Connecting, empowering, creating and transforming our world — one woman at a time.
We don’t rent rooms, we enrich lives!

Call to learn about our Lifestyle 360 programs & unique dining experiences

815.398.7792 | lifeatcrimsonpointe.com
7130 Crimson Ridge Drive, Rockford, IL 61107

CRIMSON POINTE
SENIOR LIVING

FIVE STAR
SENIOR LIVING
Goals & Philosophy
Womanspace believes every woman 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 other people with whom she relates. Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.

Our goal is to offer 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.

Mission
Connecting, empowering, creating and transforming our world — one woman at a time. Womanspace offers programs for women, men and children to enhance body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship. Situated on a seven-acre campus between Alpine and Mulford Roads in Rockford, Illinois, Womanspace has art studios, a gallery, Gallery2Go gift shop, beautiful gardens and a labyrinth, and operates as a not-for-profit 501(c)(3) organization.

Location
Womanspace is situated in northeast Rockford, between Alpine and Mulford Roads and between Spring Brook Road and Riverside Boulevard. From Mulford Road: West on Spring Brook Road, half mile to Applewood Lane; right on Applewood Lane.*

*Applewood Lane: Left at first stop sign (Maria Linden Drive). Womanspace is located to the right of the Presence Cor Mariae Center.

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

On the cover:
“Ravel” site-specific dance from World Labyrinth Day
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To Comfort AND to Challenge.

Why do YOU come to Womanspace? What is it that draws you to this place? Is it:
• excitement about learning a new art skill or perfecting one you love?
• seeking a quiet place to think out a family situation?
• learning new things within a group of people with similar interests?
• discussing a book with a group of friends?
• needing a massage or a Reiki session?
• looking for spiritual guidance?
• loving to dig in the dirt and help maintain the gardens?
• planning a party, wedding or family reunion?
• volunteering at the front desk?
• seeking balance in a yoga class?
• attending a board or committee meeting or serving as a leader?
• being “mindful” together with others?
• learning new ways to be environmentally friendly?
• viewing and discussing a film over supper?
• spinning an idea for a new program you would like to see us offer?
• coming for drumming?
• shopping for a unique gift in Gallery2Go?
• viewing the latest art exhibit?

Whatever it is, the above reasons or the hundreds of others that draw you to Womanspace – the thing that is common is that YOU EXPERIENCE SOMETHING UNIQUE here.

Support for your individual journey is certainly an important reason that Womanspace exists.

AND there is another reason -- one I invite you to focus on this year: SHARING YOUR GIFTS with the broader community. I challenge you – or at least invite you – to make 2018-2019 the year to truly develop or strengthen your own method of “giving back” to the world some of what you experience here at Womanspace. This is a year I want us each to look deep inside, to appreciate what being part of Womanspace means to each of us — and to find one new way of offering service out beyond ourselves.

When you read our statement of philosophy (on page 3 of this Your Guide), you will see these words: “Through the strong, healthy, self-development of each individual, the world we live in is made a stronger, healthier, and more peaceful planet.” That is a powerful vision. It is made real by each of us reflecting and deciding how to live out that challenge.

So, the question is: How am I giving back? The answer will continue to enrich your own life more than you can even imagine. So, now:


— Elaine Hirschenberger, Executive Director

Board of Directors
Executive Committee
Nancy Perry
Susan Lee
Kristin Kofoed
Resa Remus-Stariha
Elaine Hirschenberger, SSSF, Ex Officio
Members
Meghan Baylor
Marge Blake
Angela Schmidt
Erica Velarde

Staff
Elaine Hirschenberger, SSSF, Executive Director
Pat Lai, Designer/Adm. Assist.
Aimee Floto, Marketing
Debby Gaines, Programming
Cherie Heck, Arts Programming

Consultants
Resource persons providing direction, advice and diversified skills in the fields of psychology, law, finance and education.
Dorothy Bock
Patricia M. Bonavia
Ruth Ora Jackson
Loretta Reif
Linda Zuba

Community Advisory Council
The Community Advisory Council provides a sounding board for Womanspace regarding its image, programs, service and leadership within the Rockford community. Members offer their expertise and insights to Womanspace as requested.
Lynn Andreini
David Boccignone
Beverly Ashley Broyles
Judge Rosemary Collins
Rebecca Cook Kendall
Karen Girardy
Susan Hansen
Ruth Little
Barbara McNamara
Anne O’Keefe
Jo Marie Paul
Sunil Puri
Wanie Reeverts
Pam Clark Reidenbach
Kimberla Lawson Roby
Barbara Santucci
Jeffrey Swanberg
Shiraz Tata
Linda Thomas
Mary Tuite
Judge Kathryn Zenoff
Tom Zuba

Registration Notes: Please Read!
Throughout this Your Guide, for every class, workshop or other offering, you will see “register by.” Please pay attention to those dates. Sometimes they are a week in advance, sometimes they are on a weekend. They are not all the same period of time. Why is this important?

• We need a guaranteed number of people to run many of our offerings. Sometimes we cancel a program, and then have people register late, only to find that the program is not going to happen. This is frustrating for all: instructors, other students, and staff.

• Sometimes the instructor has to purchase materials (or Womanspace has to prepare food) or some other number-related issue. We need to know how many people to prepare for.

These are some reasons we carefully set registration deadlines. Please remember, YOU CAN ALWAYS REGISTER ONLINE — over weekends, at night, etc. Please help us out and do that by the deadline. Thank you!
 Committees – Open to all interested members!

**Grounds** First Monday of the month (March – Nov.), 3:30–4:30 pm. Oversees upkeep of the gardens & grounds of our beautiful 7-acre campus. Performs hands-on work and care of The Lilly Garden, Celebration Garden, Peace Garden, etc. Organizes several workdays throughout the year. Prairie and Labyrinth (subcommittees of Grounds) determine their own meeting times.

**Finance** Thursday before the second Monday of the month, 4:00–5:30 pm. Establishes processes to ensure the continued financial stability of Womanspace. Oversees financial reports & policies.

**Facilities** First Wednesday of even months, 9:30–10:30 am. Oversees upkeep of the buildings and maintenance requirements.

**Gallery** Wednesdays two weeks before each exhibit, 3:00–4:00 pm. Identifies and invites artists: juries, installs, hosts and manages details for all exhibits & Gallery2Go.

**Marketing** Third Monday of the month, 10:00–11:00 am. Advises and assists the staff with promotion of Womanspace and its events.

**Membership** Second Tuesday of the month, 5:00–6:15 pm. Maintains membership processing. Sponsors and hosts New Member events. Encourages new and renewing member participation. Helps plan, host and evaluate special membership events. Handles registration and greeting at special events.

**Program** Third Wednesday of the month, 10:00–11:30 am. Oversees programming. Suggests and researches presenters for Womanspace. Assists Program Coordinators in communicating with presenters. Hosts workshops or seminars as needed.

**Social Outreach** Meeting times vary. For information and to volunteer, call Kay Strand at 815-397-9220. Coordinates the service arm of Womanspace, identifies needs we can respond to and sets up actions and processes to meet these needs in the local community.

We have many volunteer opportunities at Womanspace, they are changing all the time. Please check online at [www.nonprofitthrive.com](http://www.nonprofitthrive.com) to see the most up to date opportunities and/or share your volunteer interests when you become or renew your membership. Some of the opportunities available include:

- Serve on a committee in which you have expertise, this is an excellent way to get to know more members as well as to directly participate in the operations of Womanspace.
- Coordinate a Fundraising Event, Womanspace puts on quality fundraising events and they are a fun way to get involved.
- Assist with office tasks like answering phones, computer data entry, Gallery2Go sales.
- Work in our gardens, supporting the beautiful landscape that is our pride and joy.
- Prepare and donate food for gallery openings, new member events, supper & film discussions, etc.
- Help with facilities maintenance, power washing, household repair, etc.

Use your special skills to make Womanspace an even better place!

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Volunteering is the ultimate exercise in democracy. You vote in elections once a year. But when you volunteer, you vote every day about the kind of community you want to live in.

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Special Event Committees

**LUNAFEST Film Festival** – Spring, 2019
Meeting times are decided by committee, beginning in December. A film festival of award-winning short films by, for and about women to raise funds for both Womanspace and Chicken & Egg Pictures. Food, wine and raffle make a great night out with friends. Many volunteers are needed!

**Glitzy Garage Sale** – May 31, June 1–2, 2019
Meeting times are decided by committee beginning in February. A mega-sale with over seventeen departments in three tents, Anjali Pavilion, garage and New Dimensions studio — Womanspace’s oldest event and great fun for all.

**Fairy Festival** – Summer, 2019
Meeting times decided by committee. A family-friendly event which includes a maypole dance, several fairy-related activities, face painting and more. Like to plan for kids? Join this fun committee!

**Planning Team for Other Special Events** —
We are seeking people who enjoy helping to create new experiences to use your talents and bring your great ideas to Womanspace. We are currently in the process of putting together new, interesting, and fun Special Events that fulfill these requirements:
- are compatible with the Womanspace mission
- bring many people together for a good time
- have the potential to raise substantial operating funds
- do not duplicate the fundraisers of other local groups.

If you are interested, please contact board member Kristin Kofoed at 815-985-4484.
Consider Renting Womanspace for Your Event

Our 7-acre campus is home to beautiful, serene outdoor gardens and multiple buildings with versatile spaces that are great for hosting a variety of events:

- weddings
- memorials
- social gatherings
- family gatherings
- baby showers
- picnics
- art parties
- business retreats
- work groups
- presentations

Additional items, such as tables, chairs and linens, are available to rent to make your event complete.

**Contact Aimee for details:**
aimee@womanspace-rockford.org

We also have a list of preferred vendors who, we trust, will make your day a special one!

For prices or more information, call us at 815-877-0118 or e-mail info@womanspace-rockford.org.

Womanspace Campus Map

Memorial Gardens

Honor a living or deceased person by establishing a specially named fund or feature at Womanspace, for example:

- Lilly Fernandez Memorial Meditation Garden
- Cindy Sievers Post & Stan Sievers Memorial benches and garden
- Barbara Šjostrom Memorial Bench
- Alissa Cargill Memorial Fountain
- Peace Pole honoring Womanspace’s Co-Founders
- Tracy’s Corner honoring Tracy Bonavia
- The Anjali Pavilion

Memorials can also include the purchase/installation of other items. For example:

- planting a tree or a total area; donating a bench, boulder, arbor, swing, etc. (e.g. Russ Milano memorial area)
- installing a decorative fountain, a drinking fountain, a pond, etc.
- funding a special program in honor of an individual (e.g. Ann Nemitz Women in Crisis Fund; Cindy Sievers Post Memorial Library Fund)
- outfitting a room or special area (e.g. William Reif Gallery)
- purchasing needed equipment at the Center (request list from Elaine)
- purchasing an engraved paver in the Celebration Garden at the front entrance to Womanspace ($50.00).

Families and friends are welcome to discuss other ideas for memorials with staff.
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 medieval Chartres Cathedral in France and features an echoing energy vortex at the center. 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 it, 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.

Interested in renting/reserving the labyrinth for special events or ceremonies? Contact Aimee at aimee@womanspace-rockford.org.
Healing Through Creative Grieving
Delinda Grindle, LCSW
Media Room
Processing the death of a loved one is uniquely personal, and sometimes you need a soul-satisfying emotional release which can be found in the creative arts. This course is about exploring and expressing emotions that are sometimes very hard to put into words. In a safe and comfortable environment, you will be able to creatively express your grief through the use of journaling, painting, memorializing, and other creative artistic media. No skill level needed; there is no judgment of anyone's creativity. Just come, keep an open mind, have fun with this, and explore your own creativity and soul.

$10 materials fee included in cost of class.

Tuesday, 6:00–7:30p
Regular $85  Member $70
Course WK18-1 – Reg. by 8/30
Sept. 4, 11, 18, 25

Meditation:
A Wellness Practice
Dr. Shiraz Tata
Media Room
Meditation is the practice and process of paying attention and focusing your awareness. Whether you are seeking greater focus, less stress and more peace of mind, or a deeper appreciation of the beauty and richness of life, the simple practice of sitting down and turning your attention inward can do wonders! This is a beginning class where different forms of meditation are introduced and practiced in a seated position. Bring a yoga mat or rug if you would like to do this lying down.

Tuesdays, 9:00–10:00a
Regular $30  Member $20
Can’t make both? $15/class
Course MD18-1 – Reg. by 9/9
September 11, 25
Course MD18-2 – Reg. by 10/7
October 9, 23
Course MD18-3 – Reg. by 11/11
November 13, 27

Creating Stories & Sharing Lives:
Women’s Community-Based Writing Class
Debby Gaines
Media Room
Every woman has a story to tell. Whether you are a published author, have no experience writing, or fall somewhere in between, if you are feeling a push to write about your life, you are welcome in this autobiographical writing class. We will talk about the difference between showing and telling your story, how to turn yourself into a character, the different forms of autobiographical writing: personal essays, blogs, memoir, poetry; how to deepen your writing; and much more. Come join the fun, write, and share your story in a community of women writers!

Wednesdays, 6:00–8:00p
Regular $120  Member $100
Course WRT18-1 – Reg. by 9/9
Sept. 12, 26, Oct. 10, 24,
Nov. 7, 21, Dec. 5, 19

Set Your Intentions for Fall: Vision Board
Aimee Floto
New Dimensions Upper Studio
Start your fall feeling inspired and empowered. Whether you’ve created a vision board in the past or this is your first time, join a like-minded group to set your intentions for fall through this powerful practice. You’ll be guided through a process to look within yourself to define what is important to YOU. We’ll then bring those dreams and wishes to life through the making of a vision board. Most find that this practice can be quite enlightening, empowering and energizing. You’ll leave with a visual representation of your dreams and wishes to inspire you daily. You do not need to be an artist to have great success in this class.

