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## General Workshops

SUUSI workshops are stimulating, fun, sensitive... and there's something for most everyone. The vast majority of workshops are held inside classrooms right on the campus, but a few involve traveling off campus. Morning workshops are typically scheduled from 10:00 am–noon, and afternoon workshops are 2:00 pm–4:00 pm. There are evening workshops and others as well, so you can schedule your time at SUUSI in a variety of ways.

Be sure to read the previous section "General Workshops and Nature Trips Information" for information on registering. The registration process is like an easy quiz—but don't flunk it, or you'll have to stand in line a lot longer! For questions during the week regarding workshop logistics, or to drop/add workshops after registration, please go to the Information Office.

### **Workshop Eligibility**

Participation in some workshops is limited to adults at least 18 years of age; however, many workshops are open to Youth and Teens, and where allowed, Youth and Teens are encouraged to attend. Workshops permitting youth attendance are indicated in the description by **Y**, teens are indicated in the description by **T** plus the minimum age allowed. Workshops for young adults (18-25) are designated by **YA**.

Workshops designated for couples are open to all couples including same sex couples, and marriage is not a prerequisite for participation.

### **Attendance Policy**

A minimum enrollment number is set for all workshops. For most workshops the minimum is 10 participants. Workshops not achieving minimum enrollment during pre-registration may be canceled. Therefore, pre-registering for workshops is essential to the success of the Workshops program.

Each workshop has a designation at the end of its description indicating the attendance policy as recommended by the workshop leader, i.e. Required, Preferred, or Drop In. You must register before attending all workshops, including Drop In workshops.

If you sign up for an attendance Required workshop, SUUSI will not register you for another workshop in the same time slot or for one conflicting with or overlapping that time slot. Only persons willing to attend all sessions should select workshops designated as attendance Required.

Preferred attendance means that your attendance is expected at all sessions, though not strictly required. In the case of Drop In workshops your attendance is not required; however, you must register for all Drop In workshops so that minimum enrollment requirements can be met, and so that an appropriate location can be assigned for that workshop. Attendance is highly encouraged in order to facilitate the workshop leaders' planning.

### **Recommended Reading**

Some workshop leaders have suggested specific books in their workshop descriptions and highly recommend that participants read these books prior to attending their workshops at SUUSI. In most cases this is not required, but your enjoyment of these workshops will be increased by familiarity with the suggested selections.

### **Workshop Locations**

Workshops will be held at various locations in classrooms and other meeting spaces around the campus. When scheduling your week's activities, keep in mind that it may take a few minutes to get to a workshop from a previous activity. Lists with the location of each workshop will be available in the Information Office on Sunday evening and throughout the week. Inevitably, some workshops will migrate to more comfortable space. Location changes and updates will be published daily in the SUUSI NUUS.

### **\* Restricted \* Workshops \***

Some workshops can involve emotional experiences which may be stressful. These are designated by an asterisk \* in the workshop listings and are limited to individuals 18 years and older unless indicated otherwise. Please do not register for such workshops unless you expect to attend every session. These workshops are designed for normally functioning, psychologically healthy individuals, and are not intended as a substitute for counseling or therapy. If you are in therapy, you should register for asterisked workshops only with the permission of your therapist. Leaders reserve the right to request your withdrawal after the first session if they consider the content inappropriate for you.



# General Workshop Summary

## Workshop First Meets on Sunday:

|          |        |                       |
|----------|--------|-----------------------|
| 9pm-10pm | S      | 12-Step Support Group |
| 7pm-8pm  | MTWThF | 12-Step Support Group |

## Workshop First Meets on Monday:

|                |        |      |                                   |
|----------------|--------|------|-----------------------------------|
| TBA            | MTWThF | #262 | Golf Outing/Tournament            |
| 7:45am-8:45am  | MTThF  | #112 | Play T'ai Ch'i                    |
| 10:00am-6:00pm | MTWThF | #102 | Artisan's Bazaar                  |
| various times  | MTWThF | #400 | Teen Way-Off Broadway             |
| 10:00am-noon   | MTWThF | #101 | SUUSI Cantatori                   |
| 10:00am-noon   | MTWThF | #105 | BridgeDrop-In Play                |
| 10:00am-noon   | MTWThF | #106 | BridgeBeginner Lessons            |
| 10:00am-noon   | MTWThF | #108 | Women Who Write                   |
| 10:00am-noon   | MTWThF | #109 | How to Tell the Tale              |
| 10:00am-noon   | M      | #110 | The Growing Divide                |
| 10:00am-noon   | MTWF   | #113 | Introduction to T'ai Ch'i         |
| 10:00am-noon   | MTWThF | #114 | African-American Oral Tradition   |
| 10:00am-noon   | MTWThF | #116 | Mom, the Flag, Rock and Roll      |
| 10:00am-noon   | MTWTh  | #118 | Jewelry Making                    |
| 10:00am-noon   | MTWThF | #120 | Drawing on Right Side of Brain    |
| 10:00am-noon   | MTWThF | #124 | Moving Beyond Money               |
| 10:00am-noon   | MTW    | #128 | Humanism: Past/Present/Future     |
| 10:00am-noon   | MTWTh  | #129 | Empowering Your Voice             |
| 10:00am-noon   | MWF    | #130 | Vocal Techniques and Tricks       |
| 10:00am-noon   | MTWTh  | #131 | East Coast Swing Dancing          |
| 10:00am-noon   | MWTh   | #133 | Yummy, Easy, Healthy Food         |
| 10:00am-noon   | MTWThF | #135 | Day at the Improv                 |
| 10:00am-noon   | MTWThF | #136 | Making the Magic Drum             |
| 10:00am-noon   | MTWThF | #138 | Archetypal Healing                |
| 10:00am-noon   | MWF    | #139 | Powdermilk Biscuit Workshop       |
| 10:00am-noon   | MTWThF | #140 | Appalachian History               |
| 10:00am-noon   | MTWThF | #141 | Couples' Enrichment               |
| 10:00am-noon   | MTWThF | #145 | Introductory Watercolor Painting  |
| 10:00am-noon   | MTWThF | #147 | Jazz Dance                        |
| 10:00am-noon   | MTWThF | #156 | The Songwriter's Toolbox          |
| 10:00am-noon   | MTWThF | #157 | Universalism: History, Theology   |
| 10:00am-noon   | MTWThF | #161 | Rub-A-Dub Scrub - Soapmaking      |
| 10:00am-noon   | MTWThF | #162 | Drumming on the Extreme Edge      |
| various times  | MTWThF | #200 | SUUSIBOYZ                         |
| 1:00pm-1:45pm  | MTTh   | #258 | Intro to Irish Step Dancing       |
| 1:00pm-3:00pm  | M      | #229 | Poetry, Yes-Based Parenting       |
| 1:30pm-4:30pm  | MTWThF | #218 | Drawing/Painting Inside and Out   |
| 1:30pm-4:00pm  | M      | #401 | SUUSI Service Project             |
| 2:00pm-4:00pm  | MTWTh  | #201 | Chamber Music Jamboree            |
| 2:00pm-4:00pm  | M      | #203 | BridgeRefresher                   |
| 2:00pm-4:00pm  | MTWThF | #206 | Early-Afternoon Late-Night        |
| 2:00pm-4:00pm  | MTWThF | #209 | Healing and Psychic Skills        |
| 2:00pm-4:00pm  | M      | #211 | The Growing Divide                |
| 2:00pm-4:00pm  | MTWThF | #214 | Very Gentle Yoga                  |
| 2:00pm-4:00pm  | M      | #215 | The Magic of Runes                |
| 2:00pm-4:00pm  | M      | #217 | Fast Dancing for Shy Feet         |
| 2:00pm-4:00pm  | M      | #221 | Star Tales /Ancient Civilizations |
| 2:00pm-4:00pm  | M      | #222 | Ecology/Pharmacy of Rainforest    |
| 2:00pm-4:00pm  | MTWThF | #227 | Fairy Tales to Recreate Lives     |
| 2:00pm-4:00pm  | MTWThF | #238 | Laid-Back Folk Dancing            |
| 2:00pm-4:00pm  | MTWTh  | #240 | Singing in Style                  |
| 2:00pm-4:00pm  | MTWThF | #241 | The Second Half of Marriage       |
| 2:00pm-4:00pm  | MTWThF | #243 | Conversations with God            |
| 2:00pm-4:00pm  | MTWThF | #247 | Clay Play for the Young at Art    |
| 2:00pm-4:00pm  | MTWThF | #248 | Alternate Tunings for Guitar      |
| 2:00pm-4:00pm  | MTWThF | #251 | Nature Photography                |
| 2:00pm-4:00pm  | MTWThF | #252 | Ishmael:Philosophy of D. Quinn    |
| 2:00pm-4:00pm  | MWF    | #253 | Sonnet Writing                    |
| 2:00pm-4:00pm  | MTWThF | #257 | Church History for UUs            |
| 4:00pm-6:00pm  | MTWThF | #210 | Stitch and Bitch                  |
| 4:00pm-6:00pm  | M      | #207 | Shall We Waltz?                   |
| 4:00pm-6:00pm  | MTWThF | #231 | Tennis Round Robin                |
| 4:10pm-5:30pm  | MTWThF |      | Men's Support Group               |
| 4:30pm-5:30pm  | MTThF  | #309 | Salsa for a Sexy Body             |
| 4:30pm-5:30pm  | MTThF  | #310 | Teens: Be a Spanish Dancer        |

|               |        |      |                                 |
|---------------|--------|------|---------------------------------|
| 6:45pm-8:45pm | M      | #301 | Intro to Contra Dancing         |
| 6:45pm-8:45pm | M      | #306 | DR and RE Round Table           |
| 6:45pm-8:45pm | MTW    | #320 | Mythology of Technology in Film |
| 7:00pm-9:00pm | MTWThF | #316 | Dream Work                      |
| 7:45pm-8:45pm | MTThF  | #311 | Play T'ai Ch'i                  |

