

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 10:00am-noon, and afternoon workshops are 2:00pm-4:00pm.

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. NOTE: There is no waiting list - registration is first-come, first-served.

Workshop Eligibility

Many workshops are open to Youth and Teens, and where allowed, Youth and Teens are encouraged to attend. Participation in some workshops is limited to adults at least 18 years of age. 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. Those workshops not achieving minimum enrollment during pre-registration may be cancelled. 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 typically limited to individuals 18 years and older.

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.

Workshop Limits: No Waiting List This Year

On the Registration form, we invite you to indicate alternative workshops as well as your first preference. Why? Sometimes the workshop is already full when we receive your registration.

If the limit for a workshop is 12 people, we will register the first 12 people who request that workshop. If you're the not-so-lucky 13th person to request it... we will register you for the alternate workshop you indicated on the Registration form. We will not (repeat, NOT) establish a waiting list this year. However, when you get to Registration on July 22, check and see if someone dropped that workshop. If so, there may be space and you may be able to register then.

Morning Workshops
(typically 10am-noon)

100 Wake-Up Walk Limit 40

Get a jump on your SUUSI day! We will meet at 6:45am and end our walk in time for breakfast. On Tuesday, we will participate in the SUUSI '01 Fun Walk / Run (separate registration required). Nancy Shaw Burns is an avid walker and enjoys getting others motivated to walk. Nancy believes that walking is one of the easiest, most healthfully beneficial, convenient, and safest aerobic exercise there is.
6:45am-7:45am MTWThF PREFERRED Age 12+ \$5

101 SUUSI '01 Walk/Run for Fun No Limit
Walkers, Runners, and in-between—join the Tuesday morning SUUSI tradition, our 23rd 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 and walk, run, or jog for approximately 1.5 miles. The race starts at 7:30am (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.
7:30am-8:30am T DROP-IN Age 0+ \$15

102 Play T'ai Ch'i Limit 30
A moving experience about ebb and flow in your body, to invite energy, comfort and healing. (Morning session.) Laura Knox has played T'ai Ch'i for 25 years. She teaches at community schools, the University of Alabama Birmingham and Adult RE.
7:45am-8:45am MTThF PREFERRED Age 15+ \$10

103 Spirituality and Health Limit 15
This workshop explores the interconnection between health and spirituality and many possibilities in which your congregation can address this issue and meet your needs. Ines Hoster, international workshop leader, energy therapist, lay minister at UUC of Atlanta and member of the Health Ministry Association
9am-noon T PREFERRED Age 15+ \$8

104 Bridge Drop-In No Limit
Drop-In for an hour or two of bridge playing. A great chance to meet other players. Cyndy Bailes has played bridge for years and has been a long-time beginning bridge teacher. This is the fifth year she has led this popular workshop offered at SUUSI.
10am-noon MTWThF DROP-IN Age 12+ \$5
105 Bridge: Beginner Lessons Limit 16
Beginning Bridge players will be introduced to basics of the game, the steps to successful bidding, and elementary play of the hand. Cyndy Bailes - see #104
10am-noon MTWThF REQUIRED Age 12+ \$10

106 A Week in Provence Limit 20
Have you ever thought of traveling to Provence, France? Renting a villa/house? It's easy to arrange for yourself or with a group of friends. Join me and discover how to plan this wonderful vacation at a moderate cost. Recommend Reading: A Year in Provence, *Toujours Provence & Encore Provence* by Peter Mayle Eileen Baker has been traveling extensively in Europe for 25 years. One of her favorite places is France. She recently organized a wonderful trip to Provence for a group of 10.
10am-noon M REQUIRED Age 18+ \$5

107 Marriage Enrichment * Limit 18
New studies have shown healthy marriages correlate with healthier bodies, more satisfying sex, more income, children doing better, living longer, better resolution of disagreements and problems. While not a cure for baldness, we lead enrichment events because we do better with this skill, knowledge, and encouragement. See www.marriageenrichment.com Recommend Reading: *The Seven Principles for Making Marriage Work* by John M. Gottman Kip and Kristine Barkley are a certified leader couple with the Association for Couples in Marriage Enrichment (ACME). They have presented this workshop to many committed couples over the years.
10am-noon MTWThF REQUIRED Age 18+ \$25

108 Psychic Skills Development Limit 18
Learn to access your psychic ability using 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.
10am-noon MTWThF PREFERRED Age 13+ \$20

