income taxes on the amount and you help support the programs and mission of Womanspace. If you are interested in helping Womanspace in this way, please request a check from your IRA made payable directly to Womanspace. Thank you!





Reiki (ray-key) is a Japanese word meaning “Universal Life Force Energy” and describes the energy found in all of life. An ancient form of hands-on energy healing, Reiki is a skill obtained through an attunement (opening) to bring the power of Universal Life Force Energy through the human chakra system. The energy then is used to balance the body or an object by bringing it into harmony with the universe once again. **Wear comfortable loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.** IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Reiki Share & Potluck

Reiki Shares are times when Reiki practitioners, people who are interested in Reiki, and those who would like to receive Reiki come together in a common space to share energy, food, and some conversation. Maybe you have heard about Reiki but have never had a session, or you have gone through Reiki training and want a chance to practice and get to know like-minded people! **Please join us and bring a dish to pass. We will provide the plates, silverware, and glasses. The Reiki share will begin at 7:00 pm. If you have a Reiki table, please bring it! Advance registration is appreciated so we know how many people to expect!**

Friday | 6:00-9:00p

HL22G-1 | **Nov 11** Reg. by 11/9

Freewill Donation

Debby Gaines | Media Room

Reiki 1

In Reiki One, you will learn the hand positions for self-healing and for the healing treatment of others. We will talk about the seven major chakras and the history of the Usui System of Natural Healing. You will receive your first attunement. We will also have time to practice feeling energy and giving Reiki to each other.

Saturday | 9:00a-4:30p

HL22G-2 | **Nov 12** Reg. by 11/9

\$120 (Members \$110)

Debby Gaines | Media Room

Reiki 2

Prerequisite: Completion of Reiki 1. You can take them both in the same weekend.

In Reiki Two, you will learn symbols and mantras to focus and deepen the healing treatment of the Reiki energy. We will talk about the sacredness of the Reiki symbols. We will also begin to learn ways to send Reiki through time and distance, allowing healing in the past to improve the present. Time will be allotted to practice feeling energy and giving Reiki to each other.

Sunday | 9:00a-4:30p

HL22G-3 | **Nov 13** Reg. by 11/9

\$140 (Members \$130)

Debby Gaines | Media Room



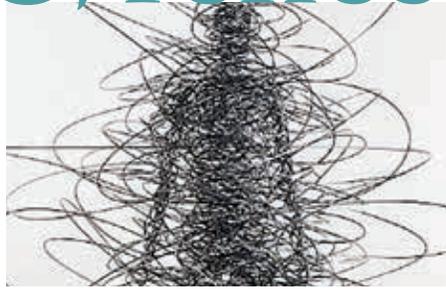
Memorial Gardens at Womanspace

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace. Examples of memorials can include:

- planting a tree or a total area; donating a bench, boulder, arbor, swing, etc.
- funding a special program in honor of an individual
- outfitting a room or special area
- purchasing needed equipment at the Center (request list from Elaine)
- purchasing an engraved paver in the Celebration Garden (\$50.00).

Families and friends are welcome to discuss other ideas for memorials with staff.

retreats & reflections



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Fall Equinox Celebration

The Autumnal Equinox celebration has its roots in tribal and Earth based traditions which have always honored our connections to the cycles of Earth and Sky. At this quarter point in the “Wheel of the Year” we gather in gratitude for what has been given while recognizing the cycles of birth/life/death which are also at work in our lives.

As we travel the labyrinth we seek to find the place in our hearts which bring us home to our part in the “Great Turning” of the transformation of our beloved planet Earth.

Thursday | 6:30-7:30p

RF22-1 | **Sept 22** Reg. by 9/20

Freewill Offering

Sallyann Roberts | Wm. Reif Gallery

Self-Care Through Embodied Presence

This day-long retreat will provide you with powerful practices to be more centered, rejuvenate your body and soul, and create an inspiring life. In this retreat, you will learn how listening to the body’s deep wisdom can help us to navigate our lives and enables us to rediscover our innate spirituality and develop our embodied emotional intelligence. Learn a step-by-step process of reclaiming and transforming the tight, numb, or painful places within so that you can feel your wholeness – the sense of aliveness that allows us to be in a state of grace and connected with our core. Using guided explorations, conscious intention, breath, and journaling, we will learn about our unique energy flows and how to create new energy habits that help heal internal blocks and open the way to grace and wholeness. You will have ample opportunities to explore your inner landscape and delve into healing and rejuvenating practices.

Saturday | 9:00a-4:30p

RT22-1 | **Nov 5** Reg. by 11/3

\$120 (Member \$100)

Sandra Williams | William Reif Gallery

Winter Solstice Celebration & Memorial

At the peak of darkness, with the sun at its southernmost point in the Northern Hemisphere sky, we venture inward to kindle our inner fire. Join us for this special celebration as we honor the cycle of the seasons, reflect on our experiences of the past year, remember the precious lives of those who have moved on, and gratefully acknowledge those who have newly become a part of our lives. We will also offer our hopes for the coming year, and prayers for peace and transformation. Includes refreshments and conversation.

Wednesday | 6:00-7:30p

RF22-2 | **Dec 21** Reg. by 12/19

Freewill Offering

Elaine Hirschenberger | Gallery

drumming



Recent research indicate that drumming accelerates physical healing, boosts the immune system and assists in releasing emotional trauma. Drumming has a positive effect on anxiety, grief, fatigue, depression and behavioral issues. And you know what? It's just downright fun! IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Drumming Workshop with Helen Bond

Come be a part of this joyful group and enjoy the uplifting beauty of traditional hand drumming from Guinea, West Africa. You will learn basic rhythms on dunun drums and the djembe accompaniment parts. You'll also learn the origins of each rhythm, receive expert instruction on all instruments in the traditional djembe orchestra and deepen your understanding of place of music, dance, and song in West African life. Helen is able to work simultaneously with students of all levels – beginners to professional. **Bring your own drum if you have one. Limited instruments available to borrow during class.**

Sundays | 12:00-3:00p

DR22B-1 | **Sept 25** Reg. by 9/21
DR22B-2 | **Oct 16** Reg. by 10/12
DR22B-3 | **Nov 6** Reg. by 11/4
DR22B-4 | **Dec 4** (1:30-4:00) Reg. by 11/30
\$95 (Members \$85)
(Must have a min. of 8 students)
Helen Bond | Pavilion or Gallery

Drumming Circle with Julie Thompson

We invite you to join this monthly group to enjoy the camaraderie of making music together. We will explore traditional drumming rhythms, the rhythms of sayings, Nursery rhymes, and the rhythms of emotions as we connect with each other and to the earth. No talent or previous experience required. **Bring your own percussive instrument if you have one. Limited instruments available to borrow during class.**

NOTE: Online registration is required for this class.

Sundays | 2:00-4:00p

DR22T-1 | **Sept 11** Reg. by 9/8
DR22T-2 | **Oct 9** Reg. by 10/6
DR22T-3 | **Nov 20** Reg. by 11/18
DR22T-4 | **Dec 11** Reg. by 12/8
Freewill Offering
Julie Thompson | Gallery or Pavilion

Cardio Drumming

This is an exercise class! Please dress comfortably, wear sturdy shoes (no sandals or flip flops) and bring water. No drumming experience needed. All levels welcome... can even be done sitting down!

Cardio Drumming combines movement with the beat and rhythm of drums for a fun, high energy workout. It brings together drumsticks, an exercise ball, an exercise ball stand (bucket), and rhythmic moves to create one of the most fun workouts you'll ever do. You won't want to stop.

Cardio drumming will raise your heart rate to help burn those calories, improve your coordination and ability to focus, and help strengthen many muscle groups, including your core. Studies have shown that when people find workouts they enjoy and have fun with, they're more likely to stick with their routine.