Note: early registration deadline.
$10 materials fee included in cost of class.

Wednesday, 6:00–8:00p
Regular $40  Member $30
Course WK18-2 – Reg. by 9/5
September 12

Become an instructor!
If you would like more info on teaching or discuss the possibility of offering a class, contact Womanspace at 815-877-0118.
A Three Stage Approach to Minimalism
Ifat Deriwala
William Reif Gallery
Are you tired of constantly organizing and maintaining all the stuff you hardly use? Come and explore how minimalism can really help you simplify your life. In this three-stage approach you will learn how to free yourself from the slavery of “more is better.” $5 materials fee included in cost of class.

Stage 1 – You will have an opportunity to get started and take the first steps toward a new lifestyle. Discover a new approach to removing all the stuff and commitments from life that may be holding you back from being happy. By only allowing what aligns with your most important values to take up your space and time, you will discover how a few simple steps can lead to living a happier, more purposeful life.

Stage 2 – After decluttering, purging, donating, and tossing the unnecessary stuff from your life, Stage II will give you the opportunity to take a closer look at your possessions and get rid of anything which failed to catch your attention the first time. Create a more intentional approach towards life. Learn to do a digital detox. Learn to shop like a minimalist. Become a strict editor of what you allow in your home and life.

Stage 3 – Dive deep into the sea of minimalism. In this final Stage, you will take a closer look at your finances and spending habits. Find out how something as simple as unsubscribing from certain email lists can help decrease temptation and improve your spending habits. Learn other ways to live more simply as you improve your budget and reduce waste.

Thursdays, 10:30a–Noon
Regular $60  Member $50
Course WK18-3 – Reg. by 9/10
September 13, October 18, November 15

Chakra Rhythms – Dancing the Sacred Seven
Beth Campisi
Anjali Pavilion or Media Room
Chakras are vital energy pathways that connect us to the cycles and rhythms of the Earth, to all aspects of ourselves and to the cosmic pulse of Creation. Chakra Rhythms is a moving meditation practice that invokes, awakens and revitalizes our seven major Chakra centers through a fusion of free flowing movement and spontaneous expression of the physical body. By surrendering to the music and moving from the inside out, we are able to free our natural energy flows and experience how each Chakra makes us feel. The possibility and potential within each Chakra center is waiting to be revealed and released! No dance experience is needed. It is an opportunity to simply Be. Be with yourself in motion to music within community, each having our own personal inner experience and embracing our own healing process.

The intent is to offer a fun, safe and sacred space for all to explore, feel and express fully how their body wants to move and to discover a new way to feel yourself existing in your own body. When we open the flow of our physical being, all other pathways open and all we seek shall be revealed! At the conclusion of Chakra Rhythms we feel an enlightened awareness of our bodies, minds and spirits as well as a connection to our chakra system as a whole. Wear loose fitting clothing. Dress to move and bring a mat or blanket.

Saturdays, 1:00–3:00p
Regular $20  Member $15
Course WK18-4 – Reg. by 9/13
September 15
Course WK18-12 – Reg. by 10/18
October 20
Course WK18-17 – Reg. by 11/15
November 17

**RETURNING FEBRUARY 2019**

THE VAGINA MONOLOGUES

a benefit performance of Eve Ensler’s

If you are interested in being ON THE PLANNING COMMITTEE or IN THE SHOW, email us at info@womanspace-rockford.org

Proceeds Benefit RAASE

If you have any questions, email us at info@womanspace-rockford.org or call 815-877-0118.

815-877-0118  •  womanspace-rockford.org
**PROGRAMS**

See pg. 37 for registration policy.

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**Genealogy Workshop**
Marsha Hosfeld
Media Room
This workshop series will discuss the typical genealogy resources and creative ways to use them, as well as problem-solving techniques when primary sources are not available. Each class will include time to ask questions and get assistance with your own research into family history. Bring a laptop/iPad, if you have one. Forms and source lists provided.

**Class 1 – Begin Your Genealogy Journey:**
Organize what you already know. Decide what you are looking for.

**Class 2 – Exploring Public Records:**
Where to find (and how to use) census reports, birth/marriage/death certificates, and military records.

**Class 3 – Newspapers & Other Resources:**
We will talk about free and subscription newspaper sites, as well City Directories and County Histories, and then...research!

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**Edible Flowers & Flower Essences**
Kathy Moehling
William Reif Gallery
Just as food sustains the human body, flowers nourish the human soul and enhance emotional and psychological well being. Essences of flowers expand our understanding of health and interweave the spiritual, mental, emotional, and physical aspects. Flower essences address the subtle yet important realm of the human psyche, where thoughts and feelings emanate. Join us to celebrate the beauty, joy, and subtle healing potential of flowers and flower essences in this two hour class. We will view a video of edible flowers and create a flower essence combination to nurture our individual souls and spirits. Each participant will have a sample to take home.

**Content adapted from Flower Essence Society brochure, FESQuintessentials.fesflowers.com.**

**Wednesday, 1:00–3:00p**
Regular $20  Member $15
Course WK18-5 – Reg. by 9/16
September 19

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**A Short Oral History of Womanspace**
Elaine Hirschenberger
William Reif Gallery
In the early-1970s, the “little dream that could” began to grow into Womanspace, the ongoing, self-creating, life-affirming community that exists today. Whether you are a brand-new member or one who has been around here for decades, we invite you to come and hear the story of Womanspace as our co-founder shares photos, stories, trends and challenges that have created and continue to create this vibrant community.

Please note: This session is a summary — a shorter version — of the multiple-part history class Elaine offered last year!

**Wednesday, 6:00–8:30p**
Freewill Offering
Course WK18-6 – Reg. by 9/17
September 19

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**The R.A.D. Systems of Self-Defense**
Jimmie Getter
Anjali Pavilion and/or Media Room
For mothers & daughters, ages 8–80. Develop awareness and confidence by learning easy techniques to use to defend yourself in times of distress. The skills you learn in this 8-hour course can help protect against bullies, abductions and others who may want to harm you. You MUST be registered to attend the class. Space is limited!

Become a member today to take advantage of this FREE class!

**Saturdays, 9:00a–12:00p**
Members Only FREE
Course WK18-20 – Reg. by 9/12
September 15, 22, 29 (9:00–11:00)

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**The R.A.D. Systems of Self-Defense**
Jimmie Getter
Anjali Pavilion and/or Media Room
For mothers & daughters, ages 8–80. Develop awareness and confidence by learning easy techniques to use to defend yourself in times of distress. The skills you learn in this 8-hour course can help protect against bullies, abductions and others who may want to harm you. You MUST be registered to attend the class. Space is limited!

Become a member today to take advantage of this FREE class!

**Saturdays, 9:00a–12:00p**
Members Only FREE
Course WK18-20 – Reg. by 9/12
September 15, 22, 29 (9:00–11:00)
Finding Our Light in Times of Darkness
Julie Barthels
William Reif Gallery
Every life has dark times. Usually uncomfortable and often unexpected the dark periods can seem almost overwhelming. The power lies in what we do with our dark times and how we use those times to grow and become more spiritual. This presentation will include a thoughtful group discussion and art work to explore this important topic.

Wednesday, Noon–1:30p
Regular $15  Member $10
Course LL18-1 – Reg. by 9/24
September 26

Intro to Crystals for the Curious
Aimee Floto
William Reif Gallery
What’s the big deal with crystals? They seem to be everywhere! Crystals are so much more than pretty rocks. We’ll discuss what crystals can do for you, why crystals work, how to choose them, how to incorporate them into your life and much more. You’ll leave with your own set of 7 crystals to start your own collection and incorporate into your life. Note: early registration deadline. $20 materials fee included in cost of class.

Tuesday, 6:00–7:30p
Regular $45  Member $35
Course WK18-9 – Reg. by 9/18
September 25

Medicare Basics
Colene Vivian
William Reif Gallery
Medicare can seem very confusing and stressful, but it doesn’t have to be! Bring your questions (and your lunch if you’d like) and join us as we go over the basics of Medicare, share some of the items you need to be aware of, explain changes for the new year and scams to be aware of.

Wednesday, Noon–1:30p
Regular $15  Member $10
Course LL18-2 – Reg. by 10/1
October 3
**PROGRAMS**

See pg. 37 for registration policy.

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**Paleo, Ketogenic or Mediterranean: Which Diet is Best for Optimal Health?**

Karen Radtke  
William Reif Gallery

This presentation by Karen Radtke, Holistic Nurse Practitioner and Board Certified Health Coach, will discuss the pros and cons of the latest “trendy” diets and help you decide what type of eating plan is best for you. We will examine some of the negative health concerns that can come from these diets, and present ideas on what components should be included in a healthy, sustainable eating plan.

Wednesday, 5:30–6:30p  
Regular $20  Member $15  
Course WK18-10 – Reg. by 10/1  
October 3

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**Tap into the Wisdom of Your Dreams**

Jean Kathryn Carlson  
William Reif Gallery

Our night time dreams carry both personal and collective messages to guide us on our journeys. Once we become familiar with the dream language (which is much like poetry) we get to receive amazing insights into our waking lives. Your dreams would like to have a relationship with you! Come to the dream circle and have fun with your dreams. No experience necessary.

Wednesday, 6:30–8:30p  
Regular $20  Member $15  
Course WK18-11 – Reg. by 10/7  
October 10

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**Tap into the Wisdom of Your Body**

Jean Kathryn Carlson  
William Reif Gallery

Each cell of our physical body is brimming with intelligence and wisdom. Physical symptoms and negative emotions are one of the ways this intelligence communicates with us by creating disruptions in our energy system. With EFT (Energy Field Tapping), we tap directly on energy meridians and get the energy flowing again. When energy flows we feel more at ease and enjoy a greater sense of well being. It's easy! All it takes is curiosity, fingers and a body! This introduction into the amazingly simple and effective world of tapping will empower you to continue tapping ANYWHERE!

Wednesday, 6:30–8:30p  
Regular $20  Member $15  
Course WK18-13 – Reg. by 10/14  
October 17

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**Book Discussion:**  
*Sister Citizen: Shame, Stereotypes, & Black Women in America*  
by Melissa V. Harris-Perry

State Rep. Litesa Wallace, Ph.D. & Karen Gutierrez, Ed.D.  
William Reif Gallery

Melissa V. Harris-Perry gives us a ground-breaking book that explores stereotypes such as lasciviousness, devotion, and outspoken anger that black women encounter every day in contemporary American life. These hurtful and dishonest representations shame and shape their experiences as citizens. The book uses multiple perspectives to understand more deeply — black women's political and emotional responses to race and gender images. *Sister Citizen* explores how African American women understand themselves as citizens and how a shared struggle to preserve the authentic self links all women together.

Tuesday, 6:00–7:30p  
Freewill Offering  
Course WK18-14 – Reg. by 10/18  
October 23

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Purchase the book through  
Shop at Amazon, Give to Womanspace!  
[Smile.amazon.com](http://Smile.amazon.com)

They Shop, Amazon Gives.
Beginner’s Guide to A Course in Miracles
Julie Maffei
William Reif Gallery
A Course in Miracles has touched the lives of millions of people since it was published in 1976. A guide to inner healing through forgiveness, the Course weaves compassion and wisdom together in a way that is both practical and straightforward. Yet, sometimes it can seem dense and intimidating. Join us for an overview of the Course, including what it is, how it came to be and different ways to approach it. Each student will receive a copy of An Introduction to A Course in Miracles published by Miracle Distribution Center.

Tuesday, 6:00–7:30p
Regular $20 Member $15
Course WK18-15 – Reg. by 10/28
October 30

Navigating Grief During the Holidays
Delinda Grindle
Media Room
After someone important dies, holidays are never the same again. All the things you once enjoyed may now become triggers for a range of emotions. By identifying challenges and triggers, and being equipped with ways to handle them, the overall impact of grief may be softened during the holiday season. This course will provide guidance on managing grief and planning for the holidays. We will look at how to approach tradition, ways to handle family and social demands, tips for coping with grief during the holidays, and practical ideas for honoring and remembering your loved ones.

Tuesday, November 13
Regular $20 Member $15
Course WK18-16 – Reg. by 11/11
3:30–5:30p
Course WK18-17 – Reg. by 11/11
6:00–8:00p

Lifting the Veil
Elaine Hirschenberger and Pat McCarthy, SSSF
William Reif Gallery
Join Elaine and Pat this evening to explore the meaning of “religious life” for contemporary women. Speaking from their perspective as long-time vowed members of the School Sisters of St. Francis, an international congregation of women, Elaine and Pat will talk about what life was like in “the early days” versus now, the significance of the vows they take, how religious life has changed over the last 58 years and how women in religious communities relate to the world today. There will be opportunities for questions and discussion. This program is appropriate for adults and older teens.

Wednesday, 6:00–8:00p
Regular $15 Member $10
Course WK18-19 – Reg. by 11/11
November 14

Have a DNA Test? Or Maybe Not!
Marsha Hosfeld
William Reif Gallery
Are you wondering about DNA testing for genealogy, ethnicity, or health information? This topic comes up almost every day in a story or advertisement. What is going on? The prices have come down and the number of people taking tests has soared. Autosomal testing is the most common and least expensive. Today, the big five are AncestryDNA, MyHeritage, 23andMe, FamilyTreeDNA, and Living DNA. Before choosing one, decide what you are hoping to learn. Also give some thought to what you DON’T want to learn! Bring your lunch if you’d like.