109 Dancing the Goddess Alive Limit 30
This workshop is designed to help us reconnect with the joy, grace and power available to us through movement infused with spirit. We will use my yoga form, Goddess Grace to stretch and relax and we'll have fun with my new belly dance aerobic routine called Goddess Alive. Building on these basic movements, we will learn a 6-part belly dance ritual, *Calling All Spirits*, designed to call the powers of the elements into our bodies. All welcome. Wear clothes you can move freely in. Betsy Bickel (aka Mariel) has been teaching belly dance for about 15 years. She credits dance with keeping her weight down, her spirits up and her natural couch potato tendencies at bay. She is the creator of Goddess Grace - A Moving Mediation.
10am-noon MTWThF PREFERRED Age 13+ \$12

Want to offer a workshop
at SUUSI in 2002?
Talk to the "core staff" who handle workshops,
Mary Dahm and Margaret Tuck, at SUUSI in July
or via e-mail at workshops@suusi.org

110 The Growing Divide Limit 35
This workshop examines the growing divide between the very wealthy and everybody else. 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.
Recommend Reading: Is it Reform? Report of the Welfare and Human Rights Monitoring Project.
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.
10am-noon M DROP-IN Age 16+ \$3

111 Talk about Religion Limit 18
Religion is often a taboo subject, easily leading to arguments over differences. Not here! In this workshop, 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.
10am-noon TWThF PREFERRED Age 16+ \$10

112 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 features like audience participation and music. For beginners and experienced tellers who want to improve their skills.
For fifteen years, George Crafts has been telling stories and teaching storytelling. Frequently he performs with his wife singer/songwriter Dee Kysor in the song-story duo "Woven Yarns".
10am-noon MTWThF PREFERRED Age 15+ \$15

113 Elementary 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. Wednesday and Thursday class are preferred attendance.
Carole Eagleheart is known for her enthusiasm and joyous teaching. She has been designing jewelry for more than a decade and markets it nationwide.
10am-noon MTWTh PREFERRED Age 13+ \$20

114 Drawing on the Right Side of the Brain Limit 20
Using many exercises from the book of the same title, this workshop really does amaze participants with their own success in drawing.
Recommend Reading: Drawing on the Right Side of the Brain by Betty Edwards
Mary Feagan has taught this course 19 times at SUUSI and continues to be astonished at the results. She has an MVA in Art Education and is a retired art teacher.
10am-noon MTWThF REQUIRED Age 14+ \$15

115 Vocal Techniques and Tricks Limit 15
This workshop will focus on techniques for producing good tone quality, vocal exercises and singing through voice problems. This year we will focus more on individual one-on-one training. For singers, novice to professional.
Steve Greenberg has performed and soloed with various choruses for over 45 years, and has taught workshops for singers for over 5 years.
10am-noon MTWTh PREFERRED Age 18+ \$15

116 Up the Guitar Neck - Don't Fret Limit 20
This course introduces the student to some basic music theory which we will then apply to embellish playing the guitar. Students should bring their own guitars.
Billy Hall studied classical piano as a kid. He studied guitar, banjo, violin, and harmonica as an adult. He has performed in several performing bands.
10am-noon WThF PREFERRED Age 12+ \$12

117 Songs of Faith/Songs of Freedom Limit 30
The songs and stories of the Underground Railroad are wondrous expressions of faith and hope. History reveals that they were also used in very practical ways to encourage and aid in escapes, pass vital information, build community and as inspirational fuel for the modern civil rights movement. Come sing and explore this historical legacy and see how it connects to our present day yearnings for freedom.
Kim and Reggie Harris have toured the U.S. and internationally as musicians, storytellers and workshop leaders for 25 years. They have presented for Kennedy Center, the Smithsonian, and thousands of museums, universities, schools, churches, radio & TV.
10am-noon MTWThF PREFERRED Age 18+ \$12

118 Women Who Write * Limit 12
For women of all skill levels including those who 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 & paper, and will challenge us each to rise to our most comfortable level of writing. Bring a journal or paper, pen, and a favorite possession.
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.
10am-noon MTWThF PREFERRED Age 18+ \$20



119 The African-American Oral Tradition: Stories, Folk Tales and Songs 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 expressively in performance. Participants have the opportunity to perform African-American tales and poems, as well as those from other ethnic backgrounds.
 Recommend Reading: 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.
 10am-noon MTWThF PREFERRED Age 12+ \$16

120 Moving Beyond Money Limit 20
 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.
 Recommend Reading: The Richest Man in Babylon by George Claron; Key to Financial Freedom by Craig Johnson
 Craig Johnson knows what it is like to be penniless. He has a masters in hospital finance and has guided many individuals to financial freedom.
 10am-noon MTWThF REQUIRED Age 18+ \$10