Equipment needed: 65 cm exercise ball, a 5 gallon bucket to set the ball on, and basic drum sticks (limited supply available to purchase for \$20).

Thursdays | 6:00-7:00p

DR22C-1 | **Sept 1-29** (5-wks)
DR22C-2 | **Oct 6-27** (4-wks)
DR22C-3 | **Nov 3-17** (3-wks)
Register by 2 days before class
3-Week Fee: \$40 (Member \$30)
4-Week Fee: \$50 (Member \$40)
5-Week Fee: \$60 (Member \$50)
Single Class Fee: \$15
Beth Campisi | Pavilion or Media Room

yoga



Gain better posture, calm the mind, and benefit your overall health! Just about everyone can do yoga – it's not just for people who can touch their toes or want to meditate. The classes at Womanspace provide strength, flexibility, and endurance for the whole body – wherever you're at. There is always a modified pose. Our philosophy is "you do you." IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Adaptive Yoga

All levels. Adaptive Yoga is a particularly effective practice and can have therapeutic benefits for those recovering from, or living with injury, illness, or disease. This specialty yoga course blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle, yet effective.

Examples of chronic conditions that may benefit from this therapeutic approach: multiple sclerosis, chronic pain, fibromyalgia, arthritis, lupus, injury/surgery recovery, diabetes/neuropathy, those with limited mobility, and those just wanting a safe, gentle practice to support healthy aging.

Tuesdays | 11:15a-12:15p

YT22-1 | **Sept 6-27** (4-wks)

YT22-2 | **Oct 4-25** (4-wks)

YT22-3 | **Nov 1-22** (4-wks)

YT22-4 | **Dec 6-20** (3-wks)

Register by 2 days before class

3-Week Fee: \$60 (Member \$45)

4-Week Fee: \$80 (Member \$60)

Single class: \$20

Lisa Alexander | Zoom Only

Vinyasa Yoga

All levels. This class uses breath to movement, taking you through a series of warm-up poses, sun salutations, strengthening asanas, balance postures, and twists, ending with deep stretches and relaxation. **Dress comfortably, bring a yoga mat and desired props.**

Thursdays | 10:00-11:00a

YG22-1 | **Sept 8-29** (4-wks)

YG22-2 | **Oct 6-27** (4-wks)

YG22-3 | **Nov 3-17** (3-wks)

YG22-4 | **Dec 1-15** (3-wks)

Register by 2 days before class

3-Week Fee: \$40 (Member \$30)

4-Week Fee: \$50 (Member \$40)

5-Week Fee: \$60 (Member \$50)

Single class: \$15

Lisa Alexander | Media Room

Yin Yoga

All levels. This class incorporates a gentle yoga flow, followed by deep stretches held for longer periods. Yin yoga activates the parasympathetic nervous system, reducing stress, strengthening your joints and ligaments, and improving sleep. **Dress comfortably, bring a yoga mat and desired props.**

Tuesdays | 5:30-6:30p

YY22-1 | **Sept 6-27** (4-wks)

YY22-2 | **Oct 4-25** (4-wks)

YY22-3 | **Nov 1-22** (4-wks)

YY22-4 | **Dec 6-20** (3-wks)

Register by 2 days before class

3-Week Fee: \$40 (Member \$30)

4-Week Fee: \$50 (Member \$40)

Single class: \$15

Lisa Alexander | Media Room

Thursday | 10:00a

MUST Register by 2 days before class in order to receive the recording link.

YT22F-1 | **Sept 1-29** (5-wks)

YT22F-2 | **Oct 6-27** (4-wks)

YT22F-3 | **Nov 3-24** (4-wks)

YT22F-4 | **Dec 1-22** (4-wks)

4-Week Fee: \$25 (Member \$20)

5-Week Fee: \$30 (Member \$25)

Single class: \$7

Zoom Recording Only

Become a Womanspace Member Today!



Save on classes

Connect with others

Stay up-to-date

Membership starts at \$50

bookwoman



All women are invited to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading. *Registration required. IDPH & CDC guidelines about face masks will be observed.*

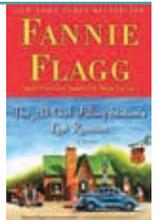
The All-Girl Filling Station's Last Reunion by Fannie Flagg

Wisconsin, 1941 - With all the men off to war, Fritz and her sisters must learn men's work, but they add their own touches, too, and the All-Girl Filling Station is born. Their peace doesn't last long though.

Alabama, 2005 - One day a package arrives for Mrs. Sookie Earle. Its contents knock her sideways, propelling her back to the 1940s, and four irrepressible sisters whose wartime adventures force them to reimagine who they are, and what they are capable of.

Wed. | 10:00-11:30a
BW22-1 | Sept 14
Reg. by 9/12

Freewill Offering
William Reif Gallery
& ZOOM



Intended: A Marriage in Black & White by Sharon Nesbit-Davis

As a White child growing up during the first wave of the civil rights movement, Sharon Nesbit's early affections and relationships challenged the stagnant mindsets of many around her and paved the path toward her life commitments both to the Bahá'í Faith and to the love of her life, George.

On a basic level, many people would accept the marriage of Sharon and George as normal: two people who loved each other. But in 1976, race complicated things. It still does. But that doesn't mean Sharon and George weren't intended to be together.

Wed. | 10:00-11:30a
BW22-2 | Oct 12
Reg. by 10/10

Freewill Offering
William Reif Gallery
& ZOOM



Fire Keeper's Daughter by Angeline Boulley

As a biracial, unenrolled tribal member and the product of a scandal, eighteen-year-old Daunis Fontaine has never quite fit in. She dreams of studying medicine, but when her family is struck by tragedy, she puts her future on hold to care for her fragile mother.

As Daunis falls for Jamie, a charming new recruit on her brother Levi's hockey team, she senses he is hiding something. Everything comes to light when Daunis witnesses a shocking murder, thrusting her into the heart of a criminal investigation.

Daunis must learn what it means to be a strong Anishinaabe kwe (Ojibwe woman) and how far she'll go to protect her community, even if it tears apart the only world she's ever known.

Wed. | 10:00-11:30a
BW22-3 | Nov 9
Reg. by 11/7

Freewill Offering
William Reif Gallery
& ZOOM



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You shop. Amazon gives.

When you shop on AmazonSmile, Amazon will donate a percentage of the purchase price of eligible products to **Womanspace Rockford**. It really adds up!

Sign-up on Your Computer: 1. Visit smile.amazon.com & Sign-in with your Amazon credentials
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3. Add a bookmark for smile.amazon.com & start shopping!

Sign-up on the App: 1. Make sure you're signed up for AmazonSmile
2. Download or update to the latest version of the Amazon Shopping app for iOS or Android
3. Open the app and find "Settings" in the main menu
4. Tap on "AmazonSmile" & follow the on-screen instructions to turn on AmazonSmile in the app.

bad girl book club



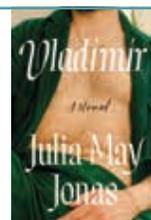
Join this new evening women's book club! And no, you don't have to be a "bad girl" to join the group. This group will focus on books with female authors and unique female protagonists. In depth and honest opinions are encouraged. You don't even have to finish the book to join in on this fun book discussion group. Indulgent beverages and desserts will be served, and bad girl attire encouraged! *Registration required. IDPH & CDC guidelines about face masks will be observed.*

Vladimir by Julia May Jonas

A provocative, razor-sharp, and timely debut novel about a beloved English professor facing a slew of accusations against her professor husband by former students—a situation that becomes more complicated when she herself develops an obsession of her own. Despite the cover, this is no bodice-ripper. The quality of the writing and the extent to which you may find yourself identifying with this protagonist will result in an extremely pleasurable reading experience, and make for an exciting discussion!