Wednesday, Noon–1:00p
Regular $15 Member $10
Course LL18-5 – Reg. by 12/3
December 5

Navigating Grief During the Holidays
Delinda Grindle
Media Room
After someone important dies, holidays are never the same again. All the things you once enjoyed may now become triggers for a range of emotions. By identifying challenges and triggers, and being equipped with ways to handle them, the overall impact of grief may be softened during the holiday season. This course will provide guidance on managing grief and planning for the holidays. We will look at how to approach tradition, ways to handle family and social demands, tips for coping with grief during the holidays, and practical ideas for honoring and remembering your loved ones.

Tuesday, November 13
Regular $20 Member $15
Course WK18-16 – Reg. by 11/11
3:30–5:30p
Course WK18-17 – Reg. by 11/11
6:00–8:00p

Retreat: Day of Silence & Journaling
Elaine Hirschenberger
William Reif Gallery
Allow yourself conscious time to slow down, to savor the quiet and to enjoy being. Get back in touch with your self through meditation, writing, dreaming, walking in the woods, “playing” in the art studio. Elaine will suggest some journaling “prompts” that may guide your reflection through either the written word or creative imaging. This retreat day of silence will allow you the hours to fit whatever your soul is longing for. Lunch & afternoon snack provided.

Sunday, 11:30a–4:30p
Regular $35 Member $25
Course RT18-1 – Register by 11/29
December 2
Facing Financial Fears: Money Basics
Kate Downing
William Reif Gallery
Talking about finances can be intimidating, but it doesn’t have to be if you know the basics like:
• How to set up a monthly spending plan
• Emergency funds – what are they and why do I need one?
• How to plan for both short-term (long weekend trip) and long-term goals (buying a house).
We will have time for a 30 min. Q&A session. No question is a “dumb” question so bring them ALL. Don’t continue to ignore this important aspect of your life. It’s NOT that hard when you are informed. Wine and dessert will be provided.

Thursday, 6:00–7:30p
Regular $20 Member $15
Course WK18-7 – Req. by 9/17
September 20

Facing Financial Fears: How Are Finances Different for Women?
Kate Downing
Media Room
From women’s longer life span that may require additional retirement funds and long-term care assistance to potential changes in marital status, women face different financial concerns than men. Even though most women worry that they’ll run out of money in retirement they do not feel confident enough to discuss these concerns with a financial advisor. Don’t be that woman. When you plan for these possible situations, you reduce stress for yourself and for your family members and move through life’s transitions feeling financially secure and stable. In this relaxed setting, we’ll walk through those concerns and more. We’ll have ample time for a Q&A session, so please bring your questions. Wine and dessert will be provided.

Thursday, 6:00–7:30p
Regular $20 Member $15
Course WK18-12 – Req. by 10/8
October 11

Facing Financial Fears: Home Buying 101
Shelia Trevino
William Reif Gallery
Thinking of buying a home, but don’t know where to start? Then this is the class for you! Whether you are a first time home buyer or a repeat buyer looking for your next home, you will benefit from the information provided in this class. Not only will we break down the ever changing process into manageable steps, we will also discuss what lenders are looking for when qualifying for a mortgage loan. Don’t think you can afford to buy a home? Come learn about several down payment assistance programs available in the area that range up to $15,000, which are not just limited to first time buyers! Buying your first or next home may be a more attainable goal than you think.

Tuesday, 6:00–7:30p
Regular $20 Member $15
Course WK18-18 – Reg. by 11/8
November 13

Girl Scout Flex Programs with Heidi Provo
We offer the following programs in accordance with Girl Scout Badge and Journey requirements. You must be a registered member of Girl Scouts in order to participate in these programs.

Brownies in “Mud” Explore the uses and techniques of clay.
Mad Scientist Explore the world of chemistry.
Painter’s Palette Explore paint mediums while creating works of art.
Get a Clue: Detective Adventures We’ll make detectives out of you.
Bling Your World with Jewels Learn about jewelry design & techniques.
Lights, Camera, Action: Digital Movie Maker Gain film-making skills.
Beautiful Eating Find out how to eat to keep your skin glowing, your mind focused and your energy flowing using our taste buds!
CSI: Special Agent Uncover your skills for investigative minds.
Thru the Lens: Digital Photography Learn ways to take great pictures.

Girl Scout Halloween Costume Dance Party
Hosted by Marge Blake in the Anjali Pavilion
This event is for registered Girl Scouts, Leaders & Parents.
SORRY, NO SIBLINGS. Celebrate Juliette Low’s birthday in style. Trick-or-treat in the enchanted forest, boogie to your favorite music in the pavilion, make a craft and play some fun games. You can even meet “Juliette Low” in person. Candy & treats may contain nuts. Anyone with allergies should please bring her own snack.

Saturday, October 13, 5:30–7:00p
$10/person Register by 10/7
Introduction to CranioSacral Therapy
Sandra Williams
William Reif Gallery
Come learn about CranioSacral Therapy (CST), a very gentle hands-on therapy to help release the tension in your body so that your central nervous system and your whole body can relax. CST supports the body’s natural healing process so you get to the root of the issue, instead of masking symptoms. CranioSacral Therapy helps release both physical and emotional stress and trauma such as: neck and back pain, migraines, IBS or stress related physical issues, and unresolved emotional issues or traumas. Come learn about the basics of CranioSacral Therapy and how many people are living fuller, healthier lives due to its benefits!

Wednesday, Noon–1:00p
Regular $15  Member $10
Course LL18-3 – Reg. by 10/15
October 17

Intro to Meditation: What, Why, How, and... Practice
Sandra Williams
Media Room
Have you ever wondered WHAT meditation & mindfulness are and the history behind these practices? WHY would you want to practice them? Are you curious HOW your mind, emotions, body and spiritual practice may be affected and helped by meditation & mindfulness? HOW can you meditate and practice mindfulness? We will explore all of these questions AND PRACTICE forms of meditation and mindfulness each week. If you would like to have a greater sense of calm, be more present in your daily life, be more alert, be more energized day-to-day or experience more joy in life, this is the class to get you started.

Thursdays, 6:00–7:00p
Regular $75  Member $50
Course IMD18-1 – Reg. by 10/16
Oct. 18, 25, Nov. 1, 8

Reiki Classes
Debby Gaines in the Media Room
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.

Reiki One
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. Please wear comfortable, loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.

Saturday, 9:00–4:30p
Regular $100  Member $90
Course HLT18-3 – Reg. by 10/31
November 3

Reiki Two
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 and begin to learn ways to send Reiki through time and distance, allowing healing in the past to improve the present. We will have time to practice feeling energy by giving Reiki to each other. Please wear comfortable loose fitting clothing, with no jewelry or perfumes. Bring a sack lunch.

Sunday, 9:00–4:30p
Regular $125  Member $115
Course HLT18-4 – Reg. by 10/31
November 4

Silver Award for Girl Scout Troop 3127: Unique Garden Labels
The Girl Scout Silver Award is the top award a Girl Scout Cadette (6–8th grade) can earn and prepares her for their Gold Award project which is the highest award in Girl Scouts. The Silver Award project is something that makes the neighborhood or community better, is sustainable, and puts the Girl Scout Law into action. Not only do the girls connect with new friends in their community, but they learn how to solve problems and collaborate with others.

Girl Scout Troop 3127 knows that Womanspace has beautiful gardens on their campus and wanted to bring more awareness to the gardens by educating the visiting public. As their Silver Award Project, Troop 3127 created and placed bright yellow labels with QR codes next to several of the plant species found on the grounds. Visitors can scan the codes using a free QR Code Reader app on their smart phone which then links to facts about each of the plants. The girls put in over 70 hours of planning, research, editing and collaboration with Womanspace Grounds Committee & Staff. The result is a uniquely enhanced educational experience for the many visitors of Womanspace! Thank you Troop 3127!
HEALTH & WELLNESS

See pg. 37 for registration policy.

Healthy Habits for Women: Postural Health
Denise Nichols
Media Room

The current buzz phrase “sitting is the new smoking” refers to not only how sedentary we have become but also the negative physical affects sitting posture has on our health and well-being. However, standing or sitting in one place, aka “prolonged static,” throughout our day, cannot be helped most of the time, so why not do it with mindful awareness? The power of education regarding what “normal and comfortable” alignment feels like in your body is the key to being able to not only reproduce it throughout your day at home and work, but also empowers you to change as your body signals you one moment at a time. Walk away with immediate, applicable, healthy postural habit tips that are essential for your present and future body’s health.

Thursday, 5:30–7:00p
Regular $20  Member $15
Course HLT18-2 – Reg. by 10/16
October 18

Healthy Habits for Women: Tissue Health
Denise Nichols
Media Room

We are inundated daily with information regarding the importance of “core” and overall strength training. Yet the term “healthy balance” should not only apply to what you eat and how well you work and play but also to your daily exercise regimen. Healthy, happy muscles need a balance of blood flow, lymphatic flow out and open spaces for nerves to flow and talk to your muscles and organs. Tissues that are overly tight or “overactive” cannot get the fluids they need which can affect optimal function in normal everyday activities. Learn what areas in your body might be suffering from a lack of “balanced attention” and effective techniques to help improve your overall tissue health.

Participants will need to be able to get up and down off the floor in this class. Bring either a trigger point ball or foam roller, and yoga mat. There will be some available for those who don’t have them.

Thursday, 5:30–7:00p
Regular $20  Member $15
Course HLT18-5 – Reg. by 11/13
November 15

Healthy Habits for Women: Pelvic Health
Denise Nichols
Media Room

Bladder leakage is NOT normal and should never be accepted as a NORMAL part of aging or as a natural consequence to giving birth. Yet, statistics show that 1 in 4 women over the age of 18 will develop a pelvic floor muscle dysfunction (PFMD) at some point in their lives. Empowering yourself toward learning crucial self-care tips now can help you reduce or eliminate any symptoms you might notice today. PFMD symptoms can include bladder leakage, urgency/frequency, organ prolapse/pelvic pressure, constipation, painful intercourse, and more. We will learn what the pelvic floor is and how it affects and is affected by everything in your life. In this class, you will learn three habits that could not only make the difference in taking back bladder control, but improve your bowel and sexual health.

Wednesday, 5:30–7:00p
Regular $20  Member $15
Course HLT18-1 – Reg. by 9/25
September 27
Hatha Vinyasa/Restorative Yoga
Keri Knutson
Media Room
All levels. Hatha yoga is a slow-paced gentle asana practice focusing on introducing basic yoga poses and establishing a strong foundation in the practice of yoga. Hatha yoga balances the “Ha” – sun/stimulating energy with the “Tha” – moon/calming energy. Restorative yoga helps promote deep relaxation of the body and the mind. Postures provide similar benefits to classic Hatha yoga postures and are usually done in a supported manner to minimize strain and maximize opening. Dress comfortably and bring a yoga mat.

Thursdays, 9:30–10:45a
Course YG18-1 – Register by 9/4
September 6, 13, 20, 27
Regular $52  Member $40
Course YG18-2 – Register by 10/2
October 4, 11, 18, 25
Regular $52  Member $40
Course YG18-3 – Register by 10/30
November 1, 8, 15, 29
Regular $52  Member $40
Course YG18-4 – Register by 12/4
December 6, 13, 20, 27
Regular $52  Member $40

Advance Registration Appreciated!
Can’t attend every session? $15 per class

Yoga Nidra
Keri Knutson
Media Room
All levels. Yoga Nidra means Yogic sleep; a state of conscious, deep sleep where we learn to relax consciously. This Yoga Nidra class is deep relaxation with an inner state of awareness, which has been found to reduce stress, tension, and anxiety. It is beneficial for insomnia and to calm symptoms of chronic pain, headaches, depression, high blood pressure, heart disease, autoimmune disease, and has been shown to help those in recovery from addiction. Yoga Nidra also helps calm and clear the mind and has potential to provide emotional healing — restoring our body senses and mind to their natural functions. It is said that 1 hour of Yoga Nidra is equivalent to 4 hours of sleep. Dress comfortably and bring a yoga mat. You must pre-register for each class. NO WALK-INS.

Saturdays, 10:00–11:30a
Course YN18-1 – Register by 10/11
October 13
Course YN18-2 – Register by 11/8
November 10
Course YN18-3 – Register by 11/17
December 15

Advance Registration Appreciated!
Can’t attend every session? Per class fees:
Regular $25   Member $20

Adaptive Yoga for People with Chronic Conditions
Keri Knutson
William Reif Gallery
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 class blends chair yoga, restorative yoga (supported postures), gentle yoga, Pranayama (breath work), individualized attention through gentle hands-on adjustments and assists, 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.

Potential students must be evaluated on an individual basis prior to joining this group. The gallery is wheelchair accessible. Dress comfortably and bring a yoga mat.