## Workshop First Meets on Tuesday

|                 |       |      |                                   |
|-----------------|-------|------|-----------------------------------|
| 7:30am-8:30am   | T     | #100 | SUUSI '00 Walk/Run for Fun        |
| 10:00am-noon    | TWThF | #111 | Talk about Religion!              |
| 10:00am-noon    | TTh   | #115 | Exercise for Emotional Fitness    |
| 10:00am-noon    | TTh   | #127 | Goddess 101                       |
| 10:00am-noon    | TTh   | #134 | Good Kids in Tough Times          |
| 10:00am-noon    | TTh   | #142 | Alligators to Vermicelli          |
| 10:00am-noon    | T     | #148 | Big Deal about Gender of God?     |
| 10:00am-noon    | TTh   | #158 | Health Ministry in Congregations  |
| 10:00am-noon    | T     | #159 | Jewnitarians                      |
| 10:00am-noon    | TTh   | #160 | A Psychology with Soul            |
| 10:00am-12:30pm | T     | #402 | SUUSI Service Project             |
| 1:30pm-4:00pm   | T     | #403 | SUUSI Service Project             |
| 2:00pm-5:00pm   | T     | #219 | Weaving Paper Polyhedra           |
| 2:00pm-4:00pm   | T     | #223 | Castle Architecture of the U.K.   |
| 2:00pm-4:00pm   | TTh   | #228 | Trigger Point Therapy             |
| 2:00pm-4:00pm   | TTh   | #230 | Teenagers and Parents             |
| 2:00pm-4:00pm   | TTh   | #233 | Bawdy, Naughty Novelty Music      |
| 2:00pm-4:00pm   | T     | #236 | Astronomy 101                     |
| 2:00pm-4:00pm   | TTh   | #246 | Celebrating Poetry                |
| 2:00pm-4:00pm   | TWTh  | #249 | EZ Holiday Gifts/Let's Make Stuff |
| 2:00-6:00pm     | TW    | #254 | Cold-Process Soap Making          |
| 4:00pm-6:00pm   | T     | #208 | Advanced Waltzing                 |
| 4:00pm-6:00pm   | TTh   | #260 | Soccer Anyone?                    |
| 4:15pm-5:45pm   | TTh   | #261 | Recreational Basketball           |
| 6:45pm-8:45pm   | T     | #302 | Contra Dance                      |
| 6:45pm-8:45pm   | TTh   | #305 | Sons/Daughters College Bound!     |
| 6:45pm-8:45pm   | T     | #312 | Hebrew Bible Stories Revisited    |
| 6:45pm-8:45pm   | TTh   | #323 | Scrabble Clinic and Playoff       |

## Workshop First Meets on Wednesday

|                 |      |      |                                |
|-----------------|------|------|--------------------------------|
| 10:00am-12:30pm | W    | #404 | SUUSI Service Project          |
| 10:00am-noon    | W    | #149 | The Big Mama: A Mvmt. Piece    |
| 1:00pm-5:00pm   | WTh  | #259 | Healing Touch: An Introduction |
| 1:30pm-4:00pm   | W    | #405 | SUUSI Service Project          |
| 2:00pm-4:00pm   | W    | #212 | The Growing Divide             |
| 2:00pm-4:00pm   | W    | #216 | Goddess Candles Wednesday      |
| 2:00pm-4:00pm   | W    | #220 | SUUSImatics                    |
| 2:00pm-3:00pm   | W    | #224 | Parks of the American West     |
| 2:00pm-4:00pm   | W    | #234 | The Art of Perfume             |
| 2:00pm-4:00pm   | Wth  | #250 | Working Spiritually            |
| 6:45pm-8:45pm   | WThF | #303 | Irish Ceili Dancing            |
| 6:45pm-8:45pm   | W    | #304 | CUUPS and the Wicca            |
| 6:45pm-8:45pm   | W    | #307 | UUs On-line                    |
| 6:45pm-8:45pm   | W    | #308 | Mid Life Tales Part II         |

## Workshop First Meets on Thursday

|               |    |      |                               |
|---------------|----|------|-------------------------------|
| 10:00am-noon  | Th | #150 | Home is Always Waiting        |
| 10:00am-noon  | Th | #406 | SUUSI Service Project         |
| 1:30PM-4:00pm | Th | #407 | SUUSI Service Project         |
| 2:00pm-4:00pm | Th | #204 | Bridge For the Serious Minded |
| 2:00pm-4:00pm | Th | #213 | The Growing Divide            |
| 2:00pm-4:00pm | Th | #225 | Celestial Wonders             |
| 6:45pm-8:45pm | Th | #315 | Finding Grandmama God         |

## Workshop First Meets on Friday

|                 |   |      |                                 |
|-----------------|---|------|---------------------------------|
| 9:30am-4:30pm   | F | #410 | Junquing Through Antique Shops  |
| 10:00am-noon    | F | #119 | Earth Circle                    |
| 10:00am-noon    | F | #132 | Advanced East Coast Swing       |
| 10:00am-noon    | F | #151 | Vowing Faithfulness             |
| 10:00am-12:30pm | F | #408 | SUUSI Service Project           |
| 2:00pm-3:00pm   | F | #226 | 1000 Yrs of Church Architecture |
| 2:00pm-4:00pm   | F | #242 | A Just Economic Community       |
| 6:45pm-8:45pm   | F | #322 | The Growing Divide              |



## Morning Workshops

### 100 SUUSI '00 Walk/Run for Fun **No Limit**

Walkers, Runners, and In-betweeners—join the Tuesday morning SUUSI tradition, our 22nd Annual Walk/Run for Fun where everybody's a winner. The on-campus course is more accessible for all ages and that gives you a few extra minutes of sleep. We'll start at the old Duck Pond for approximately 1.5 miles, walkers, joggers, and runners of all types. The race starts at 7:30 (be there by 7:15 to stretch and pick up your tag) and finishes with refreshments and awards. Fee includes another great collector T-shirt. Don't miss this SUUSI classic!

—Bob Glover with the help of many long-time Fun Walk/Run early-bird enthusiasts will be on hand.

\$15.00 T Y0+ 7:30-8:30

### 101 SUUSI Cantatori **No Limit**

Like to sing? In this workshop, the group will explore a variety of periods and styles of chorale music. We may provide music for worship services or theme talks, when invited. The ability to read music is helpful but not required; good listening is a must! Bring a blue skirt or pants if you have them—this is not a requirement.

—Eleanor Sableski is Director of Music for the Eno River UUF in Durham, NC. She has an MAT in Music Education. Chorale music is her first love, both as conductor and chorister.

\$20.00 MTWThF Preferred T16+ 10:00-noon

### 102 Artisan's Bazaar: A Place to Shop! **Limit 12**

The Bazaar will be run as a true co-op this year! A schedule will be set by the artisans requiring approximately 6 hours each for staffing the Bazaar. We will have credit card capability. All items must be inventoried and tagged. This is an opportunity to display and sell your unique hand-crafted items in an atmosphere of caring and support. Items must be 100% hand-crafted by the participating artist. Register early to ensure a space. After registering, if this is your first time in the Bazaar, send a description, photos, and space requirements of your art to Geraldine Ludeman, 399 Paloma Avenue, Boca Raton, FL 33486. Email: prc555@juno.com All artists MUST register for this workshop prior to SUUSI. If sales exceed

\$250, artist agrees to donate 10% to SUUSIships. Please note the change in Bazaar Co-op hours, now 10 to 6 PM. The Bazaar is an exciting place to be!

—R. J. Perz-Edwards is a long time woodworker who has been making drums for four years. This is his fourth year with the Artisans' Bazaar. Geraldine Ludeman creates garments using an unorthodox mix of fabric and color, "designs to satisfy the free spirit."

\$25.00 MTWThF Required 10:00-6:00 pm  
staffed on cooperative schedule

### 105 Bridge: Drop-In Play **No Limit**

Drop in for an hour or two of bridge. This will be a great opportunity to meet other players and setup other games!

—Cyndy Bailes has played bridge for years and has been a longtime beginning bridge teacher through the YWCA and community recreation programs.

FREE MTWThF Drop-In 10:00-noon

### 106 Bridge: Beginner Lessons **Limit 12**

Beginning bridge players will be introduced to the basics of the game, the steps to successful bidding, and elementary play of the hand. There will be opportunity for practice each day. Recommended reading: *The Basics of Winning Bridge* by Montgomery Coe.

—Cyndy Bailes (see Workshop #105).

\$15.00 MTWThF Required 10:00-noon

### 108 Women Who Write **Limit 18**

For women of all skill levels, including those who haven't tried this means of expression, or haven't written in years. We will create a safe, non-threatening space. Structured exercises will guide us in capturing bits of our stories with pen and paper. Bring a favorite small possession and also journal or paper, pen, lap desk or writing surface so we can take our exercises outside.

—Earle Irwin, whose day job is a behavioral health clinical nurse specialist, writes prolifically as a longtime women's writing group member and through her own journal keeping. She's a prolific journal keeper and has been a member of a women's writing group for 3 years.

\$14.00 MTWThF Preferred 10:00-noon

**109 How to Tell the Tale****Limit 20**

Explore the timeless oral art of storytelling with an experienced teacher and teller. Learn how to find a good story, prepare it, and tell it. Discover how to enhance your telling with audience participation, music, and puppets. For beginners and those with some experience who want to improve their skills.

—George Crafts has been telling stories and teaching storytelling for 14 years. Frequently, he performs with his wife, singer/songwriter, Dee Kysor, in the song-story duo Woven Yarns.