Monday | 6:00-8:00p
BG22-1 | **Sept 12**
Reg. by 9/10

Freewill Offering
William Reif Gallery

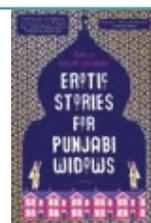


Erotic Stories for Punjabi Widows by Balli Kaur Jaswal

Every woman has a secret life...When her father's death leaves the family financially strapped, Nikki, a law school dropout, impulsively takes a job teaching a "creative writing" course at London's close-knit Punjabi community center. When one of the widows finds a book of sexy stories in English and shares it with the class, Nikki realizes that beneath their white dupattas, her students have a wealth of fantasies and memories. Eager to liberate these modest women, she teaches them how to express their untold stories, unleashing creativity of the most unexpected—and exciting—kind.

Monday | 6:00-8:00p
BG22-2 | **Oct 10**
Reg. by 10/8

Freewill Offering
William Reif Gallery



Untamed by Glennon Doyle

Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live. It is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak, and unleash our truest, wildest instincts so that we become women who can finally look at ourselves and say: There She Is. This is a book you will want to highlight, and read over and over.

Monday | 6:00-8:00p
BG22-3 | **Nov 14**
Reg. by 11/12

Freewill Offering
William Reif Gallery



Milk Fed by Melissa Broder

Rachel is a young Jewish talent scout who, due to her upbringing, is obsessed with food. She exercises compulsively and counts every calorie. When her therapist suggests that she take a detox from her controlling mother, Rachel meets Miriam, a young, Zaftig, orthodox Jewish woman. Mariam's conference with her body and unabashed love of food and eating appeal to Rachel and it's not long before she starts eating that way too. Rachel finds herself infatuated with Mariam both sexually and religiously, and she starts on a journey to overcome her demons. We will openly discuss themes of eating disorders and sexuality in this meeting. This is a safe space, and what we say stays within the group.

Monday | 6:00-8:00p
BG22-4 | **Dec 12**
Reg. by 12/10

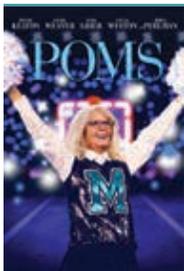
Freewill Offering
William Reif Gallery



supper & film



All are welcome. We will watch the film while eating dinner and then have a discussion of the film, characters, and artistry. *Registration required. IDPH and CDC guidelines about face masks will be observed. NO WALK-INS.*



Poms

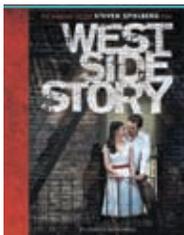
Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. 2019. PG-13. 91 min.

Monday | 6:00-9:00p

SF22-1 | **Sept 26** Reg. by 9/24

\$17 (Member \$12)

Tina Hallberg | William Reif Gallery



West Side Story

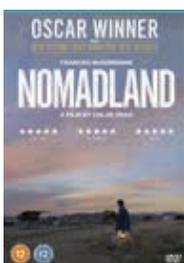
Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks – two rival gangs vying for control of the streets. 2021. PG-13. 156 min.

Monday | 6:00-9:00p

SF22-2 | **Oct 24** Reg. by 10/22

\$17 (Member \$12)

Tina Hallberg | William Reif Gallery



Nomadland

A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. 2020. PG-13. 107 min.

Monday | 6:00-9:00p

SF22-3 | **Nov 28** Reg. by 11/26

\$17 (Member \$12)

Tina Hallberg | William Reif Gallery



Last Christmas

Nothing seems to go right for young Kate, a frustrated Londoner who works as an elf in a year-round Christmas shop. But things soon take a turn for the better when she meets Tom – a handsome charmer who seems too good to be true. As the city transforms into the most wonderful time of the year, Tom and Kate's growing attraction turns into the best gift of all – a Yuletide romance. 2019. PG-13. 103 min.

Monday | 11:30a-1:30p

SF22-4 | **Dec 12** Reg. by 12/10

\$17 (Member \$12)

Tina Hallberg | William Reif Gallery

girl scouts



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.



Cadette Night Owl Badge

We will explore things that go bump in the night, take a night walk to hear and see sounds at night, and learn about the wonderful things in our night sky. **Please bring a flashlight and dress for the weather as we will be outside the entire time.** Price does not include official earned badge.

Thursday | 6:00-8:00p

GSC22-1 | **Sept 15** Reg. by 9/13

\$12/registered girl scout (Leaders Free)
Marge Blake | Anjali Pavilion & Grounds

Halloween Party

Celebrate Juliette Low's birthday in style! Dress up in your favorite Halloween costume and dance to your favorite music in the pavilion, make a craft, play some fun games, then you will have a chance to "trunk or treat" in the parking lot before you go home! Dress for the weather! All events are held outdoors. Some spaces are covered but not heated. Candy and treats may contain nuts.

This event is for registered girls and adults only. No siblings allowed.

Saturday | 2:00-4:00p

GSC22-2 | **Oct 8** Reg. by 10/6

\$10/registered girl, leader, and parent
Marge Blake | Anjali Pavilion & Grounds



Cadette Breathe Journey in a Day

We will learn about the many aspects of air through the use of our senses in this journey. Bring a refillable water bottle and a non-refrigerated lunch. Dress for the weather as we will be outside for a short time of the day. **This is for registered Girl Scouts and registered adults only. No add ons or tagalongs allowed.**

Saturday | 10:00a-4:00p

GSC22-3 | **Nov 19** Reg. by 11/17

\$18/registered girl scout (Leaders Free)
Marge Blake | Media Room

Cherry Valley Wood Care
Womanspace Service Provider

At Cherry Valley Wood Care, everything outside is our business! From decks and fences to siding, your property will sparkle with our cleaning & restoration! Quality workmanship at an affordable price! Serving the Rockford & Southern Wisconsin area.
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Acupuncture
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thrivenaturallywellness.com

art studios & galleries



New Dimensions Studio

The heart and home of Womanspace arts education! The studios provide a bright, beautiful space for women and men of all ages and abilities to explore their creativity.

The Upper Studio offers plenty of space for our many art programs. Throughout the year, we offer classes in a variety of media including oil, acrylic, watercolor, drawing, pastels, sculpture, mixed media, and more!

The Clay Studio is in the lower level of New Dimensions Studio. It is a fully-functioning, brightly lit pottery studio. We offer a number of clay classes. Find one that intrigues you on the following pages and plan to “come clay with us!” A stair lift is now available!

Gallery2Go

This is a unique gift shop with ever-changing displays of one-of-a-kind art and gifts that you will love, created by our members! It features art, jewelry, books, cards, textiles and more. Open to the public Monday-Thursday, 10:00a-5:00p, as well as on weekends and evenings when programs are scheduled.



Gallery2Go Online

We now are offering some items from Gallery2Go ONLINE! We offer curbside pick-up or mail shipping on most items. Visit our virtual store at womanspace-rockford.org/Store. 25% of your purchase benefits Womanspace and its programs. Member artists interested in exhibiting should e-mail samples of their work to gallery@womanspace-rockford.org.

Open Clay Studio Policy

You must have completed two beginning pottery courses or be an intermediate pottery student.

- Open studio is only for current & past Womanspace pottery students.
- For safety reasons, you MUST register for specific days and times to use open studio via SignUpGenius. To sign up, visit womanspace-rockford.org/page-1075410
- You must sign up for the whole time you will be there and leave by your scheduled time.
- Only 6 people are allowed in the clay studio, plus the studio monitor.
- IDPH & CDC guidelines about face masks will be observed.
- You must clean up ALL the areas and equipment you use.

Open Studio Fees

Please pay online for use of the Clay Studio hours, clay and firings. To pay by cash, write your name and amount on the envelope provided. Indicate on the sign-in sheet in the studio the amount paid and what the payment was for.

Studio Fee: \$5.00/hr. or \$20/4+ hrs.