121 All About Our Music Limit 30
 People of older generations commonly refer to music of the Tin Pan Alley / Hit Parade / Broadway Musicals era as OUR MUSIC (as distinguished from today's pop music). This is a fun workshop including informal discussion of OUR MUSIC, musical anecdotes, humor, musical performances and much class participation.
 Phil Klein has offered many music workshops at SUUSI. He is a teacher (retired) who is still very busy performing and composing (and having a good time!)
 10am-noon MTWThF PREFERRED Age 18+ \$14

122 Exercise for Emotional Fitness Limit 20
 No, NOT physical fitness. EMOTIONAL FITNESS. Care for your non-material needs such as safety, love, and community, self-image and ego, etc. in an organized and deliberate fashion. Create your own plan. Improve your quality of life. It's fun.
 John Lantz, a recovering trial attorney, is now managing apartments to pay his bills and is putting the theories of EMOTIONAL FITNESS into practice in the business world.
 10am-noon TTh PREFERRED Age 18+ \$6

123 Millennium Milestones Limit 20
 A safe place to come and share the milestones of the past year. Perhaps you became a grandparent, turned 40, changed jobs, anything at all. We will celebrate, share, and on the second day do a ritual of celebration that we create and plan.
 Recommend Reading: Michelle Lloyd is a very busy DRE who has had many milestones of her own this year..
 10am-noon TTh PREFERRED Age 16+ \$7

124 Philosophy By Doing It Limit 10
 This workshop starts out with a reading of Plato's The Cave. The rest of the time is devoted to experiencing this ascent from the "cave" to the "light" by probing the classic questions plaguing mankind since Socrates: Ethics, God, Politics, Knowledge, and Quality of Life. Be prepared to become a dynamic part of philosophical dialogue designed to throw off the veneer and discover the essence of what is.
 Recommend Reading: Any philosophy paperbacks Frances Lynch has a Masters of Ed. Plus 60 more graduate credits. Her field for over 20 years has been World Cultures. She received an award for her innovative philosophy course.
 10am-noon MTWThF PREFERRED Age 18+ \$15

125 Introduction to Personality Types Limit 50
 You will be introduced to your Eastern and Western Astrology, the generation you were born into, your enagram number, your Myers-briggs type, and your birth order.
 Patrick Malone has been studying personality types for 30 years.
 10am-noon MTWTh PREFERRED Age 18+ \$20

126 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. Monday REQUIRED, other days PREFERRED.
 Recommend Reading: Improvisation for the Theatre by Viola Spolin.
 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.
 10am-noon MTWThF PREFERRED Age 18+ \$15



127 Self Empowerment - Living the Life of Your Dreams * Limit 20

We often surrender our dreams to the busy-ness of life. Through centering and meditation we will listen to our inner voices to get in touch with what's really important to us, look at why we're not doing it, learn a system for increasing our effectiveness and set specific goals and actions to bring it into our lives.

Recommend Reading: Living in the Light by Shakti Gawain; The Pathwork of Self-Transformation by Eva Pierrakos; The 7 Habits of Highly Effective People by Stephen R. Covey

Zimri Putney is a physicist, management consultant and venture capitalist who teaches empowerment to corporations, individuals, and mostly to himself. This is his seventh summer teaching at SUUSI .

10am-noon MTWThF REQUIRED Age 18+ \$20

128 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 amust! Bring a blue skirt or pants if you have them (not a requirement).

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

10am-noon MTWThF PREFERRED Age 16+ \$20

129 Jewnitarians: Commonalities and Differences between UU and Judaism Limit 20

A fun, sharing, interactive, informative workshop. Why are so many people of the Jewish faith attracted to UUism? What are the similarities and are they really that different? I'll give you my ideas, you give yours. Tell us about Jewish celebrations in your congregations. Any feelings about Christmas, Easter?

Ed (Akiva) Siller has been a UU for 33 years, more than half of his life (59 years). On his religious journey he has attended many different houses of worship.

10am-noon W PREFERRED Age 8+ \$4

130 A Psychology with Soul: A UU Perspective on Psycho-synthesis Limit 15

This workshop will introduce UUs to a unique psychological and spiritual approach to life that fits well with our Principles and Purpose 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 Psycho-synthesis while the second session will cover some exercises on dis-identification and sub-personality 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 Psycho-synthesis Guide through the Concord Institute of Spiritual Psychology in Concord MA.