Fridays, 10:00–11:00a
Course YT18-1 – Register by 9/5
September 7, 14, 21, 28
Regular $80  Member $60
Course YT18-2 – Register by 10/3
October 5, 12, 19, 26
Regular $80  Member $60
Course YT18-3 – Register by 10/31
November 2, 9, 16, 30
Regular $80  Member $60
Course YT18-4 – Register by 12/5
December 7, 14, 21, 28
Regular $80  Member $60

Advance Registration Appreciated!
Can’t attend every session? Per class fees:
Regular $25   Member $20

Spiritual Growth Opportunity Beginning in January 2019!
Womanspace is pleased to announce that you will have a new opportunity for spiritual growth through individual sessions with Gloria Perez. Gloria was trained in spiritual direction at Siena Center in Racine and will offer one-on-one sessions at Womanspace for people seeking spiritual guidance. If you choose to meet with Gloria, she will “companion” you on your journey as you listen for the voice of your inner wisdom. Through these sessions, you will be able to discover and explore more deeply your relationship with the one you name as God (or that you call the Holy, the Divine, the Creator, the Spirit of Life, or any other name). For more info (or to pre-schedule sessions), you can reach Gloria at gip68@me.com.
Sustainability in Daily Life  
Lenae Weichel  
William Reif Gallery  
Living and working “green” are great goals... but what really matters? How can we make the biggest impacts? We all wish we had an unlimited budget but what can we accomplish with a very little one? Explore the answers to these questions and ask your own. Learn what one Rockford family has done to improve sustainability at their home and their downtown business by reclaiming materials, utilizing alternative energy sources, and making decisions with the environment in mind.  
Topics of discussion to include use of solar and geothermal resources as well as conscious choices to reduce or “improve” resource consumption and reduce waste.  
This program is presented by Lenae Weichel whose family became locavores for a year in 2008 eating only food produced within 100 miles of their Rockford home. Come and hear about Lenae’s latest environmental projects and be inspired.  
Bring a sack lunch.  
Wednesday, Noon–1:15p  
Freewill Offering  
Course EM18-1 – Reg. by 9/10  
September 12

Share the Space  
Fiona Fordyce  
William Reif Gallery  
We will be sharing stories, poems and ideas this month on environmental subjects. You may bring your own suggestions to share with the group from an action to a picture that inspires you to be more conscious and closer to Mother Earth.  
Being positive about our own environmental experiences helps to mitigate some of the negativity and bleakness we sometimes feel in the world today.  
Fiona Fordyce will lead the group this month, there will be plenty of great material to enjoy. Bring a sack lunch.  
Wednesday, Noon–1:15p  
Freewill Offering  
Course EM18-2 – Reg. by 10/8  
October 10

Habitat for Humanity  
Keri Nelson  
William Reif Gallery  
Rockford Area Habitat for Humanity’s Executive Director, Keri Nelson, will present how being a good steward of earth’s resources has expanded the organization’s capacity to build safe, affordable homes in our community. The Rockford Area Habitat for Humanity ReStore re-sells usable building materials and goods that would otherwise end up in local landfills. The presentation will focus on the relationship between the ReStore and Habitat’s housing program, and how the ReStore helps build both financial and environmental sustainability. Bring a sack lunch.  
Wednesday, Noon–1:15p  
Freewill Offering  
Course EM18-3 – Reg. by 11/12  
November 14

Conservation @Home and @Work  
TBA  
William Reif Gallery  
The NLI Conservation@Programs are designed to encourage private landowners, local businesses, churches and schools to become actively involved in community conservation efforts. Whether you are starting from a turf grass lawn, have planted some natives or have natural areas already established, the Conservation@Programs can assist you in your efforts. It will be explained how this new conservation program can make a difference in our community. Bring a sack lunch.  
Wednesday, Noon–1:15p  
Freewill Offering  
Course EM18-4 – Reg. by 12/10  
December 12

SAVE THE DATE!!

Womanspace Retreat  
FORMERLY WILD WOMEN RETREAT  
Friday–Sunday, April 5–7  
Pretreat Thursday–Friday, April 4–5  
DeKoven Center, Racine WI

815-877-0118 • womanspace-rockford.org
INTEREST GROUPS

Mindfulness Group
Elaine Hirschenberger
Media Room
Mindfulness is a deliberate way of paying attention to what is happening within oneself as it is happening without judgment or evaluation. Mindfulness is moment-by-moment awareness. When we are mindful, we become more mentally alert, we’re more open and attentive and we’re able to perceive ourselves more clearly — as well as observing details that often escape our notice. If you can identify with any of these statements, you may find this monthly group very helpful. Registration is preferred two days before class, but walk-ins are also welcome.

Mondays, Noon–1:30p
Reg. $15/class Mem. $10/class
Course MG18-1
September 4 (Tues.)
Course MG18-2
October 1
Course MG18-3
November 5
Course MG18-4
December 3

Explorers Group
Angie Schmidt & Gina Wise
William Reif Gallery
This group is designed for women who want to explore their spiritual journey internally and with others. It is open to women who are looking for new energy and support as they examine their relationships, life passion, losses, talents and other processes that contribute significantly to their life journeys. Continuity and confidentiality are required.

Thursdays, 6:30–8:30p
Regular $55 Member $45
Course GE18-1 – Reg. by 9/11
Sept. 13, Oct. 11,
Nov. 8 (in HHR), Dec. 13

ViewFinders Group
Barb Phillips
William Reif Gallery
ViewFinders is a place where photographers of all levels come together to learn from each other and share their common interest in photography. The focus of this group is to have fun with others, exploring learning and shooting opportunities with any type of camera — cell phones to DSLRs. Join us with your ideas and questions along with your camera, of course. This group occasionally gathers at other locations. Advance registration two days before class is strongly advised to confirm meeting location.

Tuesdays, 6:00–8:00p
Freewill Offering
Course VF18-1 – Reg. by 9/16
September 18
Course VF18-2 – Reg. by 10/14
October 16
CourseVF18-3 – Reg. by 11/18
November 20

Seekers Group
This group is currently full and will continue to meet.

Mondays, 6:30–9:00p
Member $60
Course GS18-1 – Reg. by 9/13
Sept. 17, Oct. 15,
Nov. 19, Dec. 13

Drumming Circle
Julie Thompson
William Reif Gallery
Heart beats, footsteps, turn signals, dripping faucets, babies sleeping, all have a rhythm of their own. Rhythms have been a part of the human expression since the beginning of time. Womanspace drumming circle gathers monthly to express our joy of rhythm with whatever instrument we have, or would like to borrow. If you have a djembe, dunun, frame drum, or any other percussive instrument please bring them. We encourage all ages to come and enjoy the camaraderie of making music together. We will explore traditional drumming rhythms, the rhythms of sayings, Nursery rhymes, and connect with each other and the earth. We will also express some emotions through drumming. Happiness, anger, love, fellowship and contentment can all be expressed as we settle into the rhythm of drumming out our human nature. No talent, drum or previous experience required. Registration preferred, but walk-ins welcome.

Sundays, 5:00–7:00p
Freewill Offering
Course DR18-1 – Reg. by 9/13
September 16
Course DR18-2 – Reg. by 10/14
October 21
Course DR18-3 – Reg. by 11/15
November 18
Course DR18-4 – Reg. by 12/13
December 16

UNITY OF ROCKFORD
Spiritual Center

10:00am SUNDAY SERVICE
Every Tues. 11:00am POWER OF EIGHT “INTENTIONAL HEALING GROUP”
Sat. 11/3/18 A DAY FOR HEALING YOUR MIND, BODY & SOUL!
1st Tues. MEDITATION GROUP
1st & 3rd Mon. COURSE OF MIRACLES
Last Thurs. “LIFE’S BIG QUESTIONS”
All evening events start at 6:30pm
www.unityofrockford.com
or visit us on Facebook

Mendelssohn Performing Arts Center
mendelssohnpac.org
(815) 964-9713

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Stephen Williamson
September 14, 2018
Apollo Trio
September 24, 2018
The Antitones
October 14, 2018
John Lindhorst
October 19, 2018

Avalon String Quartet
November 4, 2018
Zachary Owen
November 30, 2018
Jazz for the Holidays
December 2, 2018
Northern Illinois Bellchoir
December 10, 2018

See pg. 37 for registration policy.
Women are invited to these discussions to share observations, enthusiasm, insights and the pure enjoyment of reading. **Walk-ins welcome** BUT registration is appreciated!

### The Last Days of Café Leila
by Donia Bijan

William Reif Gallery

Set against the backdrop of Iran's rich, turbulent history, this exquisite debut novel is a powerful story of food, family, and a bittersweet homecoming. When we first meet Noor, she is living in San Francisco, missing her beloved father, Zod, in Iran. Now, dragging her stubborn teenage daughter, Lily, with her, she returns to Tehran and to Café Leila, the restaurant her family has been running for three generations. Iran may have changed, but Café Leila, still run by Zod, has stayed blessedly the same—it is a refuge of laughter and solace for its makeshift family of staff and regulars. As Noor revisits her Persian childhood, she must rethink who she is. Together, she and Lily get swept up in the beauty and brutality of Tehran.

**Wednesday, 9:30–11:00a**

Freewill Offering

Course BW18-1 – Reg. by 9/10

September 12

### Our Souls at Night
by Kent Haruf

William Reif Gallery

In the familiar setting of Holt, Colorado, Addie Moore pays an unexpected visit to a neighbor, Louis Waters. Her husband died years ago, as did his wife, and in such a small town they naturally have known of each other for decades; in fact, Addie was quite fond of Louis’s wife. His daughter lives hours away, her son even farther, and Addie and Louis have long been living alone in empty houses, the nights so terribly lonely, especially with no one to talk with. But maybe that could change? A beautiful story of second chances, Our Souls at Night the perfect final installment to this beloved writer’s enduring contribution to American literature.

**Wednesday, 9:30–11:00a**

Freewill Offering

Course BW18-2 – Reg. by 10/8

October 10

### The Tea Girl of Hummingbird Lane
by Lisa See

William Reif Gallery

Li-yan and her family align their lives around the seasons and the farming of tea. There is ritual and routine, that has been in place for generations. Then one day a jeep appears at the village gate—the first automobile any of them have seen—and a stranger arrives. In this remote Yunnan village, the stranger finds the rare tea he has been seeking and a reticent Akha people. Li-yan, one of the few educated girls on her mountain, translates for the stranger and is among the first to reject the rules that have shaped her existence. When she has a baby outside of wedlock, she wraps her daughter in a blanket, with a tea cake hidden in her swaddling, and abandons her in the nearest city.

This powerful story about a family, separated by circumstances, culture, and distance, paints an unforgettable portrait of a little known region and its people and celebrates the bond that connects mothers and daughters.

**Wednesday, 9:30–11:00a**

Freewill Offering

Course BW18-3 – Reg. by 11/12

November 14

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**Knit One Purl Two**

Yarning for a good time...

6409 E. RIVERSIDE BLVD, ROCKFORD, IL 61114
815-904-6030
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Open Tuesday-Saturday – Drop in anytime!
## September 2018

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<td>10</td>
<td>1:00–12:00 Intro Chinese Painting</td>
<td>1:00–3:00 Pencil Drawing 1, 1:00–3:00 Wild Women Clay 1, 5:30 Board Meeting, 6:00–8:00 Int. WT Pottery 3</td>
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<td>11</td>
<td>Patriot's Day</td>
<td>9:00–1:00 Meditation 1, 10:00–12:00 Toes in Water 4, 11:00–1:00 Int. Pottery 1, 1:00–3:00 Mandalas 1, 3:30–4:30 Henna Party, 5:00 Membership Committee, 6:00–7:30 Creative Grieving 2, 6:00–8:00 BWT Pottery 3</td>
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<td>Muharram</td>
<td>9:00–12:00 Acrylic Painting 2, 9:30–11:00 Bookwoman, 9:30–12:30 Whimsical HB 2, 12:00–1:15 Sustainability, 1:00–4:00 Intro to Tangling, 6:00–8:00 Vision Board, 6:00–8:00 Creating Stories 1</td>
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<td>9:30–10:45 Restorative Yoga, 9:30–11:30 BWT Pottery 1, 10:00–12:00 Splashdown 4, 10:30–12:00 Minimalism 1, 1:00–2:30 Lecture: Caravaggio, 6:00–8:00 Acrylic Painting 2, 6:00–9:00 Clay Sculpture 2, 6:30–8:30 Explorers Group</td>
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<td>Offices closed</td>
<td>10:00–11:00 Adaptive Yoga</td>
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<td>9:00–12:00 Self-Defense 1, 1:00–3:00 Chakra Rhythms</td>
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<td>9:00–12:00 Toes in Water 5, 11:00–1:00 Int. Pottery 2, 1:00–3:00 Mandalas 2, 6:00–8:00 ViewFinders, 6:00–7:30 Creative Grieving 3, 6:00–8:00 BWT Pottery 4</td>
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<td>17</td>
<td>5:00–7:00 Drum Circle</td>
<td>6:00–8:00 Int. WT Pottery 4, 6:30–9:00 Seekers</td>
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<td>Yom Kippur</td>
<td>10:00–12:00 Toes in Water 5, 11:00–1:00 Int. Pottery 2, 1:00–3:00 Mandalas 2, 6:00–8:00 ViewFinders, 6:00–7:30 Creative Grieving 3, 6:00–8:00 BWT Pottery 4</td>
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<td>9:00–12:00 Acrylic Painting 3, 9:30–12:30 Whimsical HB 3, 10:00 Program Committee, 1:00–3:00 Edible Flowers, 6:00–8:30 WS Oral History, 6:00–8:00 Draw for Fun &amp; Spirits</td>
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<td>9:30–10:45 Restorative Yoga, 9:30–11:30 BWT Pottery 2, 10:00–12:00 Splashdown 5, 1:00–3:00 Pour Painting 1, 6:00–7:30 Money Basics, 6:00–8:00 Acrylic Painting 3, 6:00–9:00 Clay Sculpture 3</td>
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<td>10:00–11:00 Adaptive Yoga</td>
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<td>9:00–12:00 Acrylic Painting 4, 9:30–12:30 Whimsical HB 4, 12:00–1:30 Finding Our Light, 6:00–9:00 Intro to Tangling, 6:00–8:00 Creating Stories 2</td>
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<td>10:00–11:30 Yoga Nidra</td>
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<td>Veteran’s Day</td>
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<td>12:00–1:15 Habitat for Humanity</td>
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<td>9:00–12:00 Acrylic Painting 1</td>
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<td>1:00–3:00 Pastel Painting 6</td>
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<td>6:00–8:00 Sparkling Snowflakes</td>
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**November 2018**
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<td>1</td>
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<td>1:00-3:00 Mix Media Draw</td>
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<td>12:00-1:00 Have a DNA Test?</td>
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<td>10:00-11:00 Adaptive Yoga</td>
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**December 2018**
Supper & Film is a very popular program. Limited seating so register early! ADVANCE REGISTRATION BY THE DAY BEFORE IS REQUIRED FOR FOOD COUNT. NO WALK-INS. We start with supper, followed by the film and then a discussion of the film, characters and artistry.