Clay Fee:

\$30/25 lb. or \$15/12.5 lb. or \$1.50/lb.
(includes glazes, firing)

Non-Womanspace firing & glaze fee:

\$1.00/1-2 lb piece;
\$2.00 for 3-4 lb piece
\$3.00 for 5 lb and up
(Weight & size are approximate.)

William Reif Gallery *IDPH & CDC face mask guidelines will be observed.*

Our premier art gallery and meeting space is in our main building. In 2013, this space was named in honor of Bill Reif, a major Womanspace friend and benefactor. Join us for our upcoming art openings:

STAR STUDENT & TEACHER SHOW - Aug. 19-Oct. 9 Reception Aug. 19, 5:30-7:00p
Womanspace students and teachers will show their work made between Summer 2021 through Summer 2022. See what styles and creations have emerged from New Dimensions Studio this past year!

JOURNEYS WITHOUT A MAP SHOW - Oct 14-Dec. 4 Reception Oct. 21, 5:30-8:00p
With persistence in pursuing the evolving vision, there is eventually art – offerings that are unique expressions of each artist, Cindy Hughes, Cynthia Linnabary, Barbara McNamara, Sue Mount, Nancy McManus Olson, and Una Ryan.

THERE'S SOMETHING ABOUT MERRY HOLIDAY SHOW - Dec. 8-11

Support the ARTS while shopping LOCAL! Find UNIQUE, HANDCRAFTED items created by 40+ local artists in all kind of mediums.

art lectures



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Gustave Caillebotte (1848-1894)

Gustave Caillebotte was a French Impressionist artist who painted urban Parisian scenes in a more realistic manner than other Impressionists. He also had an early interest in photography as an art form. When ascending the stairs in The Art Institute of Chicago, you may have seen *Paris Street; Rainy Day* of 1877. This large painting is one of his works.

Thursday | 12:00-1:00p

AL22-1 | **Sept 8** Reg. by: 9/6
\$15 (Members \$10)

Mary Boyd, SSSF
William Reif Gallery & Zoom

Judy Chicago (1939-Present)

Judy Chicago is an American feminist artist, art educator, and writer known for her large collaborative art installation pieces about birth and creation images, which examine the role of women in history and culture. *The Dinner Party* has been the subject of countless articles and art history texts and is included in innumerable publications in diverse fields.

Thursday | 12:00-1:00p

AL22-2 | **Oct 13** Reg. by: 10/11
\$15 (Members \$10)

Mary Boyd, SSSF | Zoom only

Deborah Butterfield (1949-Present)

Deborah Kay Butterfield is an American sculptor. Along with her artist-husband John Buck, she divides her time between a farm in Bozeman, Montana and studio space in Hawaii. She is known for her sculptures of horses made from found objects, like metal, and especially pieces of wood.

Thursday | 12:00-1:00p

AL22-3 | **Nov 10** Reg. by: 11/8
\$15 (Members \$10)

Mary Boyd, SSSF | Zoom only

JOURNEYS WITHOUT A MAP

October 14–December 4, 2022



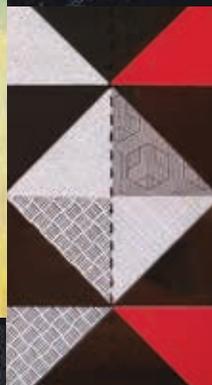
Cindy Hughes



Cynthia Linnabary



Barbara McNamara



Sue Mount



Nancy McManus Olson



Una Ryan

Artists' Reception

Friday, October 21, 2022

5:30–8:00p

painting

All art classes are held in New Dimensions Upper Studio unless otherwise noted.



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Watercolor Sunflower

As the long days of summer begin to fade, enjoy painting the best of the summer flowers: a sunflower. The class is designed to teach new and creative ways to use watercolor. In week one, learn how to imprint leaves in watercolor and then how to use wax paper to create the petals. Week two is all about layering color using the classic watercolor techniques to create a final painting. **All skill levels are welcome. Please bring your own paints, brushes and board to attach your painting. A study and paper will be provided. No drawing required.**

Saturdays | 10:00a-12:00p

WC22B-1 | **Sept 3 & 10**

Register by 9/1

\$55 (Members \$45)

Cindy Bear | ND Upper Studio

Watercolor 101: Water Management

This watercolor class is an up close look at what is happening on the paper when water and then color is applied. Learn water management, wet-on-wet, glazing, and dry brushing, so you can learn to control watercolor as much as possible. Mistake making is encouraged to learn how to fix it. Students will complete two paintings in this 6-session class as each class builds on the previous class. **Bring any supplies you already have, a supply list will be attached in your confirmation email. Special paper from the instructor will be available for a small fee.**

Saturdays | 10:00a-12:00p

WC22B-2 | **Oct 1-Nov 5** (6-wks)

Register by 9/29

\$110 (Members \$100)

Cindy Bear | ND Upper Studio

Watercolor 102: Color Theory

[Prerequisite: Must have previous watercolor experience; no drawing skills required.] Our color choices will give life to forms, describe moods or feelings, emphasize a focal point, give a sense of perspective and re-create texture in your painting. Learn the various terms used to describe color, value, chroma, and hue. Once we understand these terms, we can talk about how to manipulate each of these to create beautiful watercolor paintings. Come take a trip around the color wheel to learn how to confidently choose color. **A supply list will be attached in your confirmation email. Special paper from the instructor will be available for a small fee.**

Saturdays | 10:00a-12:30p

WC22B-3 | **Nov 12-Dec 17** (4-wks)

Register by 11/10

\$95 (Members \$85)

Cindy Bear | ND Upper Studio

Basics & Beyond in Watercolor

Ready to immerse yourself in watercolor? These two day long classes will teach you the many facets of watercolor technique and composition. It's just what you've been looking for! Join the fun and take the plunge into watercolor painting! **You do not have to take session one in order to take session two. Supply list online.**

Part 1 – The Basics. Learn about paints, paper, brushes and color theory. Practice many basic watercolor techniques and complete a small texture chart.

Part 2 – Design and composition. Paint a watercolor painting that covers many of the different techniques we learned the first day. You should be able to complete an 11 x 15" painting.

Part 1 (Fee includes supplies)

Sunday | 10:00a-4:00p

WC22C-1 | **Dec 4** Reg. by 12/2

\$105 (Members \$95)

Part 2 (Fee does not include supplies)

Sunday | 10:00a-4:00p

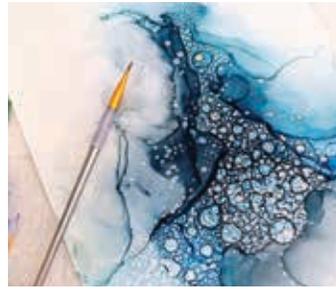
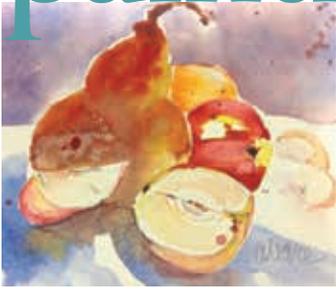
WC22C-2 | **Dec 18** Reg. by 12/16

\$80 (Members \$70)

Rita Carpenter | ND Upper Studio

painting

All art classes are held in New Dimensions Upper Studio unless otherwise noted.



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Toes in the Water

Ages 18+. Beginning-Intermediate. This class is for those first timers wanting to experience watercolor or someone who wants to expand beginning skills. Have fun exploring the enchantment of water and paint in their irresistible dance. As with all painting, a little drawing experience is helpful. Feel free to bring supplies you may already have or wait for suggestions on what you may want to purchase. Some basic supplies are furnished. We will discuss preparing paper to paint, brushes and their technique, some color theory – but mostly we will jump in the water, and do it!