\$14.00 MTWThF Preferred T15+ 10:00-noon

**110 The Growing Divide****Limit 35**

This workshop examines the growing divide between the very wealthy and everybody else (and the attendant increase in poverty in America). We will explore why this is occurring, discuss the results of excess inequality, and empower ourselves with strategies for change and the knowledge that we can do it. Recommended reading: *Is it Reform?* Report of the Welfare and Human Rights Monitoring Project, UU Service Committee. Same workshop is given MWTh at 2:00 pm (Workshops 211, 212, and 213) and Friday at 6:45 pm (Workshop 322)

—Bo Chagnon is a born-again activist who embraces the conservative notion of dismantling concentrated power whenever it becomes self-serving and the liberal notion of constructing a society free from oppression.

FREE M Preferred T16+ 10:00-noon

**111 Talk about Religion!****Limit 18**

Religion is often a taboo subject, easily leading to arguments over differences. Not here! In this workshop, expanded to 4 days by popular request, Bo creates a safe environment which embraces diversity. We commonly discover that the so-called differences are simply different ways of expressing the same inherent spiritual ideas.

—Bo Chagnon is a recapitulationist UU who has drawn from many sources in his quest for eternal truth.

FREE TWThF Preferred T16+ 10:00-noon

**112 Play T'ai Ch'i****Limit 30**

A moving experience about ebb and flow in your body, to invite energy, comfort and healing. This is the morning workshop. It is offered both morning and evening (#311).

—Laura Knox has played T'ai Ch'i for 25 years. She teaches at community schools, the University of Alabama, Birmingham and Adult RE.

\$8.00 MTThF Preferred T15+ 7:45-8:45

**113 Introduction to T'ai Ch'i****Limit 25**

This workshop introduces participants to the long Yang form of T'ai Ch'i (T'ai Ji Quan). Instruction will concentrate on the first section of the form. Selected movements from later in the form and two-person exercises will be presented.

—Tony Trojanowski has practiced martial arts since 1979. He earned a black belt in Tae Kwon Do in 1982 and has practiced T'ai Ch'i since 1986.

\$10.00 MTWTF Preferred T15+ 10:00-noon

**114 African-American Oral Tradition: Folk Tales/Stories/Poems****Limit 20**

This workshop surveys folk tales, stories and poems handed down from generation to generation through oral traditions. Group activities are used to enhance expressivity in performance. Participants have the opportunity to perform African-American tales and poems, as well as those from other ethnic backgrounds.

—Norman Jacob was co-founder of the Afro-American Folkloric Troupe which toured the US and performed on Broadway. Norman is a published poet. He has a Masters degree in Early Childhood from Columbia Teachers college.

\$10.00 MTWThF Preferred Y12+ 10:00-noon

**115 Exercise for Emotional Fitness****Limit 20**

Exercise for your emotional fitness just like some people exercise for physical fitness. Effectively and efficiently plan to improve your quality of life. Here each individual will create their own exercise plan to care for non-material needs such as safety, love and community, self-image, and ego, etc. And it's fun too.

—John Lantz, a recovering trial attorney, is semi-retired to a life with more meaning, including writing an Emotional Fitness Daily Exercise Calendar, and managing apartments to pay his bills.

\$5.00 TTh Preferred 10:00-noon

**116 Mom, the Flag, and Rock and Roll: Writing the Sound (and not so Sound) Tracks of Your Life****Limit 30**

Your biographical and musical milestones answer, "If they made a movie of your life, what would the sound track be?" Includes poetry and short-short story writing, music tracks, and discussion. Recommended reading: [www.puddinghouse.com](http://www.puddinghouse.com)

—Jennifer Bosveld's poetry is published widely, she owns Pudding House Writers Resource Center, edits Pudding magazine, directs the UU poet's cooperative. Jen gave this at the Rock and Roll Hall of Fame and Museum.

\$10.00 MTWThF Preferred 10:00-noon

**117 Introduction to Conflict Resolution No Limit**

Introduction to Conflict Resolution is a workshop that has been given at UUC of Atlanta for more than ten years. This introduction gives the participants a chance to try several methods of conflict resolution in a comfortable setting.

—Patrick Malone has been active in the Peace Movement for of 30 years. He has been teaching the conflict resolution workshop for almost 5 years.

\$15.00 MTWTh Preferred 18+ 10:00-noon

**118 Jewelry Making Limit 18**

In a fun and encouraging atmosphere, learn how to make earrings, necklaces and bracelets using beads and semi-precious stones. Larger projects may require extra cost.

—Carole Eagleheart is known for her enthusiasm and joyous teaching. She has been designing jewelry for more than a decade and markets it nationwide.

\$36.00 MT WTh Required T13+ 10:00-noon  
WTh Preferred

**119 Earth Circle Limit 20**

Together we will chant, dance, and celebrate the Earth. The experience will include rock reading, guided visualization, and the making of medicine pouches.

—Carole Eagleheart is a certified teacher of the Wolf Clan Teaching Lodge of the Seneca Indians. She spends eight months of the year traveling the continent leading workshops.

\$8.00 F Preferred T14+ 10:00-noon

**120 Drawing on (the) Right Side of the Brain Limit 20**

Using many exercises from the book of the same title, this workshop really doesaze participants with their own success in drawing. Recommended reading: *Drawing on the Right Side of the Brain*, by Betty Edwards

—Mary Feagan has taught drawing for 18 SUUSI’s. She has an MVA and has been an art teacher for a long time.

\$13.00 MTWThF Required T14+ 10:00-noon

**124 Moving Beyond Money No Limit**

Money is seen as the panacea for many problems in life. Money has become a life force of its own, depriving many of true living. Explore cultural influences on your own finances, become empowered to select your own financial destiny, and transcend the power of money on your life. No investment advice is offered. Recommended reading: *The Richest Man in Babylon*, by George Claron 1955; *Key to Financial Freedom*, by Craig Johnson

—Craig Johnson knows what it is like to be penniless. He has a masters degree in hospital finance and has guided many individuals to financial freedom. He treats pennies as sacred.

\$5.00 MTWThF Required 10:00-noon



**127 Goddess 101 Limit 20**

Come and learn about many of the goddesses out there and available for your personal enjoyment and spiritual fulfillment. We’ll explore the attributes and qualities that make a goddess speak to you. Bring stories, books and special items to share. Leave SUUSI with a new spiritual relationship. Recommended reading: Any goddess book. —Michelle Lloyd is a grandmother, mother, DRE and goddess, not necessarily in that order. She wants to share the good news of the goddess gospel.

\$10.00 TTh Preferred T14+ 10:00-noon

**128 Humanism: Past, Present and Future Limit 35**

What is it and what is it not? Come and share your understanding, experiences, and expectations. Recommended reading: *The Humanist Manifesto*.

—Ken Wagner, a UU since 1986 an a humanist, has organized programs to promote dialogue and personal growth in his local church.

\$8.00 MTW Preferred 10:00-noon

**129 Empowering Your Voice Limit 25**

Your voice is often your first contact with other people. From the first “Hello,” your voice is your auralbassador, carrying your thoughts and emotions, your spirit and your intentions. We’ll consciously breathe and laugh and listen and articulate to strengthen your natural communication resource. Come “put your best voice forward!”

—Amy Carol Webb is an award-winning professional performing songwriter and storyteller known as “The Songweaver.” She holds a BA in Speech/Theatre and has taught music to all ages. She is a past SUUSI Concert Hour performer whose family fell in love with SUUSI in ’99.

\$10.00 MTWTh Preferred 10:00-noon

**130 Vocal Techniques and Tricks** **Limit 20**

This workshop will focus on techniques for producing good tone quality, vocal exercises, singing through vocal problems, and a wide range of situations and substances which can affect your voice. For singers, novice to professional. Guitars welcome.

—Steve Greenberg has been singing professionally with choruses, as a soloist, and with the folk group, “Last Rights,” for over 30 years.

\$8.00 MWF *Required* T16+ 10:00-noon

**131 East Coast Swing Dancing** **Limit 60**

This year I will do 4 days of beginning and intermediate East Coast Swing, going for moves that are common in areas around the country. No need for a partner, we will rotate. I suggest bowling shoes or other soft leather shoes and comfortable clothes.

—Clare Smith is a licensed Physical Therapist and a competitive dancer in swing as well as other dances. She has enjoyed dancing for years and just wants others to experience that joy.

\$10.00 MTWTh *Preferred* T14+ 10:00-noon

**132 Advanced East Coast Swing Dancing** **Limit 60**

Continuation of East Coast Swing Workshop #131. Requires that workshop or equivalent skill.

—Clare Smith is a licensed Physical Therapist and a competitive dancer in swing as well as other dances. She has enjoyed dancing for years and just wants others to experience that joy.

\$10.00 F *Preferred* T14+ 10:00-noon

**133 Yummy, Easy-to-Fix, Healthy Food** **Limit 20**

How you (and your kids and grand kids) eat affects the health of all of you. Learn how to interpret food labels including deciphering the list of ingredients—and how to modify recipes. Share free and cheap food and nutrition materials. At each session we will make a delicious, healthy dish and EAT it!

—Corinne LeBovit received an MS in Nutrition from Cornell University and completed graduate work in teaching food and nutrition at Teachers College, Columbia University. She is a Registered Dietitian.

\$10.00 MWTh *Required* 10:00-noon



**134 Raising Good Kids in Tough Times** **Limit 25**

Here’s help in dealing with the high tech and low values presented by the media through CD’s, VCR’s, talk shows, and Internet. Learn to cope with Y2K parenting - too little time, too little help. Small group practice of crucial, good habits: listening, keeping your adult perspective, your example, and your companionship.

—Roger McIntire taught family counseling and child psychology for 32 years. He is the father of three and author of many books including: *Raising Good Kids in Tough Times: 5 Crucial Habits for Great Parents*.

\$5.00 TTh *Preferred* 10:00-noon

**135 Day at the Improv** **Limit 20**

Through guided games and activities, participants will gain trust and rapport with each other. In learning how to work without a script or props, players will engage their creativity to improvise original scenes filled with imagination, humor, and wit. Improv can enhance one’s confidence, self-esteem and speaking ability. Recommended reading: *Improvisation for the Theatre*, by Viola Spolins —Maggie McLaney performed in Atlanta with two improvisational troupes: Lightside City Players and Laughing Matters. She’s taught Improv workshops to kids of all ages.