**Maudie** (2016)  
William Reif Gallery  
Biographical film about the life of folk artist Maud Lewis (Sally Hawkins), who painted in Nova Scotia. Struggling with severe arthritis, memory of a lost child, and a family that doubts her ability, Maud moves in with a surly fish peddler (Ethan Hawke) to work as a housekeeper. Despite their differing personalities, they marry as her art gains in popularity. Shot in Newfoundland and Labrador. NR  
Monday, 6:00–9:00p  
Regular $17  Member $12  
Course SF18-1 – Reg. by 9/23  
September 24

**Coco** (2017)  
William Reif Gallery  
Young Miguel’s family has a mysterious, generations-old ban on anyone from their clan performing music. Miguel dreams of becoming an accomplished musician just like his idol, Ernesto de la Cruz. Longing to prove his talent, Miguel finds himself in the Technicolor Land of the Dead where, along with charming trickster Hector, he seeks to learn the real story behind his family’s mysterious ban on music. Academy Award winner. PG  
Monday, 6:00–9:00p  
Regular $17  Member $12  
Course SF18-2 – Reg. by 10/21  
October 22

**Goodbye Christopher Robin** (2017)  
William Reif Gallery  
After leaving London for the English countryside, writer A.A. Milne starts to spin fanciful yarns about his son’s growing collection of stuffed animals. These stories form the basis for “Winnie-the-Pooh” and “The House at Pooh Corner.” Milne and his family soon become swept up in the instant success of the books, while the enchanting tales bring hope and comfort to the rest of postwar England. PG  
Monday, 6:00–9:00p  
Regular $17  Member $12  
Course SF18-3 – Reg. by 11/25  
November 26

**Scrooged** (1988; 101 min.)  
William Reif Gallery  
In this modern take on Charles Dickens’ *A Christmas Carol*, Frank Cross (Bill Murray) is a wildly successful television executive whose cold ambition and curmudgeonly nature has driven away the love of his life (Karen Allen). But after firing a staff member on Christmas Eve, Frank is visited by a series of ghosts who give him a chance to re-evaluate his actions and right the wrongs of his past. PG-13  
Wednesday, Noon–2:00p  
Regular $17  Member $12  
Course SF18-4 – Reg. by 12/18  
December 19

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Show your valid member card & receive special offers from participating vendors!

- **Avalon Bodyworks** 815-229-2330  
  $10 off your first full hour massage therapy or other holistic therapies with Marilyn or Laurie. New clients only.

- **The Business Edge, Inc.** Holly Hanson, 815-985-3652  
  Complimentary First Hour of Coaching, plus 20% off/hour of one-on-one coaching with a 10 or more hour coaching agreement.

- **Connections Therapy Center** Dr. Cindy Stear, 815-389-0123  
  Free 30-minute Akashic Records Reading.  
  connectionstherapycenter.vpweb.com, drcindystear@gmail.com

- **Energy Connection Wellness Center** Kathy Moehling, 815-633-5553  
  $10 off your first full hour of massage therapy, energy work, or naturopathy assessment. One-time offer per person.

- **Dr. Andrew Kong & Associates** 815-397-8500, drandrewkong.com  
  SAVE $50 on your initial exam for chiropractic care or internal health!

- **Gallery2Go Gift Shop** Womanspace, 815-877-0118  
  10% off one unique, handmade item (must show card).

- **Massage** Kathy Cox, 815-494-0035, kathy@kathycoxlcpc.com  
  50% off 60-minute massage. First time clients only.

- **Massage & Reiki** Beth Campisi, 815-742-0548  
  20% off one hour Massage, Reiki or Rain Drop Therapy. First time clients only.

- **Reflextions by Melody** Melody Pearson, 815-670-6771  
  20% off first reflexology visit. reflextionsbymelody.com

- **Rockford For Sale By Owner, LLC** Pam Kinnison, 815-229-7257  
  25% off any ad to sell home (approx. $50 value). rockfordfsbo.com

- **Step Into Wellness** Starr Pittaway, BSM, CNHP, 815-494-9325  
  20% off purchase of 3-session package.

May not be combined with any other offers.
New Dimensions Studios
The heart and home of Womanspace arts education! The studios provides a bright, beautiful space for women and men of all ages and abilities to explore their creativity. Open Studio hours are available at a nominal charge for affiliated artists and students who have already completed an art class at Womanspace. Subscribe to our free e-news or visit our web site for open studio dates & times.

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!”

The William Reif Gallery
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 benefactor.

Gallery2Go
This is a unique gift shop with ever-changing displays of one-of-a-kind art and gifts that you will love, all created by our members! It features art, jewelry, books, cards, textiles and more. Open to the public Monday–Thursday, 9:00a–5:00p, as well as on weekends and evenings when programs are scheduled. Most pieces on exhibit in our galleries are for sale. 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. The Gallery Committee reviews new artists and reserves the right to decide on displaying their work at any time.

Upcoming Exhibits

Star Student & Teacher Show
August 24–October 28, 2018
Opening reception Friday, August 24, 5:30–7:00p
Womanspace students and teachers will show their work made between Summer 2017 through Summer 2018. See what styles and creations have emerged from New Dimensions Studio this year!

Anything Goes
November 2, 2018–January 6, 2019
Opening reception Friday, November 2, 5:30–7:00p
Big, small, old, new, 2-D, 3-D, soft, hard, realistic, abstract. Fine and functional art in its many expressions and forms together in one exhibit. There is no right or wrong way to express and share creativity. Join us for “Anything Goes” and explore the many manifestations of the creative process.

Thank you to our Gallery Sponsor:

Ameriprise Financial

Take the guesswork out of your retirement plan
Discover how our proprietary Confident Retirement® approach can help answer questions you may have about your retirement, like: When will I be able to retire? How do I make the most of the money I have? How can I leave a lasting legacy to my loved ones?

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CARAVAGGIO (1571–1610)
Mary Boyd, SSSF
Michelangelo Merisi da Caravaggio's paintings combine realistic observations of the physical and emotional states of people with a dramatic use of lighting. They had a profound influence on Baroque painting that transitioned out of Mannerism.

Thursday, Noon–1:30p
Regular $15 Member $10
Course AL18-1 – Reg. by 9/11
September 13

GENTILESCHI (1593–c.1656)
Mary Boyd, SSSF
Artemisia Gentileschi was a female Baroque painter who is considered one of the most accomplished painters in the generation after Caravaggio. She specialized in portraying strong and suffering women. Artemisia's works demonstrate her great skill in the overall use of color and her use of color in creating depth.

Thursday, Noon–1:30p
Regular $15 Member $10
Course AL18-2 – Reg. by 10/9
October 11

DE LA TOUR (1593–1652)
Mary Boyd, SSSF
Georges de La Tour is famous for his carefully planned paintings with nocturnal lighting effects, many from his placement of candles in his compositions. They are warm and charming! His early works show Caravaggio's influence.

Thursday, Noon–1:30p
Regular $15 Member $10
Course AL18-3 – Reg. by 11/5
November 8

REMBRANDT (1606–1669)
Mary Boyd, SSSF
Unlike most Dutch masters of the 17th century, Harmenszoon van Rijn Rembrandt's works depict a wide range of style and subject matter such as portraits, self-portraits, landscapes, genre scenes, allegorical and historical works, biblical and mythological scenes as well as animal studies. Rembrandt is regarded as one of the greatest etchers ever.

Thursday, Noon–1:30p
Regular $15 Member $10
Course AL18-4 – Reg. by 12/10
December 13

These classes are held in the William Reif Gallery. MUST pre-register for these classes.
Have Fun with Pencil Drawing
Ray Schulz
Beg.–Int. Have you ever wanted to take an art class but did not know where to begin? Have fun as you learn how to draw using a variety of pencils. In this class, you will learn the basics of design, composition and perspective to create the foundation of your work. Add to that the techniques of shading, blending, and texture, and you will soon be delighted with your creations. Bring a 14x17" or larger drawing pad, HB, 2B, 4B, 6B drawing pencils, and a good art eraser.
Mondays, 1:00–3:00p
Regular $90  Member $75
Course DW18-1 – Reg. by 9/6
Sept. 10, 17, 24, Oct. 1, 8

Drawing for Fun & Spirits
Ray Schulz
Ages 21+ Beg.–Int. Spend the evening with fellow artists and a glass of wine drawing what you like in any medium. Still life set up provided for drawing, plus hundreds of pictures for inspiration or bring your own subject to draw! Two hours of relaxed drawing with instructor on hand for critique. Bring all your own drawing supplies and your favorite wine to share! Note: Each session is only one evening.
Wednesdays, 6:00–8:00p
Regular $35  Member $25
Course DW18-2 – Reg. by 9/17
September 19
Course DW18-4 – Reg. by 10/22
October 24
Course DW18-5 – Reg. by 11/5
November 7
Course DW18-7 – Reg. by 12/3
December 5

Pen & Ink with Mixed Media Drawing
Ray Schulz
Beg.–Int. Pen and ink with mixed media is the focus of 10 hours of class time. Explore using pastel, colored pencil, watercolor and collage to give your pen & ink drawings a new dimension! This is a class of exploration and fun! Students should bring to class: own collage subjects, a selection of waterproof drawing pens, ball point, brush point pen, 14 x 17" or larger good quality drawing pad, a good art eraser, pastels, watercolor, colored pencils, collage glue & collage papers.
Mondays, 1:00–3:00p
Regular $90  Member $75
Course DW18-3 – Reg. by 10/11
Oct. 15, 22, 29, Nov. 5, 12

Pen & Ink Drawing and Color
Ray Schulz
Beg.–Int. This class will introduce students to texturing, blending and shading. Students will learn how to use preliminary sketches to their advantage and get to know the many types of pens used for drawing. Ray will also introduce some watercolor/colored pencil techniques to your artwork. Students need to bring a 14” x 17” or larger drawing pad of paper, and an assortment of felt tip waterproof ink drawing pens to class.
Mondays, 1:00–3:00p
Regular $90  Member $75
Course DW18-3 – Reg. by 10/11
Oct. 15, 22, 29, Nov. 5, 12

Introduction to Soft Pastels
Ray Schulz
What are Pastels? Find out more about this wonderful, versatile medium. Play and experiment. Ray will guide you through the different techniques and use of pastels. All supplies provided.
Thursdays, 6:00–8:00p
Regular $55  Member $40
Course PAS18-1 – Reg. by 10/30
Nov. 1, 8

These classes are held in New Dimensions Upper Studio
DRAWING & HENNA CLASSES

**Mandalas in Pen, Ink & Colors**
Rebecca Bowman

**Beg.–Int.** Anything drawn in a circle or a circular image is called a Mandala and anyone can draw one! While the complex meaning of a Mandala is the Universe and connecting to your soul, the down to Earth explanation is: allowing you to set your thinking aside and let your intuition speak! The very nature of creating a Mandala is therapeutic and self-healing, and creating Mandalas is FUN! Using shapes colors and patterns can represent many things and, like Tangle, is restful and meditative. It’s easy, fun, creative and a great way to destress. Bring a good quality drawing paper 9x12 or larger, compass, HB pencil, eraser, .03 black pen and colored pencils or markers & ruler. Everything else will be provided.

Regular $85  Member $70
Course TG18-1 – Reg. by 9/6
Tuesdays, 1:00–3:00p
Sept. 11, 18, 25, Oct. 2
Course TG18-5 – Reg. by 10/4
Tuesdays, 6:00–8:00p
Oct. 9, 16, 23, 30

**Introduction to Tangle with Pen & Ink**
Rebecca Bowman

**Beg.–Int.** This is a one time introductory class to learn this fun and relaxing art form and you don’t have to have any previous artistic ability! Even though a tangle creation can look intricate and complicated, once you learn how it’s done, you’ll realize how simple it is! Tangle is an easy way to create beautiful pieces of art by using repetitive patterns and deliberate strokes. Studies show that tangle increases mental retention, stimulates creativity, improves one’s mood, and can be calming during stressful situations. Supplies will be provided and you get to take them home to continue tangleing! Grab a friend and sign-up early!  

Note: Early registration deadline.

Regular $50  Member $35
Course TG18-2 – Reg. by 9/3
Wednesday, 1:00–4:00p
September 12
Course TG18-3 – Reg. by 9/17
Wednesday, 6:00–9:00p
September 26

**Tangling with Pen & Ink**
Rebecca Bowman

**Beg.–Int.** You don’t have to have any previous artistic ability to “Tangle.” Even though a tangle creation can look intricate and complicated, once you learn how it’s done you’ll realize how simple it is. By using repetitive patterns and deliberate strokes tangling is an easy way to create beautiful pieces of art. Studies show that tangle increases mental retention, stimulates creativity, improves one’s mood, and can be calming during stressful situations. It’s like taking a nap and waking up refreshed! Plus, this meditative art form is fun!

Please bring a pack of sketch artistic tiles, an 11x14” mixed media pad, B, 3B, 4B pencils and 005, 01 and 08 black markers.

Regular $100  Member $85
Course TG18-4 – Reg. by 10/2
Thursdays, 1:00–3:00p
Oct. 4, 11, 18, 25, Nov. 1, 8
Course TG18-6 – Reg. by 11/8
Mondays, 6:00–8:00p
Nov. 12, 19, 26, Dec. 3, 10, 17

**Henna Party!**
Ifat Deriwala

Henna art is gaining popularity all over the world. This fun henna party class will help you learn the basic skills of henna design. Simple designs, techniques and stages of developing a design will be covered in this program. Age 10+ can join the fun. No prior drawing skills required.