Tuesdays | 10:00a-12:00p

WC22A-1 | **Oct 4-Nov 1** (5-wks)

WC22A-3 | **Nov 8-Dec 13** (5-wks)

Reg. by 2 days before each session

\$95 (Members \$85)

Sue Abare | ND Upper Studio

Splashdown!

Ages 18+. Intermediate-Advanced. In this five-week class, we will continue to practice our skill building toward simplicity, spontaneity and success. We will discuss value, wetness, color and composition. Do you know what NOT to paint? Ideas abound! Lots of thinking goes on as we continue learning. Bring your own supplies.

Thursdays | 10:00a-12:00p

WC22A-2 | **Oct 6-Nov 3** (5-wks)

WC22A-4 | **Nov 10-Dec 15** (4-wks)

Reg. by 2 days before each session

4-week Fee: \$80 (Members \$70)

5-week Fee: \$95 (Members \$85)

Sue Abare | ND Upper Studio

An Inky Mess: Alcohol Inks!

Have you gotten a chance to play with alcohol inks yet? Does the dynamic and organic movement inspire you to try your hand at this fluid medium? Then you MUST sign-up for this class with local artist, Nicole Landreth.

November: Jewelry – This session will give you an opportunity to make a gift for yourself or someone special, creating your own handmade alcohol ink jewelry.

December: Ornaments – This session will feature ornament making on traditional glass or ceramic bulbs.

Saturday | 2:00-4:00p

PG22L-1 | **Nov 19** Reg. by 11/17

Saturday | 2:00-4:00p

PG22L-2 | **Dec 17** Reg. by 12/15

\$35 (Members \$30)

Nicole Landreth | ND Upper Studio

Beginning Portrait Painting with Acrylics

Ever wanted to paint a picture of a relative or a movie star but didn't know how to start? In this class, artist Laura Gomel will show you how! In this 5-week course we will learn to draw basic facial proportions onto our 16 x 20" canvases, then begin our paintings. You will also learn color basics, blending techniques, color matching and how to create those elusive skins tones. Additionally you will learn what makes good composition and interesting subject matter. **Photographic references are encouraged. Fee includes all materials.**

Tuesdays | 5:00-7:00p

PG22G-1 | **Sept 6-Oct 4** (5-wks)

Register by 9/4

\$165 (Members \$155)

Laura Gomel | ND Upper Studio

drawing

All art classes are held in New Dimensions Upper Studio unless otherwise noted.



IDPH & CDC guidelines about face masks will be observed. For instructor bios, visit our website: womanspace-rockford.org/Instructors.

Drawing Faces & Figures

Ages 16+. All levels. These introductory level drawing classes are designed to give basic instruction on different proportions for drawing the human face, figure, features, and how to maintain proper proportions in various poses. Each class will take students through step-by-step instructions, with visual aids and additional one on one attention as needed. Students will work with graphite pencil and paper. **Supplies are not included. Bring a standard drawing tablet and set of drawing pencils. Sign-up for entire course or individual classes.**

Sept. 7 - Face Proportions

Sept. 14 - Hair

Sept 21 - Proportions

Sept. 28 - Poses & Movement

Wednesdays | 6:00-8:00p

DW22K-1 | **Sept 7-28** (4-wks)

Register by 2 days before each session

\$95 (Members \$80)

\$28/single class

Joei Krutza | ND Upper Studio

Beginning Portrait Drawing

Have you ever wanted to be able to draw faces? Do you find drawing human likeness difficult? This is the class for you! Artist Laura Gomel will teach several drawing techniques in this three class series including the Loomis head proportion method, sight measuring and positive/negative space. We will also try a variety of shading techniques using graphite pencils, different types of erasers and shading nubs. We will be drawing from photographs. **Materials are included. You may bring in physical pictures you took, from magazines or on a tablet. There will be some references on hand if you don't have any.**

Mondays | 10:00a-12:00p

DW22G-1 | **Sept 12-26** (3-wks)

Register by 9/10

\$120 (Members \$110)

Laura Gomel | ND Upper Studio

Painting Birds with Watercolor Pencil

Watercolor pencils are a fun way to combine drawing and painting. In this two-part class, we will draw several of our favorite birds with pencil onto watercolor paper. We will then pick our favorites and learn the techniques to bring them to life with color! **Paper, pencils, watercolor pencils and brushes are included. You may bring your own materials as well. Bird picture references are encouraged.**

Mondays | 10:00a-12:00p

WC22G-1 | **Oct 10 & 17**

Register by 10/8

\$75 (Members \$65)

Laura Gomel | ND Upper Studio

ESTHER SCHENCK
 **Scholarship
for the Arts**



Esther Schenck, a long-time member for 34 years, died on January 31, 2019, at the age of 96. Always a great supporter of the arts, Esther named Womanspace as the recipient of a portion of her estate to assist individuals who demonstrate a desire to develop creatively on a personal or professional level. We are happy to announce that scholarships are available three times annually to help with costs for a class/program, materials and supplies.

Application form is on our website:

https://womanspace-rockford.org/resources/Scholarship/ESSA_App_Form.pdf

mixed media

All art classes are held in New Dimensions Upper Studio.



IDPH & CDC guidelines about face masks will be observed. For instructor bio, visit our website: womanspace-rockford.org/Instructors.

Create Your Own Unique Cards

All levels welcome. Join Judith Loudin, Dr. Pat Panzica, Paula Clevenger, Mary Key and Jan Schiro and learn to make your own cards. Each card will be unique and be a personal token from you. These experts will share their talents, skills, and equipment to assist you in making 12 cards in each session. The first session will be making general greeting cards. The second session will be cards with holiday or Christmas themes. **Neither equipment nor experience needed. All supplies included.**

Saturdays | 12:30-2:30p

MX22L-1 | **Oct 1** Reg. by 9/29

MX22L-2 | **Nov 5** Reg. by 11/3

\$25 (Members \$20)

5 Creative Friends | ND Upper Studio

Altered Book Instruction

The objective of this class is to design and create pages in a book you intentionally alter. Rita will show participants how to remove the book cover material. If the surface appearance is what you like, you may or may not want to create on it. Learn tips and tricks on how you can continue to create on pages as you find inspiration. **Please bring 1-2 old hard cover books (suggested size 8 x 5.5 x 1"). Some materials will be provided, but participants are encouraged to bring in any materials that they want to add to their book. A complete supply list will be sent in the registration confirmation email.**

Saturday | 1:00-5:00p

MX22C-1 | **Oct 29** Reg. by 10/27

\$75 (Members \$65)

Rita Carpenter | ND Upper Studio

Tree Hanger Basket

Basket and Bows for your winterscape! Dress up your favorite tree branch to enhance the bare winterscape during the holiday season. You will go home with a large basket of greens, berries, bows and other assorted holiday decorations for your enjoyment. Your neighbors will want one in their yard also. **No prior experience is needed. Fee includes all supplies. Register yourself and your best friend and have a delightful afternoon.**

Sunday | 1:00-4:00p

MX22K-1 | **Nov 6** Reg. by 11/4

\$60 (Members \$50)

Cristi Hopp Knies | ND Upper Studio

Let It Burn: Pyrography

The art of pyrography (commonly known as wood burning) has gained a lot of popularity in recent years! Try your hand at this unique art form in one of two projects with local artist Nicole Landreth.

November: Jewelry – Make a gift for yourself or someone special, creating your own handmade wood burned jewelry inspired by nature.

December: Ornaments – Make a wood burned ornament to decorate your home, tree or to give as a gift.

Saturday | 2:00-4:00p

MX22N-1 | **Nov 12** Reg. by 11/10

MX22N-2 | **Dec 3** Reg. by 12/1

\$35 (Members \$30)

Nicole Landreth | ND Upper Studio

mixed media

All art classes are held in New Dimensions Upper Studio.