\$12.00 MTWThF *Preferred* 10:00-noon

**136 Making the Magic Drum** **Limit 14**

Learn the ancient craft of drum making. You will be involved in all aspects of making a double headed Jun-Jun, from assembling the wood body, to stretching the goat skin heads. A moderate amount of hand strength is required. Please bring work gloves. All materials are included in workshop fee.

—Hugh Teller made his first drum at SUUSI 97. Since then, he has been infected with the rhythm and the magic, making drums and teaching drum making.

\$80.00 MTWThF *Required* 10:00-noon

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**138 Archetypal Healing:****Mind, Body, Soul \*****Limit 20**

Expand healing your mind, body and soul. Using imagery, movement and storytelling, learn to harness the power available in the archetypes. Activate the energy of the Jester, Creator, Lover, etc. creating greater health and well being. This fun, interactive and stimulating session offers insights from fellow participants, faculty and most importantly, yourself. Recommended reading: *Awakening the Heroes Within*, by Carol Pearson

—Betty and Don Myers have enjoyed exploring the archetypes for over 10 years. Both earned MS degrees in Change Management, are Organizational Consultants and like this stuff a lot better!

\$26.00 MTWThF Required \* 10:00-noon

**139 Powdermilk Biscuit Workshop: Public****Speaking for Very Shy Persons \*****Limit 10**

This workshop is for those who prefer not to say anything. We would move from less demanding to more demanding activities centered around basic public speaking ideas and skills. We should all be together in these minor to less than minor challenges and adventures.

—Hal Halloway, Ph.D. has taught over thirty five years, including speech courses in which there were some students who were not shy, but oh so many who were.

\$8.00 MWF Preferred\* 10:00-noon

**140 Appalachian History****Limit 20**

Learn about where you are. This course will cover Appalachian geology, early settlement patterns, culture, the effect of industrialization, politics, and religion. Emphasis will be on this area of southwest Virginia.

—Barry Whittemore is a UU minister, Appalachian historian, former college professor, and native Virginian.

\$10.00 MTWThF Preferred 10:00-noon

**141 Couples' Enrichment****Limit 11 Couples**

This workshop provides a supportive, non-threatening environment for experiential learning in communication skills, conflict resolution, affirmations, and goal setting. We welcome all mixed gender and same gender couples in committed relationships. Enrichment is not therapy, but rather a means to make our good relationships better. Recommended reading: *Intimate Partners: Patterns in love and marriage*, Maggie Scarf.

—Carlos Fraticelli and Barbara Robinson married in 1987 and got involved with enrichment in 1995. They trained as leaders with the Association for Couples in Marriage Enrichment, and have led events for their church and for the ACME

\$10.00 MTWThF Required 10:00-noon

**142 Alligators to Vermicelli****Limit 25**

An unscholarly look at the stories behind the words that we use every day. Discover why the word chapel means cape, canopies, mosquito netting, and that it really means, “to stand trial.” Participants should bring sharp pencils and a sharper wit. “Thinking caps” will be provided.

—Jon Traurig lives near Tampa, Florida. A former English major, he asks that it not be held against him. Currently, he is undergoing a twelve step program for recovering nerds.

\$5.00 TTh Preferred T14+ 10:00-noon

**145 Introductory Watercolor Painting****Limit 12**

Watercolor is a wonderful medium for creative expression requiring no previous art experience to produce satisfying results. As with many endeavors, results depend largely on a relaxed spirit and well-chosen tools. Materials are included so all you need to bring is a positive attitude. (Fee includes a good brush to take home).

—Ortrude White is an architect and management consultant with a special interest in the creative process. She has taught this course several times at SUUSI.

\$50.00 M Required 10:00-noon  
TWThF Preferred May run to 12:30 pm

**147 Jazz Dance****Limit 30**

Beginning with the blues and progressing to hip hop, each class will explore the roots of jazz dance using a basic exercise warm-up, followed by a dance combination based on a specific jazz era. A gentle cool-down concludes the class. Wear comfortable clothing; a mat or towel is helpful for floor exercises.

—Kay Wylie-Jacob, Ph.D., has performed with Twyla Tharp and Meredith Monk. She served as Artistic Director of the Big Apple Dance Theatre and has toured UU churches as a dance soloist.

\$8.00 MTWThF Preferred Y12+ 10:00-noon

**148 What's The Big Deal about the Gender of God?:****A Performance Piece****Limit 50 Women**

Do the folks in your congregation ask, “What’s the big deal about the gender of God?” Enter into the “Imagine” performance piece as a worship/retreat/forum resource to take home to your women’s circle, family, and congregation, and as a personal resource to weave into your spiritual practice. Recommended reading: *A God Who Looks Like Me*.

—Patricia Lynn Reilly is a feminist theologian, retreat facilitator, and author of four books. She is a Graduate of Princeton Theological Seminary and member of the First Unitarian Church of Oakland

\$5.00 T 10:00-noon



**159 Jewnitarians****Limit 20**

How are Judaism and UUism compatible, why are so many people of the Jewish faith attracted to UUism, and what can their customs and traditions contribute to congregational life and to you personally? Learn about holidays and festivities and bring symbols, schmutchkins, etc.

—Ed Siller was born into the Orthodox Jewish faith and would be a rabbi today had he listened to his father. Instead, he became a member of UU of Atlanta in 1968 and is a founding member of the L'Chaim committee. He reads, writes and speaks Hebrew and will blow the Shofar.  
FREE T Y8+ 10:00-noon

**160 A Psychology with Soul:****A UU Perspective on Psychosynthesis Limit 15**

This workshop will introduce UUs to a unique psychological and spiritual approach to life that fits well with our Principles and Purposes while providing the specific spiritual practices that our tradition often seems to lack. The first segment of the workshop will be an overview of the basic theoretical framework of Psychosynthesis while the second session will cover some exercises on dis-identification and subpersonality work.

—Rev. Gail Tapscott, Minister at the UU Church of Ft. Lauderdale, FL has an M.Div. from Harvard Divinity School and MA from St. John's College. She is certified as a Psychosynthesis Guide through the Concord Institute of Spiritual Psychology in Concord, MA. She is also certified to run programs in Personal Mythology through The Midway Center for Creative Imagination in Washington, D.C.

\$5.00 TTh Preferred 18+ 10:00-noon

**161 Rub-A-Dub Scrub - Soapmaking Limit 10**

Want to make some scented soaps? Beginning soap-making class. Together we'll mix the acid with the alkaline and concoct our own soaps. Bring your own choices of fragrance (essential oils only). We'll talk about soapmaking, and we'll mix up a batch or two and maybe even share our final products.

—Sharon Robles (usually seen singing and playing guitar) now unveils one of her hidden hobbies, making soap. She is a mother of 3 squeaky-clean kids and a teacher in Charleston, SC.

\$20.00 MTWThF Preferred T16+ 10:00-noon

**162 Drumming on the Extreme Edge:****Part V****Limit 15**

Here's an opportunity for drummers to work (have fun) together exploring various rhythm patterns and styles. Whether you're a novice or a master, bring your drum (some drums provided) and become part of this exciting ensemble/drum corps, culminating in a Friday night performance at Cabaret.

—Henry Robles has been a professional drummer for over 20 years. For the past four years he has conducted a drum-making workshop. It's been so time-consuming to make them, they've had very little time to play them. Now's your chance!

\$10.00 MTWThF Preferred T16+ 10:00-noon

**Afternoon Workshops****200 SUUSIBOYZ Limit 238 (yes...238)**

The BOYZ is back in Blacksburg for the new Millennium. SUUSIBOYZ is a male chorus where we sing, laugh, have fun and perform during the week. Music selections range from the silly to the sublime. No voice training is necessary, just a love to sing. Workshop fee includes one of those great SUUSIBOYZ tee shirts. Note the times, which do not interfere with other workshops, so come, and make a joyful noise with the BOYZ.

—Alexis Jones has been a major fixture at SUUSI for nearly ever and who enjoys supporting others in their search, celebrates in finding, and looks forward to the Summer Institute as a wonderful family reunion. He conceived, birthed, and has nurtured the SUUSIBOYZ chorus for 8 years.

\$24.00 MTWThF Preferred 1:00-1:45  
4:30-5:15

**201 Chamber Music Jamboree No Limit**

Instrumentalists and vocalists are invited to have fun playing in groups of two or more. Please bring music to share. This is the workshop to prepare for various performances during the week, including the Chamber Concert on Thursday evening.

—Deborah Langrock is a flutist who plays at many SUUSI events. She enjoys facilitation and playing chamber music.