All supplies included.

Regular $35  Member $25
Course HN18-1 – Reg. by 9/9
Tuesday, 3:30–4:30p
September 11
Course HN18-2 – Reg. by 10/22
Wednesday, 6:00–7:00p
October 24

What is henna? A small flowering shrub. The leaves are dried and then turned into a fine powder that’s used for dying clothes, hair and temporarily dying the skin (lasting somewhere between one and three weeks) — hence henna tattooing.

Where did henna tattooing come from?
The exact origins aren’t clear, however the tradition dates back as far as Ancient Egypt.

How is it used today?
It is traditionally used for celebrations and rites of passage.
PAINTING CLASSES

These classes are held in New Dimensions Upper Studio

Toes in the Water
Sue Gilbert Abare
This class is for those first-timers wanting to experience watercolor OR for 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. We will discuss preparing paper to paint, brushes and their technique, and some color theory. Bring supplies you already have or wait for suggestions on what to purchase. Some basic supplies are furnished.

Tuesdays, 10:00a–Noon
Regular $95  Member $80
Course WC18-1 – Reg. by 9/27
Oct. 2, 9, 16, 23, 30
Course WC18-3 – Reg. by 11/1
Nov. 6, 13, 27, Dec. 4, 11

Splashdown!
Sue Gilbert Abare
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 students and instructor continue learning. Students bring their own supplies.

Thursdays, 10:00a–Noon
Regular $95  Member $80
Course WC18-2 – Reg. by 10/1
Oct. 4, 11, 18, 25, Nov. 1
Course WC18-4 – Reg. by 11/5
Nov. 8, 15, 29, Dec. 6, 13

Painting with Acrylic on Canvas
Ron Wick
Beg–Int. This class is for beginners and intermediate painters who love to paint with acrylics. Join Ron’s class and enjoy painting with acrylic on canvas and other surfaces. “To paint well is to have control of the medium.” Ron will give demonstrations on different subjects each week. Come! Let’s enjoy the experience together! Students bring their own supplies.

Thursdays, 10:00a–Noon
Regular $95  Member $80
Course WC18-2 – Reg. by 10/1
Oct. 4, 11, 18, 25, Nov. 1
Course WC18-4 – Reg. by 11/5
Nov. 8, 15, 29, Dec. 6, 13

Acrylic Painting – Let it Flow!
Karen Gines
Beg–Int. Acrylic painting with abstractions or impressionistic methods. If you have thought you might want to loosen up a little with your painting, join this fun class! Bring canvas at least 20x24, paint, brushes and tools. No photos to copy please. Questions, Karen 815-229-5696.

Thursdays, 6:00–8:00p
Regular $100  Member $85
Course AC18-2 – Reg. by 9/3
Sept. 6, 13, 20, 27, Oct. 4, 11

A GIFT OF CLASS
Give a gift of life-long learning!
We have gift certificates available for those “hard-to-buy-for” personalities!

815-877-0118 • womanspace-rockford.org
Introduction to Chinese Painting
Li Slough
Come discover the beauty and simplicity of Chinese brush painting in this one time introductory session. What is the difference between “Western” and “Chinese” watercolor? In this class, you will learn about the basic strokes and techniques, supplies and philosophy. After discussion and demonstration, you can give it a try. All supplies provided — just come and learn something new!

Regular $35  Member $25
Course CP18-1 – Reg. by 9/6
Monday, 10:00a–12:00p
September 10
Course CP18-2 – Reg. by 9/13
Monday, 6:00–8:00p
September 17

Beginning Chinese Painting
Li Slough
Learn some of the differences between the “western” brush and the “Chinese” brush, their respective paints, controlling water and mixing colors, composition and some of the basic strokes. There will be a presentation, as well as a demo before you begin painting.

Supplies provided or bring the following: Rice paper (roll or pad); traditional or authentic Chinese watercolors; one SM, MD, LG brush; brush holder; ink stick or traditional Chinese ink (liquid); ink stone; porcelain palette or 8 jar lids. Most available at area craft stores.

Regular $85  Member $70
Course CP18-3 – Reg. by 9/27
Mondays, 10:00a–12:00p
October 1, 8, 15, 22
Course CP18-4 – Reg. by 11/1
Tuesdays, 6:00–8:00p
November 6, 13, 20, 27

Pastel Painting
Gail Faber
If you have drawing experience and would like to learn more about the pastel medium, then this is the class for you. We will practice using hard and soft pastels on different colors and textures of papers, including sanded surfaces. Alcohol washes and underpaintings will be demonstrated. Individual styles will be encouraged as we explore various techniques in layering and mixing colors. For beginners and those experienced with pastels. Some supplies provided. Bring supplies you already have or wait for suggestions at the first class for what to purchase.

Wednesdays, 1:00–3:00p
Regular $100  Member $85
Course PAS18-2 – Reg. by 10/21
Oct. 24, 31, Nov. 7, 14, 21, 28

Open Upper Studio Times (New Dimensions Upper Level) USE OUR STUDIO — BUT PLEASE CLEAN UP AFTER YOURSELF!

The following Open Studio dates & times are for affiliated artists and students who are enrolled in or have taken an art class at Womanspace.

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See pg. 37 for registration policy.
Pour Painting: A New Way!
Dee Santorini
Ages 21+. No experience needed! Just come and have fun! Fee includes everything you need — just show up and create! No brushes, just magic solution in the paint and magic in your hands! We will pour paint onto boards and canvases, use large squeegees to pull paint over paint...and help the magic happen. BYOB!

Thursdays, 1:00–3:00p
Regular $65  Member $50
Course PTG18-2 – Reg. by 9/17

September 20, 27 (Oceans & Dirty Pours)
Course PTG18-8 – Reg. by 11/12

Encaustic Painting
Dee Santorini
Encaustic Painting originated in Egypt around 100–300 AD, and has become very popular today. Encaustic art is painting with hot wax. It has a softness and depth that you can get with no other painting method. Come to learn new techniques and join the fun! No specific art experience is necessary. Fee includes everything you need. Just show up and create!

Saturdays & Sundays, 1:00–4:00p
Regular $115  Member $100
Course PTG18-5 – Reg. by 10/17

October 20, 21 (Texture & Incising)
Course PTG18-7 – Reg. by 11/14

November 17, 18 (Memories)
Bring a friend or family member, copies of photos, paper and fabrics, and build an encaustic collage representing important memories with those you love.

Intro to Cold Wax Painting
Janet McGregor
Beg.–Int. Join this class and find out what Cold Wax painting with oils is all about. This one-session class will introduce you to the process of using the cold wax medium and oil paints to create rich textured abstract paintings through the use of layers and color interaction. Utilize cold wax medium, tube oil paint, pigment sticks and a variety of implements to create textures and mark making, along with expressive, richly surfaced paintings. You are encouraged to use alternatives to brushes such as brayers, palette knives, silicone scrapers and squeegees for this class. All supplies provided. Fee free to bring any brayers, palette knives, or scrapers if you have them.

Tuesday, 6:00–8:00p
Regular $50  Member $40
Course PTG18-3 – Reg. by 9/27
October 2

Open Clay Studio Times  (New Dimensions Lower Level)

The following Open Studio dates & times are for affiliated artists and students who are enrolled in or have taken an art class at Womanspace in the past year.

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Fees  $5 per hour OR $20 per day

USE OUR STUDIO — BUT PLEASE CLEAN UP AFTER YOURSELF!
DIY Holiday Accents
Fun easy holiday projects for you to create! Bring to a friend to make it a Girls' Night Out! Classes held in New Dimensions Upper Studio.

**Mistletoe Charm**
Sheila Anderson
Paint this trending Modern Farmhouse look! Perfect to give as a gift or decorate your home during the holidays. Sheila will instruct you how to create this adorable piece. Put it in your entryway or lean it on a mantle. Better yet, paint two and give one. Add the family last name at the top!! Fee includes supplies for one project. Bring an additional $10 if you want to make two.

*Wednesday, 6:00–8:00p*
*Regular $45  Member $35*
*Course MX18-1 – Reg. by 10/4 October 10*

**Luxurious Wreath**
Sheila Anderson
This striking wreath will instantly put you in the Christmas spirit! And it’s a nice touch for your Christmas party! Make two and cheer up a friend. This luxurious piece of art will complement any mantel or entryway. Learn how to blend molding paste with green paint and apply it using art tools to achieve an impasto look. Cute red berries scattered through the wreath and a cheerful red bow give the finishing touch. It also looks cute with a black background! Personalize it with the Family name. Fee includes supplies for one project. Bring an additional $10 if you want to make two.

*Wednesday, 6:00–8:00p*
*Regular $45  Member $35*
*Course MX18-2 – Reg. by 10/11 October 17*

**Grandma’s Button Tree**
Sheila Anderson
Grandma’s Button jar is perfect for this! A great gift for sisters, daughters, friends! This easy-to-paint Christmas tree uses buttons as ornaments. Make a few and your gift searching is over! Cute leaning on a mantle or hanging in an entryway. Add “Spread JOY” or personalize it with the family name. Fee includes supplies for one project. Bring an additional $10 if you want to make two.

*Wednesday, 6:00–8:00p*
*Regular $45  Member $35*
*Course MX18-4 – Reg. by 11/8 November 14*

**Sparkling Snowflakes**
Sheila Anderson
Keep this beautiful art up past Christmas as a winter decoration! So perfect leaning on a mantle or in your entry! It’s a great personalized Christmas gift too. Add “Let It Snow” or “Baby It’s Cold Outside,” or your family last name for a little whimsy (“The Smith Family Flakes”) and paint more “flakes” just for fun! Sheila will teach the blending of paint and how to make snowflakes with a ruler. Silver acrylic adds sparkle to the falling snow. Fee includes supplies for one project. Bring an additional $10 if you want to make two.

*Wednesday, 6:00–8:00p*
*Regular $45  Member $35*
*Course MX18-5 – Reg. by 11/22 November 28*

**Frosty Mosaic Snowman One Day Workshop**
Susan Burton
Create your one of a kind Mosaic Snowman! Gift it or use it yourself this holiday season. In this one-day workshop you can make something unique that will express your personal mosaic style and learn mosaic techniques. Attendees will make one Mosaic Snowman using old jewelry, broken dishes and embellish them with a plethora of materials such as glass, stone, mirror, beads, tiny tiles and millifiore. This is a fun opportunity to make something lasting and special. Rudimentary mosaic techniques, methods and applications will be covered. All materials and use of tools are provided & bring some of your own special materials. Additional bases available for purchase. No prior mosaic experience needed.

*Saturday, 10:00a–4:00p*
*Regular $110  Member $95*
*Course MX18-3 – Reg. by 11/5 November 10*
These classes are held in New Dimensions Lower Clay Studio

**Beginning Wheel Thrown Pottery**
Jennie Johnson Sic

**Age 16+, Beg.–Int.** Want to learn wheel throwing? Then, this class is for you! Learn how to wedge, center, pull and shape the clay on a potter's wheel. Practice bowl shapes as well as vase shapes and learn how to add handles or other decorative aspects to your work. Complete the process by trimming your pieces for firing. Once your work is fired, learn to glaze and finish off your artwork.

Fee includes up to 25lb of clay, glazes and firing.

**Course WT18-1 – Reg. by 9/11**
- Sept. 13, 20, 27, Oct. 4, 11, 18

**Course WT18-3 – Reg. by 10/23**
- Oct. 25, Nov. 1, 8, 15, Dec. 6, 13

**Whimsical Handbuilt Creations**
Delores Burkholder

**Age 18+, Int.–Adv.** Join this fun, free-form, hand building, clay class and create something you are interested in. We use forms, natural elements and imagination to build practical, unusual or whimsical forms with guidance from the instructor. Lots of tools to play with, lots of colors to choose from. So many choices for you to enjoy. Fee includes up to 25 lbs. of clay, glazes & firing.

**Wednesdays, 9:30a–12:30p**
- Regular $125  Member $110

**Course HB18-1 – Reg. by 9/2**
- Sept. 5, 12, 19, 26, Oct. 3

**Course HB18-2 – Reg. by 10/7**
- Oct. 10, 17, 24, 31, Nov. 7

**Course HB18-3 – Reg. by 11/11**
- Nov. 14, 21, Dec. 5, 12, 19

**Imagine! Beginning Wheel Thrown Pottery**
Stacey McDonald

**Age 16+, Beg.–Int.** Learn to center the clay on the wheel and make a bowl. Building on that success, progress to mugs and vases and have the opportunity to attach handles. Proficient students will have time to make a plate and/or explore different ways to decorate and alter thrown forms and express one's unique style. The focus of this class is to take the student from where they are, with little or no experience, and foster the skills and confidence to incorporate wheel throwing pottery into their artistic expression. Please bring an apron, a towel, and a notebook to class. Fee includes up to 25 lbs. of clay, glazes & firing.

**Regular $125  Member $110**

**Course WT18-2 – Reg. by 10/4**
- Tuesdays, 6:00–8:00p
- Oct. 9, 16, 23, 30, Nov. 6, 13

**Course WT18-4 – Reg. by 11/15**
- Tuesdays, 6:00–9:00p
- Nov. 20, 27, Dec. 4, 11

**Advanced Beginner–Intermediate Wheel Thrown Pottery**
Stacey McDonald

**Ages 16+.** Adv. Beg.–Int. This class is for anyone who has basic skills in wheel throwing and wants to stretch their boundaries and be inspired or the experienced student who would like to explore more advanced techniques. Topics will be determined by the class but can include: throwing larger forms, lids and handles, bottle forms, incorporating hand-building into your wheel thrown forms, surface decoration, repeat throwing, glaze techniques, toolmaking and more. Demonstrations are presented in a 60-minute workshop format, alternating with open work evenings where individual assistance is available.