Enjoy time with a master sculptor making a variety of whimsical characters! Learn how to form your own armatures followed by applying and sculpting papier-mâché. In the last class, polish your sculpture off with paint and embellishments to help create its own distinct personality. Come have fun and create something magical. **This class will include ALL materials, but feel free to bring some fun accessories!** CDC guidelines about face masks will be observed. For instructor bio, please visit our website: womanspace-rockford.org/Instructors.

Sculpt It! Crows

All levels. In this two session sculpting class, you will create your very own original crow! Learn how to form an armature for your crow to stand on his own two feet, followed by applying and sculpting with papier-mâché. In the last class, polish him off with paint and embellishments to help create his own distinct personality. Feel free to bring anything you wish to add. Sparkly trinkets are the things crows love to collect! All supplies provided. Just come and have FUN!

Wednesdays | 1:00-4:00p

MX22W-1 | **Sept 21 & 28** Reg. by 9/19

\$90 (Member \$80)

Rafaela Wickstrum | ND Upper Studio

Sculpt It! Halloween Cat or Jack

All levels. Happy Halloween! Make this adorable Halloween cat or a friendly jack-o-lantern by learning the age-old craft of sculpture by manipulation and skillfully moving the clay (papier machè). The first class you will spend creating your sculpture by making the armature and adding the paper machè. In the second class, you will paint and add the finishing touches to your masterpiece! This class will include ALL materials, but feel free to bring your own embellishments to give your creation their own special personality! Just come and create make yours funny, spooky, or quirky!

Wednesdays | 6:00-9:00p

MX22W-2 | **Oct 5 & 12** Reg. by: 10/3

\$90 (Member \$80)

Rafaela Wickstrum | ND Upper Studio

Sculpt It! Witches

Advanced. In this 2-week advanced sculpting class, you will create your one of a kind witch sculpture using papier machè clay. Learn the age-old craft of sculpture by manipulation and skillfully moving the clay. The first class you will spend creating your sculpture. In the second class, you will paint and add the finishing touches to your masterpiece! This class will include ALL materials, but feel free to bring your own embellishments to give your witch her special personality! Just have fun and create something magical! **This class is for advanced students who have taken sculpting classes previously with Rafaela or for those experienced in sculpting.**

Mondays | 1:00-4:00p

MX22W-3 | **Oct 10 & 17** Reg. by: 10/8

\$90 (Member \$80)

Rafaela Wickstrum | ND Upper Studio

Sculpt It! Santas

All levels. Santa Claus is coming to town! Make a delightful Kris Kringle with a personality all his own! Learn the age-old craft of sculpture by manipulation and skillfully moving the clay (papier machè clay) into a desired work of art. The first class you will spend creating your sculpture. In the second class, you will paint and add the finishing touches to your masterpiece! This class will include ALL materials included. Wear old clothes or an apron. Just come have fun and create something magical!

Tuesdays | 1:00-4:00p

MX22W-4 | **Nov. 1 & 8** Reg. by: 10/30

\$90 (Member \$80)

Rafaela Wickstrum | ND Upper Studio

mixed media

All art classes are held in New Dimensions Upper Studio.



IDPH & CDC guidelines about face masks will be observed. For instructor bio, visit our website: womanspace-rockford.org/Instructors.

Mosaic Jewelry

Make a one-of-a-kind original piece of mosaic jewelry and learn some new skills in this fun 2-hour workshop. Students will design and complete two mosaic pieces of jewelry (pendants, rings, or earrings) from start to finish. **All materials will be supplied.** Supplies will include pendant and bracelet trays, epoxy clay, stones, smalti glass, wood, gems, scrap metal, shells, millefiori beads.

Thursday | 6:00-8:00p

MX22M-1 | **Sept 15** Reg. by 9/13

\$65 (Members \$55)

Nancy Mayhew | ND Upper Studio

Mosaic: Tree or Cross

Learn how to decorate a wood tree or cross using a mosaic method of applying glass, tiles, stones and jewelry with adhesive. Then bring your piece to life as you learn how to finish it with cement based grout. If you have any old china, jewelry or trinkets you would like to add to your creation be sure to bring them. Glass cutting experience is helpful, but not necessary. So why not ask a friend to join in the fun of creating your own pieces of art! **Please note the early registration so that materials can be ordered. Cost includes all materials. You will need to contact the instructor and let her know your choice of tree or Cross by November 10th. You can reach her by email at nlmayhew@charter.net.**

Tuesdays | 6:00-9:00p

MX22M-2 | **Oct 11 & 18** Reg. by 10/4

\$105 (Members \$95)

Nancy Mayhew | ND Upper Studio

Fused Glass Jewelry

Explore the possibilities of dichroic glass! Created for NASA, dichroic glass has a metallic coating that transforms in the kiln under high heat, creating one-of-a-kind jewelry pieces. Each student will create three pendants using dichroic glass and glass scraps. The glass creations will then be fired to 1400° in a glass kiln, then affixed to jewelry findings. Completed pieces will be available for pickup at Womanspace in 7-10 days. **Safety glasses and masks will be provided if needed. Closed-toe shoes will be required, as you will be working with glass shards and powders.**

Thursday | 6:00-8:00p

MX22S-1 | **Sept 22** Reg. by 9/20

\$65 (Members \$55)

Pat Sullivan | ND Upper Studio

Fused Glass Christmas Tree

Students will create their own "forest" of Christmas trees, using pre-cut glass and embellishments. The possibilities are endless! Students will have their choice of hanging their trees, or mounting them on a wood base. The completed works of art will then be fired in a glass kiln, and students may pick up their work at Womanspace in 7-10 days. **No glass cutting experience is required. Masks and safety glasses will be provided if needed. Closed-toe shoes will be required, as you will be working with glass shards and powders.**

Thursday | 6:00-8:00p

MX22S-2 | **Oct 13** Reg. by 10/11

\$65 (Members \$55)

Pat Sullivan | ND Upper Studio

handbuilding

classes held in New Dimensions Lower Studio.



Wear clothes you don't mind getting dirty and leave your rings, watches and bracelets at home. Class sizes limited. IDPH & CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.

Basic Handbuilding

Ages 16+. Beginner. Join in this fun pottery class to learn the basics of hand building! Working with textures, stamps, decals different glaze techniques, and more, Nancy will guide you through the process of creating your one of a kind pottery pieces. Bring your ideas and inspirations! Also bring an apron, hand towel, and your own pottery tool kit (available at local craft stores or online). Fees includes up to 25 lbs. of clay, glazes & firing.

Tuesdays | 10:00a-12:00p

HB22A-1 | **Sept 20-Nov 1** (6-wks)

HB22A-2 | **Nov 8-Dec 13** (6-wks)

Wednesdays | 2:30-4:30p

HB22N-1 | **Sept 21-Nov 2** (6-wks)

HB22N-2 | **Nov 9-Dec 14** (6-wks)

Register by 2 days before

\$150 (Members \$135)

Nancy O'Neill | ND Clay Studio

Handbuilding Ornaments

No previous experience needed. Join in this joyful holiday event handbuilding your own holiday ornaments. In the first session, the ornaments will be made using different shapes and textures. Decals can be added if desired. After the ornaments are initially fired, you will have an opportunity to select glazes of your choice and be given expert instructions in proper glazing. Your ornament will then be fired again and ready for you to pick up in the studio at your convenience. Each ornament will be uniquely yours and can have a small wire hanger added for easy use on a tree or other holiday decoration. Come and start your holiday season off with a fun and creative time.

Fridays | 10:00a-12:00p

HB22X-1 | **Nov 4 & 18** (2-weeks)

Register by 11/2

\$80 (Members \$70)

Nancy O'Neill | ND Clay Studio

Hand Built Pottery

Ages 16+. Advanced Beginner-Intermediate. Advance your hand-building skills while having fun in this 6-week class. Explore many hand-building techniques to make mugs, plates, functional pieces and pieces students are interested in creating. Create your own texture and templates and explore many decorating and glazing options. Bring an apron, hand towel, and your own pottery tool kit (available at local craft stores or online). Fees includes up to 25 lbs. of clay, glazes & firing.