\$10.00 MTWTh Drop-In Y10+ 2:00-4:00



**203 Bridge: Refresher** **Limit 12**  
 Refresh your bridge playing skills for playing the rest of the week in the drop-in bridge.  
 Recommended reading: *The Basics of Winning Bridge* by Montgomery Coe.  
 —Cyndy Bailes (see Workshop #105).  
 \$5.00 M *Required* 2:00-4:00

**204 Bridge: For the Serious Minded** **Limit 12**  
 Come enjoy a cool afternoon of bridge play with others of like mind. Not for the rusty - see Morning bridge drop-in for general play.  
 —Cliff Beck is a long-time duplicate player, Cyndy Bailes (See Workshop #105)  
 \$5.00 Th *Drop-in* 2:00-4:00

**205 Feeling Your Way Through UU History** **Limit 12**  
 This workshop will feature reading and writing about spiritual transformation. We will discuss some of the famous Unitarian Universalists and how their theologies have changed through the crises of life. Recommended reading: Dan Wakefield's *Writing Your Spiritual Autobiography*  
 —The Rev. Morris Hudgins, minister of the Northern Hills Fellowship in Cincinnati, has taught UU History for over 20 years.  
 \$5.00 MTWThF *Preferred* 2:00-4:00

**206 Early-Afternoon Late-Night** **No Limit**  
 Once again, Bill and Lorain offer a supportive sharing circle where musicians, would-be musicians, and listeners can all feel at home. Similar to Late Night for those who can't stay up late (or who just can't get enough music). Musicians, as well as those with a story, poem, joke, or anecdote to share are welcome. "Just listeners" are welcome too. It's a great place for fledgling performers to try their wings for the first time. Recommended reading: *Rise Up Singing*; any collection of folk songs.  
 —Bill and Lorain Harouff are UU folk singers from Virginia's Shenandoah Valley. They've shared concerts and musical worship services at UU churches for over 25 years. They've recorded 6 albums and have been SUUSI regulars since 1987.  
 FREE MTWThF *Drop-In* 2:00-4:00

**207 Shall We Waltz?** **Limit 30**  
 It's smooth...it's classic...it's romantic...it's the waltz. Learn the traveling rotary waltz beginning with the basic step. Emphasis will be on social waltzing rather than international ballroom style.  
 —Gayle Birge and Tim Steinmeier have each been dancing for over 10 years. Both have attended numerous dance classes and workshops all over the US. They perform dances throughout southern California with two vintage dance troops.  
 \$5.00 M *Required* T16+ 4:00-6:00

**208 Advanced Waltzing** **Limit 40**  
 Are you ready for the next level? Want to learn some cool moves? We'll teach several exciting steps, turns and embellishments. Dancers should be comfortable with traveling rotary waltz.  
 —Gayle Birge and Tim Steinmeier (see Workshop #207).  
 \$5.00 T T16+ 4:00-6:00

**209 Healing and Psychic Skills** **Limit 18**  
 Learn to access your psychic ability using a method of alpha trance and guided meditation. This mind state is similar to dreaming, but you will learn to go there while remaining awake. We will practice self and group healing, sensory awareness, and psychic communication. Bring a mat and/or a blanket and pillow.  
 —Susan Baylies, a self-employed artist, has been using and teaching this trance method for over 20 years.  
 \$20.00 MTWThF *Preferred* T14+ 2:00-4:00

**210 Stitch and Bitch** **No Limit**  
 All stitchers welcome! Wind down from SUUSI activities with needlework and enjoyable conversation. Participants should bring their in-process projects. Maybe this could be a good time to finish those UFO's (unfinished objects) or start something new. Please note the time.  
 —Julianna Bickus counts quiltmaking as one of her passions. She enjoys being around other SUUSI needlecrafters, whatever their interests.  
 \$5.00 MTWThF *Drop-In* T14+ 4:00-6:00

**211 The Growing Divide** **Limit 35**  
 This workshop examines the growing divide between the very wealthy and everybody else (and the attendant increase in poverty in America). We will explore why this is occurring, discuss the results of excess inequality, and empower ourselves with strategies for change and the knowledge that we can do it. Recommended Reading: *Is it Reform?* Report of the Welfare and Human Rights Monitoring Project, UU Service Committee.  
 —Bo Chagnon is a born-again activist who embraces the conservative notion of dismantling concentrated power whenever it becomes self-serving and the liberal notion of constructing a society free from oppression. (see Workshop #110, #212, #213, and #322).  
 FREE M T16+ 2:00-4:00

**212 The Growing Divide** **Limit 35**  
 see Workshop #211, above  
 —Bo Chagnon (see Workshop #211, above)  
 FREE W T16+ 2:00-4:00

**213 The Growing Divide** **Limit 35**  
 see Workshop #211, above  
 —Bo Chagnon (see Workshop #211, above)  
 FREE Th T16+ 2:00-4:00

**214 Very Gentle Yoga** **Limit 20**  
 We'll be introduced to yoga practices in a gentle manner. Postures will be modified to fit individual needs. Relaxation and breathing techniques will be emphasized. Please wear loose-fitting, comfortable clothing and bring a mat and/or a blanket.  
 —Nancy Shaw Burns has practiced yoga for many years. She is a member of the Sun Coast Yoga Teachers Association. Nancy enjoys sharing yoga with others.  
 \$12.00 MTWThF Preferred T16+ 2:00-4:00

**215 The Magic of Runes** **Limit 15**  
 Runes are symbolic markings used by ancient Northern European people for divination and magic. Join rune worker Carole Eagleheart for a fascinating introduction to this ancient tool, and a chance to make your own set of runes.  
 —Carol Eagleheart is known nationally as a rune worker and workshop leader.  
 \$14.00 M Preferred T14+ 2:00-4:00

**216 Goddess Candles** **Limit 20**  
 With song, ceremony, and our own creativity, we will transform tall glass seven-day candles into celebrations of the Goddess.  
 —Carole Eagleheart is a nationally-known singer and songwriter. She tours the continent leading workshops as well as giving concerts and Sunday services.  
 \$13.00 W Drop-In Y12+ 2:00-4:00

**217 Fast Dancing for Shy Feet** **Limit 30**  
 This workshop is guaranteed to lower inhibitions, increase dance pleasure, and introduce kind dance partners. It is especially for developing free-form fast dancing skills. This class pumps so much music into us, we need to dance. Recommended reading: *Sweat Your Prayers* by Gabrielle Roth.  
 —Mary Feagan, once a shy dancer, shares her process of going from shyness to downright, wild exuberance on the dance floor.  
 \$5.00 M Required T13+ 2:00-4:00

**218 Drawing and Painting Inside and Out** **Limit 16**  
 Come and explore trustworthy art principles and techniques in a relaxed, positive, compassionate, risk-free atmosphere inside and out-of-doors. Beginners are welcome! Bring art supplies if you have them, but the leader will provide materials for Monday and will guide interested participants in purchasing supplies at the University Bookstore for subsequent sessions.  
 —Andrea Morrison studies and creates art continually and is delighted to enable other SUUSIites to enjoy and advance their artistic skills and interests.  
 \$10.00 MTWThF Preferred T14+ 1:30-4:30

**219 Weaving Paper Polyhedra** **Limit 20**  
 Decorate your Christmas tree with attractive polyhedron models woven from construction paper! These models include cubes, dodecahedra, and solids with five-pointed stars. Weave them like you would weave a basket. It is fun to do and your creations will make attractive decorations.  
 —Jim Blowers has a Ph.D. degree from Northwestern. While at graduate school, he found this little-known arts and crafts idea in a mathematics journal and used it to make a variety of attractive models.  
 \$5.00 T Preferred T14+ 2:00-5:00



**220 SUUSImatics****Limit 25**

The main theme of this workshop is that mathematics can be fun. Some of the topics covered will be fractals, infinity, magic squares, Fibonacci numbers and the golden section, oddities of the calendar, games of various sorts, the birthday surprise, and figuring out whether to believe that statistic in the newspaper.

—Jim Blowers earned his Ph.D. in mathematics at Northwestern University in 1972. He has always approached mathematics as something that is fun to do and would like to deliver some of that enthusiasm to others.  
\$5.00 W Preferred 2:00-4:00

**221 Star Tales of Ancient Civilizations No Limit**

Learn about Ancient Civilizations through their star stories. The night sky has been a source of inspiration for the telling of stories throughout the ages. This workshop will feature ancient Greek, Roman, Native American, Australian Aborigine, Chinese, and Japanese star stories and myths, as well as the stories behind the naming of modern constellations and the story about the Zodiac. Recommended reading: *Star Tales* by Ian Ridpath; *Sky and Telescope* magazine.

—Jim Blowers has a Ph.D. in Mathematics and a lot of experience and interest in astronomy and in telling the stories about the stars. He has photographed two eclipses and has presented speeches at his astronomical society for the past 18 years.  
\$5.00 M T 16+ 2:00-4:00

**222 Ecology/Pharmacy of the Rainforest No Limit**

Golly-wow eco-travel overview of Amazon rain forest biosphere. Multi-media with surround sound and breathtaking color will have you amazed. Second hour will describe natural classes of drugs and their origins. No prior medical training or knowledge required. Recommended reading: *Tales of a Shaman's Apprentice*, Mark Plotkin; *Ecology/Survival, an Annotated Bibliography*, Craig Johnson.

—Craig Johnson has traveled in 40 countries and studied traditional medicine in American medical schools and has read widely in alternative medicine. He has participated in pharmacy education in the Amazon rain forest.  
FREE M 2:00-4:00

**223 Castle Architecture of the UK No Limit****No Limit**

Ever wonder about living in a castle... wandering on the battlements at sunset? Come climb the turrets in this photo journey of the best castles in England, Wales, and Scotland. Craig will present an overview of defensive architecture incorporated into castle design.

—Craig Johnson lived in the clock tower of an English castle and watched many sunsets over the Irish Sea. In 1998 he returned to England and Wales to spend a month photographing castles.  
FREE T 2:00-4:00

**224 Parks of the American West No Limit****No Limit**

This workshop is a one hour photo tour of Zion, Bryce, Bandolier, Carlsbad Caverns, Palm Springs Aerial Tramway, Guadeloupe, in large format 35 MM and LCD projection with surround sound. Come see the great parts of our own land.

—Craig Johnson has lived in an English clock tower, built observatory telescopes, and researched botanical pharmacology in the Amazon. In 1999 he visited 18 countries.  
FREE W 2:00-3:00

**225 Celestial Wonders:****History of Space Flight****No Limit**

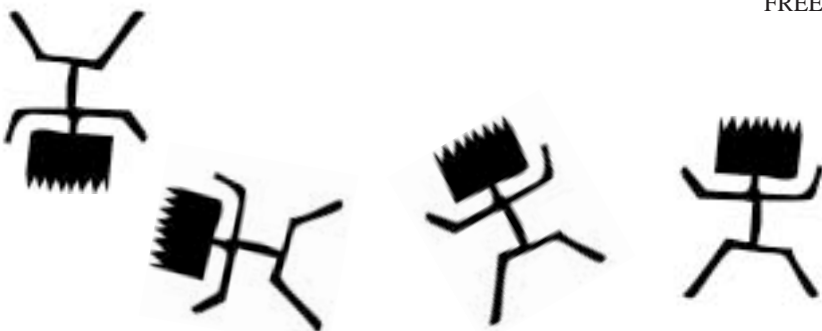
Ever wonder what's on the other side of the sky? Experience a cosmic multimedia extravaganza of universal wonders and mankind's journey to the stars, with surround sound. Many of NASA's best in-flight images and fabulous views from the world's great observatories will keep you entranced. Recommended reading: *Moon Shot*, by Alan Shephard; *Space*, by James Michener.