Students must be able to throw a bowl and cylinder before signing up for this class. Fee includes up to 25 lbs. of clay, glazes & firing.

**Regular $125  Member $110**

**Course INT18-2 – Reg. by 10/4**
- Tuesdays, 6:00–8:00p
- Oct. 8, 15, 22, 29, Nov. 5, 12

**Course INT18-4 – Reg. by 11/15**
- Tuesdays, 6:00–9:00p
- Nov. 19, 26, Dec. 3, 10

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You Can Now Pay For Open Studio Online!

Remember that open studio is available for affiliated artists who are enrolled or who have taken an art class at Womanspace in the past year. Fee $5 per hour or $20 per day. You can log onto our web site and pay online or cash and checks can still be placed in the open studio envelope.
See pg. 37 for registration policy.

These classes are held in New Dimensions Lower Clay Studio

Use Your Required Minimum Distribution (RMD) to Donate to Womanspace

If you are an IRA owner, age 70½ 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!
INSTRUCTORS & FACILITATORS

Sue Gilbert Abare studied at Ohio State University & at the Cincinnati Art Museum. She has taught privately and at the Kaleidoscope School of Art in Barrington. Sue exhibits throughout the Midwest & South, has artwork in many private & public collections, and tries to devote most of her time developing her own paintings. Watercolor: Toes in the Water & Splashdown!

Sheila Anderson is a Certified Interior Designer from Harrington College of Design. She was the Design Director of Staging at Gustafson's Furniture. She decorates both residential and commercial spaces and achieves the newest design trends using art. At an early age, she was privately tutored in oils and acrylics and continues lessons to learn new painting techniques. DIY Holiday Accents: Mistletoe Charm, Luxurious Wreath, Grandma's Button Tree, Sparkling Snowflakes

Janet Buchanan learned wheel throwing at age 10, won many awards, and was tutored in art school earning an AA in Graphic Design. After many years away from her passion, she has a renewed view of the benefits of art in daily life and finds it very therapeutic. Her favorite mediums include pottery, photography and painting. She mainly focuses on sculpture and functional ware while striving to better her skills with each turn. The Sky’s the Limit! Clay Sculpture & Handbuilding

Marge Blake has been teaching children from preschool age to teenagers for over ten years. She is a Girl Scout Leader as well as the Spring River Service Unit Manager. Marge currently serves on the Womanspace Board of Directors and has been the chairperson for our Womanspace Fairy Festival for the past four years. One of the ways that Marge expresses her creativity is by sharing her love of art with children of all ages. She also serves on the Womanspace Board of Directors. Girl Scout Halloween Costume Party

Rebecca Bowman attended the Harrington Institute of Interior Design and worked as an Interior Designer for Thompson's for many years. She has been working with pen and ink since Jr. High School and has been tending for years before it became popular. She is now a full-time artist in local shows and competitions. Introduction to Tangling with Pen & Ink, Tangling with Pen & Ink, Mandalas in Pen, Ink & Colors

Mary Boyd, SSSF is a School Sister of St. Francis and just retired from the field of education after 52 years. She has an MA in Art History and was an Art Studio Major at NIU. She currently teaches art history classes at The Fine Line Creative Art Center and other groups. Art Lectures

Susan Burton has a BA in Interior Design, plus minors in Art and Architecture. She is a mosaic and sculpture artisan, Reiki Master/Teacher, Certified Mandala Facilitator, and Certified Archetypal Consultant. Visit her website artexplorations.com Frosty Mosaic Snowman Workshop

Delores Burkholder has delighted people with a variety of sculpture and handbuilt clay art since 1997. As part of the American Kennel Club circuit, her pottery dogs are inspired by actual canines from around the world! Delores is one of our clay studio managers. Whimsical Handbuilt Creations

Beth Campisi is a Licensed Massage Therapist, Certified Chakra Instructor and Holistic Wellness Practitioner. Her focus and passion is helping others connect on the physical, emotional, mental, and spiritual levels to achieve wholeness, balance and well being using Spirit led holistic Healing Arts modalities such as Reiki Energy Healing, Essential Oil Raindrop Therapy, Movement/Dance, Tuning Fork Therapy and Chakra balancing. Chakra Rhythms—Dancing the Sacred Seven

Jean Kathryn Carlson, M.A., Dream Alchemist, speaker and author, considers it a gift to be alive at this time when we get to challenge traditional beliefs and consciously choose what we hold dear. She intuitively weaves dream interpretation, EFT, Law of Attraction and essential oils to welcome the magic in life that is available to each of us. Jean Kathryn is a certified Dream Group Facilitator, certified ProEFT Coach, and Law of Attraction Life Coach. Tap into the Wisdom of Your Dreams, Tap into the Wisdom of Your Body

Ifat Deriwal has been doing traditional Indian, Arabic and contemporary henna designs for 15 years. She loves to customize the designs to match her clients’ personalities and offers that puts a smile on their faces. As a mother to two beautiful kids, she loves to create a peaceful home for her family. She also has a Masters Degree in management from DeVry University. A Three Stage Approach to Minimalism, Henna Party!

Kate Downing grew up in nearby Dixon, the daughter of two teachers. She obtained a degree in Finance at UW-Whitewater, where she also completed on their NCAA bowling team. She still bowls recreationally with her husband and enjoys other hobbies such as tennis and photography. Kate entered the financial planning profession so that she could have a positive impact on people’s lives by helping them fulfill their financial goals and protect their families. Money Basics, How Are Finances Different for Women?

Gail Faber is a self-taught artist, working primarily in pastels. What makes her artwork unique is her ability to bring the subject to life with rich detail. She recently won an Honorable Mention in the Pastel Journal’s “16th Annual Pastel 100” Competition. Gail enjoys teaching people who want to learn more about the brilliance of painting with pastels. Pastel Painting

Aimee Floto has spent several years exploring topics of self-improvement, crystals, essential oils, tarot and intuitive oracle decks. She recently left her role as a Marketing Creative Leader in the corporate world, returning to her hometown of Rockton to be near family and friends and joining Womanspace in the Marketing Director role. She is excited to now focus more time and energy on crystals, tarot and self development. Aimee enjoys hiking, gardening, reading and spending time with family and friends. Set Your Intentions for Fall: Vision Board, An Introduction to Crystals for the Curious

Fiona Fordyce grew up in the Cotswolds of England surrounded by arable farmland, sheep, and wild flowers. She enjoys gardening, bee keeping and discussing ecological topics with environmentalists. She believes that each one of us can make a positive difference in protecting and preserving our natural world. EarthMatters: Share the Space
INSTRUCTORS & FACILITATORS

Jimmie Getter is a Certified RAD Systems Self-Defense Instructor, a Certified radKIDS Self-Defense Instructor, Prevention Educator and Therapist for Rockford Sexual Assault Counseling. For the past 12 years, she has been teaching self-defense (and many other programs) for persons ages 5–adult. She has a M.A. in Health Psychology, an M.S. in Community Mental Health Counseling, and an M.S. in Communications. rockfordsexualassaultcounseling.org The R.A.D. Systems of Self-Defense

Deborah Gaines is the new Program Coordinator for Womanspace. Her writing classes were developed as part of her coursework at the California Institute of Integral Studies. She has an MFA in Writing and Consciousness. Deb has been a Reiki practitioner since 2003 and completed her Master Teacher training in 2009. Deb is the co-chair of the Womanspace Retreat. She is also a licensed funeral director. Creating Stories & Sharing Lives, Reiki One & Two

Karen Gines is an artist well-known in the Rockford community for her abstract paintings. During her long career as an artist, she participated in the summer art circuit on the coast of Northern California for 10 years, had numerous one-woman and group shows, shown in galleries in California, Utah, Washington and Illinois, and taught art to children and adults. She owned and operated a gallery in Rockford for 10 years showing her fine art, painted wall murals, furniture and ceramic tile. karengines.com Acrylic Painting – Let It Flow!

Delinda Grindle, LCSW, is a grief counselor and Director of Grief Services at kp counseling. Delinda holds a MSW and a Certification in Grief & Death Studies. In 2011, Delinda partnered with Fitzgerald Funeral Home & Crematory LTD., to develop the Soulprints Aftercare Program, a caring and sensitive program to assist those who have lost a loved one for a year following the death. Delinda assists the individuals’ and families’ journey through grief and loss, and provides opportunities to begin the process of embracing the uniqueness of their grief. Delinda’s philosophy in counseling is “companionship in patients’ healing journeys.” Healing Through Creative Grieving, Navigating Grief During the Holidays

Karen Gutierrez, Ed.D. is retired from the faculty of the Foreign Languages and Literature Department at Northern Illinois University. She has a master’s degree in Spanish and doctorate in Adult Education with a focus on women at the margins of society. She completed her dissertation research in Nicaragua. Book Discussion: Sister Citizen: Shame, Stereotypes & Black Women in America by Melissa V. Harris-Perry

Elaine Hirschenberger is the Executive Director and Co-Founder of Womanspace and has years of experience of practicing mindfulness and attentiveness. She received her degree in English from Alverno College and pursued further studies in art and design at College of DuPage, Rockford University and NIU. She is an active member of School Sisters of Saint Francis. Oral History of Womanspace, Lifting the Veil, Retreat: Day of Silence & Journaling, Mindfulness, Seekers, Supper & Films

Marsha Cowen Hosfeld is the past president of the Winnebago and Boone Counties Genealogical Society. She has been working on her family tree for over ten years. Her other hobby, photography, has come in handy when working on, sharing, and preserving her family history. She hopes to “infect” you with the genealogy bug! Genealogy Workshop, Have a DNA Test! Or Maybe Not

Jennie Johnson Sic enjoys every opportunity to throw on the wheel! Jennie has taken college level classes in Minnesota & Oak Park, IL, as well as, been mentored by a potter in Antigua, Guatemala. Jennie is so thankful to have found Womanspace, a place to throw, be inspired and teach. Beginning Wheel Thrown Pottery

Keri Knutson, Official Yoga Teacher of the Rockford IceHogs, Certified Advanced Yoga Nidra teacher, Rockford Native, and 20 year practitioner of yoga. Keri is trained in and currently teaches Vinyasa Flow yoga, Traditional Hatha Yoga, Restorative, Chair/Adaptive yoga, and Yoga Nidra in the Rockford area. She also teaches several workshops and events throughout the year and specializes in Yoga for Athletes, Yoga Nidra (a conscious relaxation practice), and working with those who live with chronic conditions, injury, illness, and/or disease. Keri, a nature and animal lover, enjoys spending her free time outdoors, reading, devoting time to her own yoga practice, and traveling. Hatha Vinyasa/Restorative Yoga, Adaptive Yoga, Yoga Nidra

Julie Maffei is a strong supporter of environmental causes. She first joined Womanspace as a member of the Grounds Committee. She loves outdoor activities especially gardening, hiking and rowing and has been a student of A Course in Miracles for many years. Beginner’s Guide to A Course in Miracles

Keri Nelson is the Executive Director for Rockford Area Habitat for Humanity. She has volunteered with Habitat since age 20, so has had a lot of experience with the program. She has also served as a juvenile probation officer and as a fundraiser for oncology related programs and services. EarthMatters: Habitat for Humanity

Pat McCarthy, OSF is a School Sister of St Francis and former President of the Womanspace Board. She has Masters degrees in Pastoral Ministry and Theology from Loyola University. Pat has taught primary grades, been a Formation Director for her Religious Community, served as a Pastoral Minister for her Sisters at Maria Linden Retirement Home, and as a certified Chaplain for 22 years at Rockford Memorial Hospital. Pat loves her Franciscan Community and Spirituality. Lifting the Veil

Stacey McDonald is a multi-media artist, with a passion for encouraging others in their creative endeavors. Creativity is a way of life for her — she writes, creates pottery, lampwork, beads, and much more! Imagine! Begin Wheel Thrown Pottery, Advanced Beg.–Intro. Wheel Thrown Pottery

Janet McGregor is the owner of Canterbury Books & Tours in Rockford. She has been doing art since her childhood from painting and drawing, to working in charcoal, acrylics and watercolor. Her new favorite medium is cold wax and oil. The process and texture of the medium is the most interesting part of the journey. She finds herself creating pieces that offer an abstract approach to the world around us! Introduction to Cold Wax Painting

Kathy Moehling, RN is a Board Certified Holistic RN, Traditional Naturopath, Holistic Health & Life Coach, energy work practitioner in Therapeutic & Healing Touch, and a Massage Therapist with over 40 years experience. In addition to teaching teleclasses in holistic coaching with Wisdom of the Whole (formerly Bark Coaching Institute), Kathy maintains a private practice in her home and in the Holistic Health Room at Womanspace. Edible Flowers & Flower Essences

815-877-0118 • womanspace-rockford.org
INSTRUCTORS & FACILITATORS

Denise Nichols, OTR/L, has a passion for outpatient whole body rehabilitation. She has been an Occupational Therapist for over 20 years. She believes in the power of an educated consumer and that every day is a new journey towards health and wellness. Denise is the owner of Motivate Health Inc, an outpatient rehab clinic with 6 therapists whom all specialize in pelvic floor therapy and whole-body education. She is board certified in pelvic floor muscle dysfunction (PFMD) and biofeedback for PFMD, is also certified as an Integrative Yoga Therapist and massage therapy. She loves working with a wide variety of ages, diagnoses, and patient populations and has a long history of working with patients with chronic pain. She has a passion for working with postural re-education and body mechanics in relation to helping others gain functional mobility and improve their quality of life. She believes that a whole health approach is team oriented and empowers her patients to seek what works best for them. Healthy Habits for Women: Pelvic Health, Postural Health, Tissue Health