Thursdays | 6:00-8:00p

HB22P-1 | **Sept 22-Oct 27** (6-wks)

HB22P-2 | **Nov 3-Dec 15** (6-wks)

Register by 2 days before

\$150 (Members \$135)

Lynette Porter | ND Clay Studio

Whimsical Pottery – Independent Study

Age 18+. Intermediate-Advanced. Join this fun, independent clay study group and create something you are interested in. You can use forms, natural elements, and your imagination to build practical, unusual or whimsical forms. Delores Burkholder will be able to offer some guidance, but no specific instruction will be provided. You must be an advanced clay worker and be able to work independently. There are lots of tools to play with, lots of colors to choose from and so many choices for you to enjoy. Fees includes up to 25 lbs. of clay, glazes & firing.

Wednesdays | 9:30a-12:30p

HB22B-1 | **Sept 21-Oct 19** (5-wks)

HB22B-2 | **Oct 26-Nov 23** (5-wks)

HB22B-3 | **Nov 30-Dec 21** (4-wks)

Register by 2 days before

\$150 (Members \$135)

Independent Study | ND Clay Studio

wheel throwing

classes held in New Dimensions Lower Studio.



Wear clothes you don't mind getting dirty and leave your rings, watches and bracelets at home. Bring hand towel and your own pottery tools (available at craft stores and online). Fees includes up to 25 lbs. of clay, glazes & firing. *Class sizes limited. CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.*

Beginning Wheel Thrown Pottery

Ages 16+. Beginner. In this 6-week class, you will learn essential wheel-throwing techniques from centering to trimming. Bowls and mugs will be the first forms we practice throwing on the wheel. This class will give the student with little or no experience the opportunity to learn and develop a basic set of wheel-throwing skills. After taking this class, the student will take with them a small collection of functional wheel-thrown pottery, as well as, the skills needed to create more advanced pieces in the future.

Tuesdays | 6:00-8:00p

WT22P-1 | **Sept 20-Oct 25** (6 wks)

WT22P-2 | **Nov 1-Dec 6** (6 wks)

Register by 2 days before

\$150 (Members \$135)

Lynette Porter | ND Clay Studio

Beginning Wheel Thrown Pottery

Ages 16+. Beginner. Begin your journey learning to throw pottery. This 6-week class is for those with no knowledge of throwing on a wheel or with little experience of throwing and need more practice. The instructor will demonstrate during each class and assist learners with improving their skills. Start by throwing simple forms of cylinders and bowls, then to trimming vessels. Glazing will be demonstrated after the greenware is low fired in the kiln. Each glazed piece will then be high fired to finish the process. Each student should purchase basic clay tools and bring them to each class session.

Thursdays | 10:00a-12:00p

WT22R-1 | **Sept 8-Oct 13** (6 wks)

WT22R-2 | **Oct 20-Dec 1** (6 wks)

Register by 2 days before

\$150 (Members \$135)

Rebecca Rehpel | ND Clay Studio

Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills mastered* or instructor approval]. This 5-week course will allow you to take your skills further and learn to throw with larger amounts of clay and create more intricate forms such as bottles, plates, and lidded vessels. Students are welcome to suggest forms they're interested in creating and demonstrations will be given based on interest. Students are also free to work on their own personal projects and receive assistance from the instructor as needed. **Experience wheel throwing and creating basic forms is required to take this class.*

Saturdays | 9:00a-12:00p

IN22J-1 | **Sept 10-Oct 8** (4 wks)

IN22J-2 | **Oct 15-Nov 12** (4 wks)

IN22J-3 | **Nov 19-Dec 17** (4 wks)

Register by 2 days before

\$150 (Members \$135)

Jennie Johnson Sic | ND Clay Studio

Manic Monday: Intermediate Wheel Thrown Pottery

Ages 16+. [Prerequisite: beginner throwing skills mastered or instructor approval.] This course is an excellent opportunity to work alongside peers who are serious about improving their form, throwing larger pieces and incorporating other methods into your pieces. Each class is tailored to the individual's throwing needs. Instructor will assist in troubleshooting and take time to work with each person individually. Excellent peer support and inspiration is encouraged to enhance everyone's experience. **Bring a list of pottery goals with you or we can work on that together.**

Mondays | 6:00-8:00p

IN22N-1 | **Oct 10- Nov 14** (6-weeks)

IN22N-2 | **Nov 21-Dec 19** (5-weeks)

Register by 2 days before

5-week Fee: \$125 (Members \$115)

6-week Fee: \$150 (Members \$135)

Anya Nelson | ND Clay Studio

wheel throwing

classes held in New Dimensions Lower Studio.

Wear clothes you don't mind getting dirty and leave your rings, watches and bracelets at home. Bring hand towel and your own pottery tools (available at craft stores and online). Fees includes up to 25 lbs. of clay, glazes & firing. *Class sizes limited. CDC guidelines about face masks will be observed. For instructor bios, please visit our website: womanspace-rockford.org/Instructors.*

Wild Women in Clay

Ages 16+. Intermediate-Advanced. [Prerequisite: beginner throwing skills mastered or instructor approval.] In this four-week course, we will explore new techniques and skills in pottery. We will focus on wheel throwing, additions, lids, feet, handles, trimming, creative diversions, glazing and whatever directions the students would like to pursue – even photo lithography is possible. Class demos and collaboration will promote a fun learning environment while pushing skills and creativity to a higher level. Think outside the box and develop a more creative and artistic expression in clay.

Mondays | 1:00-4:00p

CW22M-1 | **Sept 12-Oct 3** (4-wks)

CW22M-2 | **Oct 24-Nov 14** (4-wks)

CW22M-3 | **Nov 28-Dec 19** (4-wks)

Register by 2 days before

\$150 (Members \$135)

Linda Ewalt | ND Clay Studio

Glazing Workshop

Ages 16+. [Prerequisite: must have taken a pottery class at Womanspace.] This workshop is an excellent opportunity to learn about glazes from Womanspace's glazing queen, Nancy O'Neill! Learn what some of the technical glazing lingo means, the different types of glazes there are, and how to properly apply them for best finished results. Nancy will make suggestions, assist in troubleshooting, or any other glazing questions. Peer support and inspiration is encouraged to enhance everyone's experience. **You must bring a few of your own bisque-fired pieces to glaze.** Fee includes glazes.

Friday | 10:00-2:00p

GL22N-1 | **Sept 16** Reg. 9/14

GL22N-2 | **Nov 11** Reg. 11/9

\$80 (Members \$70)

Nancy O'Neill | ND Clay Studio

womanspace

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womanspace membership form

Fill out this form and mail it in with your contribution or register online at womanspace-rockford.org/member.

PRIMARY CONTACT INFORMATION

New Renew Former Gift Membership Exp. Date _____

Name _____ Member# _____

Address _____ Birth Date _____

City, State, Zip _____

Home Phone _____ Cell Phone _____

E-mail _____

Place of Work _____

Job Title _____ Work Phone _____

Additional names for Family/Grand Family memberships:

How did you hear about Womanspace? _____

SIGN-UP FOR THE E-NEWSLETTER?

Yes No Already have

CHOOSE YOUR LEVEL TODAY!

Membership begins with the month the fee is paid.