—Craig Johnson has built observatory telescopes and hand figured their optical trains. He has visited the major observatories of the world and its space flight centers.  
FREE Th 2:00-4:00

**226 A Thousand Years of Church Architecture No Limit****No Limit**

Over the centuries, architecture has had its highest expression in ecclesiastical buildings. See a multi-media survey of the grand churches and temples of the world. This program focuses on the architecture and not the various religions.

—Craig Johnson has lived in an English clock tower, built observatory telescopes, and researched botanical pharmacology in the Amazon. In 1999 he visited 18 countries.  
FREE F Drop-In 2:00-3:00



**227 Fairy Tales To Recreate Our Lives \* Limit 20**

Fairy tales have been used throughout the ages to help people reflect on their lives and share traditional wisdom. This workshop will use fairy tales and other creative activities to explore our current quests. We will also work on writing our own magical story, symbolic of our personal journey. Recommended reading: *Once Upon A Mid-Life*, by Alan Chinen

—Susan Karlson is a seminary student at Wesley Theological Seminary where she is preparing for the UU ministry. As a therapist, she uses the symbols present in stories and dreams to help people uncover their vast inner resources.

\$14.00 MTWThF Required\* 2:00-4:00

**228 Trigger Point Therapy Limit 25**

If you, your family, or anyone you know has pain, this class can teach you a method of relieving that pain. People with severe chronic pain can learn a method to ease the constantly reoccurring pain. Those with occasional pain can learn methods to alleviate and correct the source of the problem. Wear a bathing suit or shorts.

—Clare Smith, MS, PT, is the clinic administrator of an outpatient physical therapy practice specializing in patients with myofascial pain. Trigger Point Therapy is what she does on a daily basis to help people with both acute and chronic pain.

\$6.00 TTh Preferred 2:00-4:00

**229 Poetry, Proof that You're Never Outside the Village, It Takes Yes-Based Parenting Limit 35**

This workshop will center on Yes-Based Parenting and how we can do that in the face of so many dangers. We will use the new Pocket Poetry Parenting Guide as a catalyst for discussion.

—Jennifer Bosweld is an author/editor of this new anthology of poetry as a parenting manual. She is a mother of two boys, poet-in-the-schools, and director of the Pudding House, young writers workshop.

\$5.00 M 1:00-3:00

**230 Teenagers and Parents Limit 25**

Useful strategies in raising teenagers to become responsible adults while keeping their friendship will be discussed. Learn strategies for dealing with: communication, curfews, school skills and homework, social skills and habits. Practice the ten useful steps to a better relationship with your teen(s) and apply the steps to the situation(s) you bring to the session.

—Roger McIntire has worked with parents and teens as counselor, teacher, and friend. He is the father of three and author of many books including: *Teenagers and Parents: Ten Steps to a Better Relationship*.

\$6.00 TTh Preferred 2:00-4:00

**231 Tennis Round Robin Limit 20**

Players of all levels are welcome to play in a round robin tournament of mixed doubles. You will play with different partners and different opponents each round. Please bring one can of tennis balls.

—Harry Tarpinian has directed a number of mixed doubles tournaments.

\$12.00 MTWThF Preferred T14+ 4:00-6:00

**232 Computer Camp for Everybody Limit 20**

Get your hands on experience with fixing and maintaining hardware and software. If you want to, bring your computer and upgrade or update it. We will be opening up machines from the stand point of hardware and software. We will be looking into the latest version of Windows 2000, as well as Windows 95 / 98.

—Patrick Malone has been using computers for almost 30 years. He is certified in Windows NT Workstation and NT server. He is a full time computer/network fixer.

\$15.00 MTWTh Drop-in T14+ 2:00-4:00

**233 Bawdy, Naughty and Novelty Music No Limit**

Let's get together and let it all hang out. There are no no-no's here. Bring all those songs and tapes that we wish we could sing all the time, but don't since we don't want to get arrested. Songs about murder, lust, and body parts are all welcomed here. Not a class for the P.C. crowd.

—Michelle Lloyd has been a Professional musician for over 3 decades, but not just doing this kind of music. By day, she is a DRE and also a parent and grandparent.

\$7.00 TTh Drop-In 2:00-4:00

**234 The Art of Perfume Limit 16**

Stop and smell the roses! Come and learn about the history of smell. We'll discuss our earliest memory of scents, and their importance to our "sense" of well being. Every one will take a scented something home. A perfect class for an adult to do with a youth.

—Michelle Lloyd is a DRE, full time shopper and the person who actually like the perfume samples in the magazines. As a new grandmother, maybe her sense of smell has entered a new level of expertise.

\$10.00 W Y10+ w/Adult 2:00-4:00

**236 Astronomy 101 Limit 25**

Introduces beginners to constellations and planets. Biblical references, moon illusion, lunar phases, and earth shine included. Bring binoculars (optional) for instruction or to watch the sky. Amateur astronomers invited to share in the discussion. Recommended reading: *Stars: A Golden Guide Series* by Zim and Baker.

—Don Male is a retired aerospace research scientist and a UU minister. He served 10 years on UUA's Board of Trustees (3 as UUA Secretary). This will be his 42nd year at SUUSI.

FREE T Y10+ 2:00-4:00

**238 Laid-Back Folk Dancing** **No Limit**

Easy Dancing from a World-wide repertory of great folk music. Fascinating music and simple steps will have you moving to ethnic rhythms and melodies from Greece, Israel, Balkans, contra, long-ways and more! This is dancing for FUN.

—Lilly McEachern Dancing for 60 years, teaching for 50, and still dancing. She loves the stuff!

FREE MTWThF Drop-In Y12+ 2:00-4:00

**240 Singing in Style** **No Limit**

Rock like Elvis, croon like Ella, wail like Willie, politic like Dylan! Come sing along and explore the cultural significance of songs we love from four musical genre -- rock, blues, country and folk. How are they different? Alike? Why do we relate to them? Bring your voice and any instrument you play!

—Amy Carol Webb is an award-winning professional performing songwriter and storyteller known as “The Song Weaver.” She holds a BA in Speech/Theatre and has taught music to all ages. She is a past SUUSI Concert Hour performer whose family fell in love with SUUSI in '99.

\$10.00 MTWTh Preferred 2:00-4:00

**241 The Second Half of Marriage \*** **Limit 9 Couples**

Through marriage enrichment we work to make our good relationships better. The rest can be the best. Leaders model concepts in communications, play, and lead by opening their own partnership. This is part II of the workshop we have led before. Enrichment is no substitute for therapy. Recommended reading: *The Second Half of Marriage*, David and Claudia Arp.

—Kip and Kristine Barkley are a certified leader couple with the Association for Couples in Marriage Enrichment (ACME). They have presented workshops to many committed couples over the years.

\$30.00 MTWThF Required \* 2:00-4:00

**242 Creating a Just Economic Community** **Limit 35**

In this participatory workshop, we will explore ways, both individually and collectively, in which we can help to create economic justice. Prior attendance at the Growing Divide workshop is helpful but not required.

—Bo Chagnon has discovered through life experience that taking action to end injustice is satisfying, fulfilling, and often exciting.

FREE F T16+ 2:00-4:00

**243 Conversations with God** **Limit 20**

Did Neale Walsch really have a conversation with God: was it channeling, a hoax, inspired? What do his books mean when they say, “There’s no such thing as right and wrong; and we’re making it all up.”? These questions and more will be answered in this workshop.

—Sharon Sweede, MD, is a volunteer physician staff member for recreation retreats with Neale Walsch. She has been a UU member since 1973.

\$12.00 MTWThF Preferred T14+ 2:00-4:00

**246 Celebrating Poetry** **Limit 18**

Participants will write poetry inspired by their surroundings, their natural creativity, and each other! After presentation practice, they are warmly invited to present their creations at a very special series of poetry readings at SUUSI’s own coffeehouse.

—Erica Kohnke is an award-winning poet with an MFA in creative writing from Emerson College and is also a professional “presentation” instructor.

\$5.00 TTh Drop-in T14+ 2:00-4:00

**247 Clay Play for the Young at Art** **Limit 20**

Become a child again as you turn hunks of squishy clay into special, colorful creations using only your hands and a few simple tools. You will learn a variety of shaping and decorating techniques for making both functional and ornamental items. Some basic information on ceramic history and technology will also be provided.

—Jennifer Nachmanoff has been a ceramic artist since 1987 and has been teaching hand-building and wheel-throwing classes since 1993. She has exhibited and sold her work at galleries and festivals throughout northern California where she currently lives.

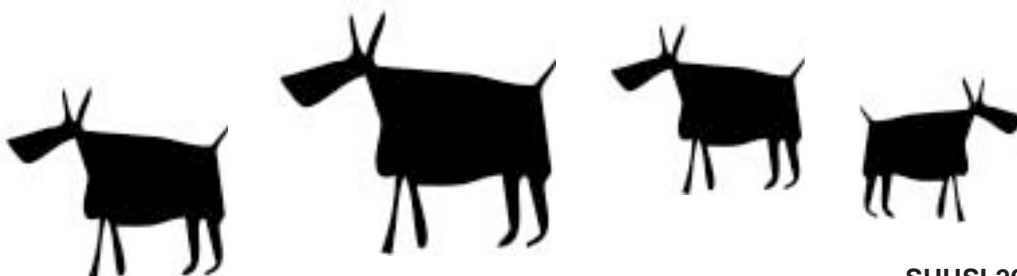
\$15.00 MTWThF Drop-in Y8+ 2:00-4:00

**248 Alternate Tunings for Guitar** **Limit 25**

Do you play the guitar but feel stuck in a rut, always playing the same songs the same way? Alternative tunings may liberate your fingers and ears! With alternative tunings, difficult sounding chords are easy to play, and for more advanced players, the melodic possibilities are vastly expanded. All levels welcome! Bring your guitar and capo.