Barb Phillips likes dabbling in many different forms of media, but photography is one that has always been consistent. From her first beloved Instamatic 104 to her current Pentax DSLR, she realizes “the best camera is the one that’s with you. So many great shots are with cell phones, because they are always with us.” ViewFinders Group

Heidi Provo has worked as an educator of children for 20+ years. She is trained in both High Scope and Montessori methods of teaching. A Girl Scout Troop Leader for 10+ years and current Service Unit Manager for the Creek View Service Unit, Heidi loves camping, fishing, cooking, art, reading and teaching children of all ages. Girl Scout Programs

Karen Santorini is an avid clay artist and skilled painter. She brings a passion and sense of fun to everything she does. Dee was a former president of the Rockford Art Guild, promoting visual arts in our community. Dee also is active on the Gallery Committee at Womanspace and exhibits regularly at local art shows. Pour Painting: A New Way to Paint!, Encaustic Painting, Wild Women in Clay, Sculpting with Clay, Intermediate Pottery: The Possibilities Are Endless

Angie Schmidt is a trained facilitator, licensed psychologist, and board certified personal coach. She established her coaching business, Potentialocity, (Potentialocity.com) to help women regain their confidence, find their purpose, and reach their dreams. She joined the Womanspace board of directors in 2016. Explorers Group

Ray Schulz is a graduate of the Art Institute of Chicago and Famous Artists Schools. He was the art director at advertising agencies for 25 years. His work has been shown in Chicago, Rockford and other surrounding areas. Have Fun with Pencil Drawing, Drawing for Fun & Spirits, Pen & Ink with Mixed Media Drawing, Introduction to Soft Pastels, Pen & Ink Drawing with Color

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INSTRUCTORS & FACILITATORS

Alicean “Li” Slough lived and studied Chinese Brush Painting in Hong Kong for over 10 years. She taught students alongside her painting instructor for 3 years and taught private lessons for a year and a half before returning to the USA. She exhibited her work at art fairs in Hong Kong and has paintings in private collections in the UK, Hong Kong, Australia and the US. Originally from Texas, she moved to the Rockford area in 2012. Introduction to Chinese Painting, Beginning Chinese Painting

Sheila Trevino is a Licensed Real Estate Broker and Owner of HOME Realty. She realizes that buying or selling a home can be a complicated process, as it is always changing and not something people do often. Therefore, she enjoys educating potential home buyers and sellers so that they can go through the process effortlessly. Sheila strives to stay up to date on programs in the area available to home buyers, sellers, and current owners and loves to help people utilize them. Home Buying 101

Julie Thompson is a retired social worker who was born and raised in Rockford. Her career was spent working in various mental health settings including DCFS, adoption, grief work and private practice. She is mother of 4 wonderful daughters, 8 grandchildren. Drumming Circle

Shiraz Tata came to the U.S. from India to get a doctorate in Counseling Psychology from SIU-C and then just kept moving up the state of Illinois to Rockford where she has lived for over 20 years! She is a Licensed Clinical Psychologist in private practice where she creates a safe space for people to share whatever may be weighing on their minds or hearts. She loves to facilitate discussions on diversity and all topics multicultural. She also enjoys teaching mindfulness and meditation classes. Meditation: A Wellness Practice

Colene Vivian has an MBA in Business Administration and over a decade of experience as a business owner. Working with Oak Street Health, she is able to assist seniors with information on Medicare, health, living and care resources. She enjoys crafting and leads many craft activities for seniors throughout the community. Medicare Basics

State Representative Litesa Wallace, Ph.D. currently serves in the Illinois House Of Representatives. She is the first African American woman to represent our region. Wallace is an educator and therapist by profession. Prior to becoming a lawmaker, Wallace earned a doctoral degree in Educational Psychology. Learn more about her work at wallaceinstitute.org.

Book Discussion: Sister Citizen: Shame, Stereotypes & Black Women in America by Melissa V. Harris-Perry

Lenae Weichel and her family became locavores for a year in 2008 eating only food produced within 100 miles of their Rockford home. Come and hear about Lenae’s latest environmental projects and be inspired. EarthMatters: Sustainability in Daily Life

Sandra Williams, LCSW, LMT, has been in the health care field in Rockford for almost 30 years. In her private practice, she counsels individuals in becoming more self-aware and improving their lives with goals beyond surviving and into thriving. As a certified and advanced practitioner of CranioSacral Therapy (a form of body work), Sandy has facilitated health improvement and integration of mind, body and spirit with her clients for over 20 years. She uses a variety of therapies in her practice and is drawn to those that incorporate mind, body and spirit. Sandy has a passion for holding a sacred and therapeutic space to help individuals become more present in their lives and use their whole body to live fuller richer lives. She is in the final stages of becoming certified as a presenter of Healing from the Core: Introduction to Full Body Presence, pioneered by Suzanne Scurlock-Durana. CranioSacral Therapy, Intro to Meditation: What, Why, How, and…Practice

Ron Wick captures glimpses of familiar vistas and warm memories throughout America. He studied at the prestigious American Academy of Art, was asked to join the faculty, and taught there for 12 years. Ron has had many one-man shows and his paintings are in corporate and private collections in the U.S. and Europe. Painting with Acrylics on Canvas

Gina Wise has a B.A in philosophy from Indiana University and has studied poetry, religion and spirituality all her life. She is a poet who loves nature, hiking and her dog, Mimi. She made Rockford her home over 20 years ago and Womanspace is her home away from home. Explorers Group

Timing doesn’t work? Class not offered? Missing out on the fun?

Gather up five or more friends and create a class to fit your schedule and interests. Womanspace may be able to set up an existing class (depending on availability) or if you have an idea for a class, we would love to help you create it!

Contact Cherie Heck at cherie@womanspace-rockford.org with your ideas!
Fill out this form and mail it in with your contribution or register online at womanspace-rockford.org.

**Primary contact information**

- [ ] New
- [ ] Renew
- [ ] 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:**

________________________________________________________

**Sign me up for Intertwinings** (free weekly e-news):  
- [ ] Yes  
- [ ] No  
- [ ] Already have

**Choose your level today!**

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<th>3-yr</th>
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<td>Family</td>
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<tr>
<td>(Two adults &amp; children age 18 living in household)</td>
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<tr>
<td>Regular</td>
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<tr>
<td>Grand Family</td>
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<tr>
<td>(Two grandparents &amp; their grandchildren under the age of 18)</td>
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<td>$75</td>
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<td>Student</td>
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<td>(one child age 9-17; new members receive sling bag &amp; journal)</td>
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<tr>
<td>Regular</td>
<td>$25</td>
<td>$45</td>
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*If you opt for a sustaining membership, please know that we are grateful for your additional support that helps other women.

**Membership has its benefits.**

- Discount prices on most programs.
- Receive all mailings from Womanspace, including Your Guide and Intertwinings, our e-newsletter.
- Offer original art & related items for sale in Gallery2Go (G2G). (Subject to final approval by Gallery Committee.)
- Join committees to connect with one another, share talents, and develop or demonstrate leadership skills.
- Borrow books & DVDs from our library.
- Promote your business at periodic open houses.
- Special Member Card Perks. (See page 21.)
- Membership begins with the month the fee is paid.

**I am interested in helping with:**

- [ ] Development
- [ ] G2G Receptionist
- [ ] Marketing
- [ ] Facilities
- [ ] Gallery
- [ ] Membership
- [ ] Fall Luncheon
- [ ] Garage Sale
- [ ] Prairie/Labyrinth
- [ ] Fairy Festival
- [ ] Grounds
- [ ] Program
- [ ] File/Data Entry
- [ ] Lunafest
- [ ] Social Outreach
- [ ] Other__________________________________________________

**Payment method**

- [ ] Cash  
- [ ] CHK #_______  
- [ ] MC  
- [ ] Visa  
- [ ] Dis  
- [ ] PP  
- [ ] #____________________________________________________

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

Office use only:  
- [ ] FM  
- [ ] WA  
- [ ] QB  
- [ ] CM

Date to ______________________Notes_________________________
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 space. Payment must be made at the time you register or your registration may be canceled.

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 PayPal® as well as Visa, MasterCard® and Discover payments for programs and membership using a secure PayPal connection.
- **By Phone** – Call 815-877-0118 to register for the program you wish to attend. Have your credit card information, address and phone number ready. Printed receipts will not be given unless requested.
- **By Mail** – Make checks payable to WOMANSPACE. There will be a $25 fee for returned checks. Check or credit card information must accompany registration form. Mail the registration form to Womanspace, 3333 Maria Linden Dr., Rockford IL 61114. Payment must be received by the registration deadline date.

If you are not pre-registered, call 815-877-0118 to confirm the course is taking place and has openings. Incomplete or partial attendance at programs is not encouraged. **There is no reduction in fees if you are unable to attend all scheduled classes.**

**Cancellation & Refund Policy**

Enrollment in a Womanspace class must be canceled in order for the student to be eligible for a refund. A refund (minus a $10 non-refundable deposit) 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, 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.

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

---

**Womanspace registration form**

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

Name* ___________________________________________________________________________________________________ ○ Member # __________

Address, City, State, Zip* ______________________________________________________________________________________________________________________

Phone* ____________________________ E-mail* __________________________

○ Cash ○ Check # ________ ○ MasterCard ○ Visa ○ Discover ○ PayPal ○ Gift Certificate/Coupon (included with payment)

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- Coupon/Gift Certificate _______

Total Enclosed _______

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<td>Art Lecture: Gentileschi</td>
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<td>Reiki One</td>
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<td>Reiki Two</td>
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<td>Retreat: Day of Silence &amp; Journaling</td>
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<td>Sculpting with Clay</td>
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<td>The R.A.D. Systems of Self-Defense</td>
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<td>Seekers Group</td>
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<td>Set Your Intentions for Fall: Vision Board</td>
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<td>Star Student &amp; Art Teacher Show Opening</td>
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<td>Supper &amp; Film: Coco</td>
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<td>Supper &amp; Film: Goodbye Christopher Robin</td>
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<td>Supper &amp; Film: Maudie</td>
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<td>Supper &amp; Film: Scrooged</td>
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<td>Tap into the Wisdom of Your Dreams</td>
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<td>Tap into the Wisdom of Your Body</td>
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<td>The Sky’s the Limit! Clay Sculpture &amp; Handbuilding</td>
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<td>The Vagina Monologues</td>
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<td>ViewFinders Group</td>
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<td>Watercolor: Splashdown!</td>
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<td>Watercolor: Toes in the Water</td>
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<td>Whimsical Handbuilt Creations</td>
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<td>Wild Women in Clay</td>
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<td>Womanspace Retreat</td>
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<td>Yoga Nidra</td>
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Womanspace & Just Goods PRESENT

EMPOWERING WOMEN EVERYWHERE

A BRUNCH TO PROMOTE WOMEN HELPING WOMEN

SAT., OCTOBER 27, 2018 I 10AM-NOON
Giovanni’s I 610 N. Bell School Rd, Rockford

RESERVATIONS: Tickets on sale September 10!
$45/person
$425/table of 10
To register: 815-877-0118
(RSVPs due October 17)
or womanspace-rockford.org

Tables must be paid in full at time of reservation.

Womanspace and JustGoods are partnering to host Empowering Women Everywhere, a brunch to promote women helping women. Speaker Joy McBrien, a victim of sexual assault, will talk about how she turned personal tragedy into an international fair trade business “Fair Anita”. Her company espouses a vision “where women and girls can grow up feeling safe, respected, and valued no matter their geography.”

Join us for an energizing brunch with friends to learn more about this incredible woman, her company and what we can do to bring awareness to this important issue. You will also have the opportunity to purchase some beautiful jewelry from Fair Anita.

Joy McBrien is a global learner who is passionate about creating opportunities for women and girls. She is the Founder and CEO of Fair Anita, a social enterprise that strives to build a more inclusive economy for women by providing economic opportunity and dignified jobs through beautiful fair trade jewelry and accessories. She has worked with thousands of women around the world, using her empathetic nature to understand circumstances and develop creative solutions, including having built a battered women’s shelter in Peru and working at a girl-focused middle school in St. Paul. Joy has been recognized for her leadership in this space, awards including: Top Ten Outstanding Young Minnesotans 2015, Open Hands Initiative Fellow 2016, Minnesota Business Magazine’s 35 Entrepreneurs Under 35, and the Real Power 50 Award.

justgoods.info womanspace-rockford.org fairanita.com

A BRUNCH TO PROMOTE WOMEN HELPING WOMEN

womanspace-rockford.org justgoods.info
Womanspace offers programs for women, men and children to enhance body, mind and spirit, with a focus in the creative arts, holistic health, interfaith exploration, and environmental stewardship.

Important Dates to Remember

Sep 13  A Three Stage Approach to Minimalism
Sep 19  An Oral History of Womanspace
Sep 20  Facing Financial Fears: Money Basics
Sep 25  Intro to Crystals for the Curious
Oct 3   Medicare Basics
Oct 3   Which Diet is Best for Optimal Health?
Oct 13  Girl Scout Halloween Costume Party
Oct 23  Book Discussion: Sister Citizen: Shame, Stereotypes & Black Women in America
Oct 24  Pastel Painting
Oct 27  Empowering Women Everywhere Brunch
Nov 10  Frosty Mosaic Snowman One Day Workshop
Nov 13  Navigating Grief During the Holidays
Nov 14  Lifting the Veil
Dec 2   Retreat: Day of Silence & Journaling
Feb 2019 The Vagina Monologues