Individual	1-yr	2-yr	3-yr
Regular (age 18+)	<input type="radio"/> \$50	<input type="radio"/> \$90	<input type="radio"/> \$120
Sustaining† (age 18+)	<input type="radio"/> \$75	<input type="radio"/> \$150	<input type="radio"/> \$225
Student (age 9-17)	<input type="radio"/> \$25	<input type="radio"/> \$45	<input type="radio"/> \$65

Family & Grand Family (2 adults & kids under age 18)	1-yr	2-yr	3-yr
Regular	<input type="radio"/> \$75	<input type="radio"/> \$140	<input type="radio"/> \$200
Sustaining†	<input type="radio"/> \$100	<input type="radio"/> \$200	<input type="radio"/> \$300

† If you opt for a sustaining membership, please know that we are grateful for your additional support that helps other women.

PAYMENT METHOD (3% credit card fee applies*)

Cash CHK # _____ MC* Visa* Dis* SQ*

Expiration: ____/____/____ CID: _____ (3 digits on card back)

MEMBERS RECEIVE:

- discounted prices on most programs
- mailings from Womanspace
- opportunity to submit handcrafted items to sell in Gallery2Go (subject to final approval by Gallery Committee)
- a social group to connect with, share talents, and develop or demonstrate leadership skills
- use of our library
- discounted rates on facility rentals
- space for business card display

I AM INTERESTED IN HELPING WITH:

- Computer (Soc. Media/Data Entry) Marketing
- Events (Organize/Assist) Member Outreach
- Facility (Maint./Repair/Clean) Office Work (Recept./Mail.)
- Fundraise (Grants/Sponsorships) Program Development
- Gallery (Plan/Procure/Display) Social Outreach
- Grounds (Maint./Gardening) Teaching
- Other _____

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womanspace registration form

Fill out this form and mail it in with your payment or register online at womanspace-rockford.org. Please print clearly.

Name _____ Member # _____

Address, City, State, Zip _____

Phone _____ E-mail _____

Cash Check # _____ MC* Visa* Discover* Gift Certificate/Coupon (included with payment)
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COURSE #	NAME OF COURSE	START DATE	FEE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Womanspace reserves the right to use photo images taken at all programs for promotional purposes. **TOTAL ENCLOSED \$ _____**

REGISTRATION & PAYMENT

- Courses are filled on a first-come first-paid basis.
- Register and pay early to help ensure minimum enrollment is met and you have a spot.
- **Payment must be made at the time you register or your registration may be cancelled.**
- **There is no reduction in fees if you are unable to attend all scheduled classes.** Partial attendance is not encouraged.

An online account is required for all registrations. You will be prompted to give your name and e-mail at your first registration. You will then receive an e-mail with an automatically generated password that you can change at any time.

- **Online** - Visit womanspace-rockford.org to register. We accept Visa, MasterCard and Discover payments* for programs and membership using AffiniPay®.
- **By Mail** - Payment must accompany registration form. Make checks payable to WOMANSPACE. There is a \$25 fee for returned checks. Mail the registration form to: **Womanspace, 3333 Maria Linden Dr., Rockford IL 61114.** Payment must be received by the registration deadline date.

***There is an additional 3% service fee for credit card payments.**

CANCELLATION & REFUND POLICY

Paid enrollment in a Womanspace class must be cancelled in order for the student to be eligible for a refund. A refund (minus a \$10 non-refundable deposit, minus the 3% service fee) will be granted according to the following:

- If you cancel up to 7 calendar days prior to a program or event, your payment, less the non-refundable deposit and service fee, will be refunded.
- If you cancel 4 days in advance, you may have your payment, less the non-refundable deposit, transferred to another program.
- **IN THE LAST 3 DAYS, THERE ARE NO REFUNDS.**
- Womanspace reserves the right to cancel a course due to insufficient enrollment by the registration deadline, in which case, full refunds will be made.

COVID-19 POLICIES

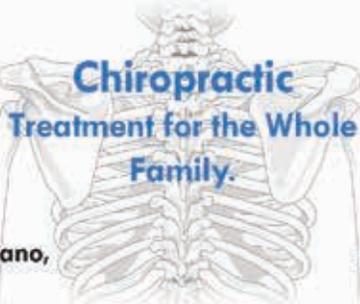
- Some class sizes will be limited.
- **IDPH & CDC guidelines about face masks will be observed.**
- If you are feeling any symptoms, please stay home.
- Further detailed Covid-19 information can be found at womanspace-rockford.org/policies



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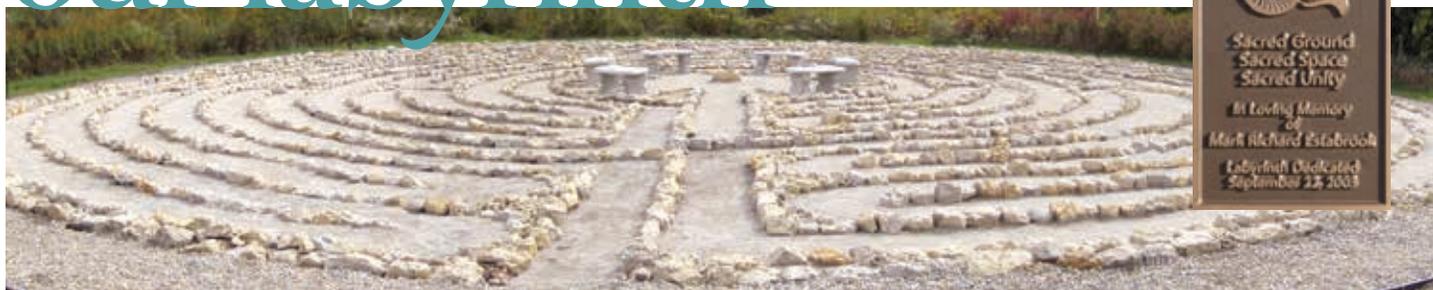
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201 7th Street, Rockford, IL 61104

our labyrinth



Come discover the ancient practice of circling to the center. The Womanspace Labyrinth is a walking meditation path that is both therapeutic and energizing. A devoted team of volunteers, led by a core group of twelve women, broke ground on our prairie in 2000 and dedicated the Labyrinth on September 22, 2003.

Labyrinths have been in use for over 4000 years. Our eleven-circuit design is modeled after the labyrinth in the medieval Chartres Cathedral in France. It is the largest in Northern Illinois and is listed on the National Labyrinth Registry. The basic design is fundamental to nature as well as many cultures and religious traditions. This sacred space is our gift to the community and available to anyone seeking quiet and reflection.



Except for times when special events are scheduled, the Womanspace Labyrinth is open to visitors seven days a week during daylight hours. To reach the labyrinth, follow the ribbon hoops at the entrance to the woods on the right side of the circle drive. It is not a maze, so once you reach the center, you will have walked on every part of the path. There are no rules, but most prefer to walk to the rosette at the heart of the design, contemplate the experience, and then retrace each step as the path unwinds. Both inward and outward trips offer powerful life metaphors and insights.

If you want to reserve the labyrinth for a special event, please call Womanspace for more information.

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the creative arts, holistic health,
interfaith exploration, and
environmental stewardship.

For up-to-date programming
visit our website —>



Important Dates to Remember

- Sep 3 Watercolor Sunflower pg. 18
- Sep 7 Super Foods pg. 54
- Sep 12 Creative Writing with Sharon Nesbit-Davis pg. 4
- Sep 16 Gongtopia pg. 7
- Sep 21 The Making of a Monument pg. 4
- Sep 22 Fall Equinox Celebration pg. 9
- Sep 24 Cultural Immersion in Guinea: Clean Water Project pg. 4
- Oct 5 Sculpt It: Halloween Cat or Jack pg. 22
- Oct 8 Girl Scout Halloween Costume Dance Party pg. 15
- Oct 10 Painting Birds with Watercolor Pencil pg. 20
- Oct 13 Fused Glass Christmas Tree pg. 23
- Oct 21 Art Exhibit Reception: *Journeys Without a Map* pg. 17
- Oct 24 Supper & Film: *West Side Story* pg. 14
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