—Dr. Dave Nachmanoff is a singer/songwriter, multi-instrumentalist, and has been performing for over 26 years. He uses alternative tunings frequently and enjoys sharing his knowledge with others.

\$10.00 MTWThF Preferred Y12+ 2:00-4:00



**249 EZ Holiday Gifts/Let's Make Stuff** **Limit 22**  
 The answer to last minute, "I need a gift to take for my?" Discover the joy of turning stuff into crafty treasures and keepsakes. Share experiences of past disasters and successes. You are guaranteed to walk away with at least one creation. Come and see how easy it is to make a Snoopy pine cone or beaded wreaths. This workshop is great for adults and kids.  
 —Carol Edelen is a mother of 3 boys who believes that life provides us continuous opportunities for learning how to make something out of nothing. She has volunteered countless creative hours working in the trenches with scouts, Religious Education committees, and room parents in schools where she learned the tools of the trade.  
 \$8.00 TWTh *Preferred* Y10+ 2:00-4:00

**250 Working Spiritually** **Limit 30**  
 This is an experiential workshop to help you clarify ways to grow spiritually through your work. It is designed for people currently working, although it also applies to people doing volunteer work. Through presentations, small group discussions, and personal reflection, you will be able to see your work as a path for spiritual growth. Recommended reading: [www.spiritatwork.com](http://www.spiritatwork.com)  
 —Dr. Linda Ferguson teaches management courses and leads workshops in the area of spirituality in the workplace, locally and nationally. She recently completed a book, "Path to Greatness: Work as Spiritual Service"  
 \$8.00 WTh *Required* 2:00-4:00

**251 Nature Photography: The Art of Seeing** **Limit 15**  
 Focus will be composition and control of light, with guidelines for capturing better images and critiquing your work. All skill levels should benefit. Professional-quality images will help you see what makes a good or bad image. See the natural world through new eyes. Students will receive all materials, including a binder, film, and processing.  
 —George Ramig is an experienced nature photographer, course instructor at UNC Asheville, and workshop leader. He is a volunteer photographer at the North Carolina Arboretum and the Asheville Botanical Gardens.  
 \$35.00 MTWThF *Required* 2:00-4:00



**252 Ishmael and Beyond: The Philosophy of Daniel Quinn** **Limit 20**  
 How can we save the world? Is it too late? Modern-day prophet, Daniel Quinn offers us hope, but only if we change our very understanding of what it means to be human. Come prepared to have your paradigms challenged. You just might learn how to save the world! Recommended reading: Books by Daniel Quinn and [www.ishmael.com](http://www.ishmael.com)  
 —Rev. Bill Gupton has been a committed member of the SUUSI community since 1982 and a Daniel Quinn disciple since 1994. He is UU minister in Ohio.  
 \$10.00 MTWThF *Required* T16+ 2:00-4:00

**253 Sonnet Writing** **Limit 15**  
 We will express ourselves through the discipline of this classic verse form and find the Shakespeare in each of us. A brief overview of the history and "rules" will be followed by writing and sharing. Recommended reading: Visit [www.sonnets.org](http://www.sonnets.org)  
 —Alan Kindler earns his living in the construction industry, is a graduate assistant for Dale Carnegie training, is heard monthly on Home Improvement Radio, and his heart speaks through poetry.  
 \$8.00 MWF *Preferred* 2:00-4:00

**254 Cold-Process Soap Making** **Limit 15**  
 Hands-on workshop, with small groups making their own batch of all vegetable soap using the cold-process method. After the soap has set up, each participant will get soap to take home for their personal use. Each participant should bring rubber gloves and safety goggles or a safety mask. Each class is 4 hours, note the times.  
 —Katy Mead and Jane Brantley have been making cold-process soap for 2 years. They make soap for personal use, for gifts, and have both successfully sold their soap at craft fairs.  
 \$20.00 TW *Preferred* 2:00-6:00

**257 Church History for UUs** **Limit 25**  
 Our culture is dominated by various Christian sects. Unitarians and Universalists came out of the left wing of the Protestant Reformation. We need to know from where we came, as well as how the present complex of Christian sects developed. With this knowledge, we may be better able to play a more-creative role in shaping the religious future of our nation and the world. The workshop will include lecture, slides, handouts, and discussion.  
 —David Hicks MacPherson is a fifth-generation UU, with 48 years in our ministry. He helped build congregations and church buildings in MD, PA, VA, WI, and WY. (See also workshop #157)  
 FREE MTWThF *Preferred* T14+ 2:00-4:00

**258 Introduction to Irish Step Dancing Limit 20**

A beginner's first look at Irish Step Dance, the dance you saw in Riverdance. You will learn several basic steps and easy jigs, reels, and perhaps a slip jig. This class is also designed to give experience and answer questions for those who have considered taking dance lessons or having their children take Irish Step Dance lessons. No dance experience is necessary, but wear comfortable shoes. The minimum age is 13 unless accompanied by an adult. Parents are encouraged to take this workshop with their young children. This workshop is preferred for those wanting to learn the dances and drop-in for those just seeking ideas and information. Please be aware that step dancing can be a very strenuous exercise.

—Jennifer Teeter is a prize winning Irish Step Dancer who has taken dance instruction from Irish national champion, Karl Drake for 5 years. She has performed numerous times in public and has attended many competitions. She has experience teaching a wide range of age groups. Jennifer is 11 years old.

\$5.00 MTTh Preferred/drop-in 13+ 1:00-1:45  
(or younger, if with adult)

**259 Healing Touch: An Introduction Limit 20**

This workshop offers a brief historical review and discussion of scientific research followed with practical experiences of the human energy field, and several pain relief methods. Discover your gift of touch and caring intentionally, and develop new sensitivities and deepening spiritual awareness. Energy medicine reduces stress, anxiety, pain, and blood pressure. It supports the immune system, and more. Participants should bring blanket, pillow, and socks. Recommended reading: *Accepting Your Power to Heal*, by Delores Krieger; *Anatomy of the Spirit*, Carolyn Myess —Ines Hoster, MS is a Certified Healing Touch Practitioner and Instructor, lay minister and board member of the Greater Atlanta Health Ministry Association.

\$15.00 WTh Required Y10+ 1:00-5:00



**Workshops 260-262**

These workshops are designed so that anyone who wishes to participate can find others who wish to play as well. No leader is specified. Each group will organize their own activities with the help of the Special Events/Athletics staff. Please stop by the Athletics/Special Events table during Registration for more information.

**260 Soccer Anyone? No Limit**  
FREE Tth Drop-In 4:00-6:00

**261 Recreational Basketball Limit 12**  
FREE TTh Drop-In T14+ 4:15-5:45

**262 Golf Outing/Tournament Limit 25**  
\$6.00 MTWThF Preferred T 14+ TBA

**Evening Workshops**

**301 Intro to Contra Dancing Limit 75**

Learn the basics in sets and circle mixers to enjoy this fun and energetic traditional dancing. Patient and thorough instruction will have you dancing and smiling in no time. No experience necessary. Beginners should arrive early.

—Gayle Birge and Tim Steinmeier have each been dancing for over 10 years. Both have attended numerous dance classes and workshops all over the US. They perform dances throughout southern California with two vintage dance troops.

\$5.00 M Required T16+ 6:45-8:45

**302 Contra Dance Limit 75**

Dance to the infectious rhythms of live traditional music at the 8th annual SUUSI Contra Dance. Beginners must have attended Intro to Contra Dancing workshop. All dances and mixers are walked through and called.

—Gayle Birge and Tim Steinmeier (see #301)  
\$8.00 T Drop-In T16+ 6:45-8:45

**303 Irish Ceili Dancing Limit 75**

Irish Ceili dancing is like American folk dancing in high gear? If you can Square dance or Contra dance, you can Ceili. If not, take the Contra Dance workshops above on Monday and Tuesday and you'll be ready. Even beginners can look like Riverdance. Step dancers come show us your foot work. No partners required; Ceili dance does not have to be gender specific.

—Vince Teeter has danced Irish Ceili for over 12 years, including exhibitions and has even been occasionally paid for dancing. He has lead Ceili dance at Irish dance competitions and SUUSI.

\$5.00 WThF Preferred T13+ 6:45-8:45

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**304 CUUPS and the Wiccan Community Limit 20**

We will have a guided discussion of how a CUUPS Chapter works and what we are doing well in Fort Lauderdale. We will talk about organizational structure, how we get along with the other church committees, how we connect with the pagan community, how we do public relations and publicity, and how we use the Internet. Recommended reading: *Wicca, A Guide for the Solitary Practitioner*, Scott Cunningham, and *Drawing Down the Moon*, Margot Adler.

—Kip Barkley is a long time UU who maintains his connection to the Old Religion as an eclectic solitary.  
\$5.00 W 6:45-8:45

**305 Sons and Daughters College Bound! Limit 40**

Keys to getting in, doing well, and avoiding the 4 big mistakes will be discussed. Learn strategies for: selecting a college, applications, financial aid, study time, test time and pitfalls to avoid later. For parents and/or teens college bound. Already accepted? These strategies are all the more crucial, then!

—Roger McIntire, Professor and Associate Dean at the University of Maryland does parent orientation and freshmen advising. He is the author of *College Keys: Getting In, Doing Well, Avoiding the 4 Big Mistakes*.  
\$5.00 TTh Preferred T16+ 6:45-8:45

**306 DR and RE Committee Round Table Limit 20**

A chance to share, gripe, and support a group of like minded folk. Too often, DREs are in a very lonely position, as are our RE committees. Lets talk to each other about our successes and failures and go back energized to our church communities.

—Michelle Lloyd has been a lonely DRE for over 5 years. She hopes to make connections which would become a support group all year round.  
\$5.00 Monday 6:45-8:45

**307 UUs On-line Limit 15**

The Internet, a network much talked about in the media as of late, can be a vehicle of communication for UUs. This workshop will show how to get connected to the Internet and online services, with special emphasis on UU groups. —Jim Blowers has a PH.D. in Mathematics, Webmaster certification with NACSE, and a lot of experience and interest in computers, both on the job as a computer scientist for the US Army and at home, where he regularly accesses the Internet and other on-line services and bulletin boards.

\$6.00 Wednesday 6:45-8:45

**308 Mid Life Tales Part II \* Limit 20**

At SUUSI 98 and 99, we wrote our own fairy tales. In this follow-up workshop, we will share further adventures with one another and explore our ongoing symbolic journey. Recommended reading: *Once Upon A Midlife* —Susan Karlson is a seminary student preparing for the UU ministry. As a therapist, she uses stories and dream work to reveal the dynamic inner magic present in each of us.

\$3.00 W \* 6:45-8:45

**309 Salsa for a Sexy Body/Free Style Limit 30**

Salsa is style that lets go when knees are easily flexed. Basic steps are Mambo, and Rumba. Singles or couples are welcome. Wear leather soled shoes. Note the time. —Laura Knox, Le Sevillana, loves free form dance. She learned Latin rhythms in Puerto Rico.

\$8.00 MTThF Preferred 4:30-5:30

**310 Teens Tap and Clap, Be a Spanish Dancer Limit 15**

A workshop especially for teens. A strong, assertive dance technique with Rumba rhythm in Cuban and Flamenco style.

—Laura Knox, Le Sevillana, has danced professionally for 59 years. She learned Spanish dance in Spain, Puerto Rico, and California. She currently teaches and performs.  
\$8.00 MTThF Preferred Teens 13-19  
4:30-5:30

**311 Play T'ai Ch'i Limit 30**

A moving experience about ebb and flow in your body, to invite energy, comfort and healing. This is the evening workshop. It is offered both morning and evening (Workshop #112).

—Laura Knox has played T'ai Ch'i for 25 years. She teaches at community schools, the University of Alabama, Birmingham and Adult RE.  
\$8.00 MTThF Preferred T15+ 7:45-8:45

**312 Hebrew Bible Stories Revisited \* Limit 30**

Stories, dreams and myths convey deep symbolic meaning for each reader. We will examine several stories using symbolic association to highlight one of our UU principles: "Wisdom from the world's religions which inspire us in our ethical and spiritual life." Readings will reflect third world and African American viewpoints. Recommended reading: *Hebrew Bible*, NRSC or a good study Bible.

—Susan Karlson is a seminary student at Wesley Theological Seminary preparing for the UU ministry. As a therapist, she uses stories and dream work to reveal the dynamic inner magic present in each of us.

\$3.00 Tuesday \* 6:45-8:45

**315 Finding Grandmama God Limit 20**

Using voice dialogue as a springboard, along with Mary's poems, this course helps participants develop kind inner grandmotherly voices. It uses goddess spirituality and personalizes it. Recommended reading: *Embracing Our Selves, The Voice Dialogue Manual* by Hal and Sidra Stone

—Mary Feagan, a nun for 11 years, has been healing her old patriarchal indoctrination with reading, Nature, journal-writing, and conversations with Grandmama God.  
\$3.00 Th Preferred T14+ 6:45-8:45

**316 Dream Work\* Limit 12**

Discover for yourself how dreams are keys to understanding our past and tapping into the wisdom of the unconscious. Mathew Fox states that the ultimate effect will be transformational. The workshop will be based on the work of Rev. Jeremy Taylor, a UU minister in the San Francisco Bay area. Recommended reading: *Where People Fly and Water Runs Uphill* by Jeremy Taylor.

—Doug Walters has lead Dream Groups at the Chattanooga and Knoxville UU churches. He has taken numerous workshops with Rev. Taylor including two one week training at The Mountain. Doug is a past president of the Thomas Jefferson District and has been an active UU for 25 years.  
\$12.00 MTWThF Preferred \* 7:00-9:00

**320 The Mythology of Technology in Film Limit 20**

Alternately called, "At Play in the Filmic Fields of Descartes' Evil Genius," this investigation will look at how movies weave threads from our cosmo-mythologic tapestry to picture our species' pursuit of knowledge, progress, and technological advancement as an elusive, double-edged means of "escaping our box" to achieve significance. Recommended movies: *The Matrix, Blade Runner, The Truman Show, Brazil, Metropolis.*

—Jeff Stein was VP for production of features in Hollywood. He is now on the faculty of The Watkins' Institute Film School. Hopefully, this year he will complete his book, *Watching Movies as if Your Life Depended on it.*  
\$5.00 MTW Preferred T 16+ 6:45-8:45

**322 The Growing Divide Limit 35**

This workshop examines the growing divide between the very wealthy and everybody else (and the attendant increase in poverty in America). We will explore why this is occurring, discuss the results of excess inequality, and empower ourselves with strategies for change and the knowledge that we can do it. Recommended Reading: *Is it Reform?* Report of the Welfare and Human Rights Monitoring Project, UU Service Committee.

—Bo Chagnon is a born-again activist who embraces the conservative notion of dismantling concentrated power

whenever it becomes self-serving and the liberal notion of constructing a society free from oppression. Same workshop is given Monday at 10:00 am (Workshop #110) and MWTh at 2:00 (Workshops 211, 212, and 213)  
FREE F T16+ 6:45-8:45

**323 Scrabble Clinic and Playoff Limit 20**

First night: scrabble hints, strategy, insider info and one game. Second night: 2 games in the 3-game SUUSI playoffs with prizes.

—Jennifer Bosveld is a widely published writer, a ranked member of the National Scrabble Association, and a life long scrabble fanatic, but she stresses that this workshop is just for fun suitable for beginners or advanced.  
\$5.00 TTh Preferred T16+ 6:45-8:45



**All Day Workshops**

**400 Teen Way-Off Broadway Limit 30**

TWOB returns to SUUSI for its 14th year! This intense, week-long workshop wraps up in two fantastic performances on Friday night for the entire SUUSI community. Actors, singers, dancers, stagehands, set designers, set builders, and tech support are needed and welcomed. Don't miss your chance to participate in the first TWOB of the millennium!

—TWOB Director: Kimmer Cecci at [kmrcc@aol.com](mailto:kmrcc@aol.com) or at (315) 457-5335

\$25.00 MTWThF 14-17 Teens Only  
M Attendance Required 10:00-12:00  
TWTh Attendance Required 2:00-4:00  
F Attendance Required All Day

**401-408 SUUSI Service Project No Limit**

Since we will be returning to Blacksburg, we will be working on the Habitat House. Skilled and novices welcomed.

—Bob Underhill is a retired faculty member who enjoys odd jobs. Larry Crandall is a pipe fitter and all around semi-skilled construction worker.

|     |      |    |                |      |             |
|-----|------|----|----------------|------|-------------|
| 401 | FREE | M  | <i>Drop-In</i> | T15+ | 1:30-4:00   |
| 402 | FREE | T  | <i>Drop-In</i> | T15+ | 10:00-12:30 |
| 403 | FREE | T  | <i>Drop-In</i> | T15+ | 1:30-4:00   |
| 404 | FREE | W  | <i>Drop-In</i> | T15+ | 10:00-12:30 |
| 405 | FREE | W  | <i>Drop-In</i> | T15+ | 1:30-4:00   |
| 406 | FREE | Th | <i>Drop-In</i> | T15+ | 10:00-12:00 |
| 407 | FREE | Th | <i>Drop-In</i> | T15+ | 1:30-4:00   |
| 408 | FREE | F  | <i>Drop-In</i> | T15+ | 10:00-12:30 |

**401 Junquing through Antique Shops Limit 14**

This is a laid-back trek through area antique shops, some elegant, some not (including thrift shops). Participants will learn where the shops are and be able to go back for more leisurely shopping later. The goal is to relax and enjoy the treasure hunt. Bag lunch and transportation included. Recommended reading; Antiques column of your local paper on Sundays, antique books at local library.

—Nilsa Lobdell has a fairly sharp eye for bargains and a consummate penchant for old stuff (being somewhat surrounded by old stuff at home and being somewhat old stuff herself)

|      |   |      |                 |
|------|---|------|-----------------|
| \$30 | F | T16+ | 9:30 am-4:30 pm |
|------|---|------|-----------------|

**Support Groups**

**Twelve-Step Support Group Gathering No Limit**

A get-acquainted meeting for current and potential members of 12-step groups. This is a chance to connect with supportive people at the beginning of SUUSI. Based on participants, the group may continue to meet in together or split into separate specific support groups.

—Leader(s) will be chosen from the group.

|      |         |                |                  |
|------|---------|----------------|------------------|
| FREE | SMTWThF | <i>Drop-in</i> | 9:00 pm-10:00 pm |
|      | S       |                | 7:00 pm-8:00 pm  |
|      | MTWThF  |                |                  |

**Men's Support Group No Limit**

An opportunity for men to come together, and give and receive support for facing the problems and challenges that life brings to all of us.

—Zim Putney and Jim Landis have been members of the SUUSI men's group in the past. Jim has organized and led a men's group in Binghamton, NY for two years.

|      |        |                |                 |
|------|--------|----------------|-----------------|
| FREE | MTWThF | <i>Drop-in</i> | 4:10 pm-5:30 pm |
|------|--------|----------------|-----------------|