10am-noon TTh PREFERRED Age 18+ \$12

Workshop (wurk' shap) *n.* 1. a meeting of people with common interests who discover, typically, that they have even more in common
--*vi.* an experience where an individual's understanding is enlarged and perspective enhanced

131 The Primordial Bible Limit 20

The first 11 chapters of Genesis take place in the ancient past. These are the famous stories of Adam and Eve, Cain and Able, Noah's ark, and the Tower of Babel. We'll take a close look at how amazingly close to actual archaeology these stories are, discover some astounding surprises, and discuss the woman who wrote the first Bible. An outline of this course is at

www.folkways.com/~vince

Recommend Reading: Who Wrote the Bible by Richard Friedman; The Book of J by David Rosenberg and Harold Bloom; Genesis 1-11

Vince Teeter has been studying the Bible for nearly 10 years. He has given lectures and classes at churches and SUUSI . His emphasis is the discovery of what the Biblical authors are actually trying to communicate.

10am-noon MT PREFERRED Age 18+ \$5

132 Where in the Bible are the Ten Commandments Limit 20

We'll spend two hours of detective work tracking down the Ten Commandments. We'll discover what the Bible offers another set of ten commandments, written by a woman author and that the commandments may not be in the Bible at all. An outline of this course is at

www.folkways.com/~vince

Recommend Reading: Who Wrote the Bible by Richard Friedman; The Book of J by David Rosenberg and Harold Bloom; Genesis 1-11

Vince Teeter has been in constant study of the Bible for nearly 10 years, and has given lectures at churches and SUUSI . His emphasis is on discovering what the Biblical authors are actually trying to communicate.

10am-noon W PREFERRED Age 18+ FREE

133 Alligators to Vermicelli Limit 25

An unscholarly look at the stories behind the words that we use every day. Participants should bring sharp pencils and a sharper wit. "Thinking caps" will be provided. Jon Traurig is a failed English major and graduate of the Marcel Marceau school of public speaking. He currently lives in Asheboro, NC and considers "deep south" an oxymoron.

10am-noon TTh PREFERRED Age 14+ \$5

134 Introduction to T'ai Ch'I Limit 25

This workshop introduces participants to the long Yang form of T'ai Ch'I (Ta'i Ji Quan). Instruction will concentrate on the first section of the form. Selected movements from the later form and 2 person exercises may be presented.

Tony Trojanowoski 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.

10am-noon MTWF PREFERRED Age 15+ \$15

135 Empowering Your Voice Limit 25
Your voice is often your first contact with other people. From the first "Hello", your voice is your aural ambassador, carrying your thoughts and emotions, your spirit and your intentions. We'll consciously breath 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 inspirational speaker known as "The Songweaver". She holds a BA in Speech/Theatre and teaches music to all ages. She is a past SUUSI Concert Hour performer and workshop facilitator.
10am-noon MTWTh PREFERRED Age 18+ \$13

136 Wisdom Literature (Hebrew) Limit 25
The Hebrew Bible (Old Testament) contains some of the finest examples of the wisdom tradition of the Ancient Near East. This class will introduce you to the recent scholarship and continuing usefulness of this wisdom tradition. Books we will examine include Proverbs, Job, Ecclesiastes - timeless writings on timeless questions. Recommend Reading: Bring a copy of the Old Testament to class- HarperCollins Study Bible (NSSV) preferred Rev Dr Barry Whittemore, UU minister and Appalachian historian, enjoys (re-)introducing UUs to the richness of our traditional scriptures and demonstrating their continuing vitality. Qoheleth is his hero.
10am-noon MTWThF PREFERRED Age 18+ \$14

137 One Singular Sensation - Dances of the Musical Theatre Limit 30
This workshop will explore the choreography and movement styles that make dance in musical theatre a discipline of it's own. Each class consists of a basic warm-up followed by a dance combination based on a specific musical. A gentle cool-down concludes the class. Wear comfortable clothing—a mat or towel is helpful for floor exercise.
Kay Wylie-Jacobs 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.
10am-noon MTWThF PREFERRED Age 12+ \$12

138 History of English Succession: Henry VIII to Elizabeth I Limit 30
Which of Henry VIII's wives survived and for what reason? What skirmish decided the defeat of the Spanish Armada? Why did Queen Elizabeth have to move out every six weeks and "take to the road"? The answers to these questions and many others will be discussed in a detailed look at the reigns of these two famous monarchs. By way of background, the course will also present an overview of English History from William the Conqueror through Henry VII, and the English Succession during the years to follow.
Anne Breier Parks a retired teacher, holds a BS in history from ETSU, a Masters from Peabody/Vanderbilt U, a J.D. from YMCA Law School, and a Masters from Syracuse University. John Johnson graduated from Cornell University and a master from MI T.
10am-noon MTWThF PREFERRED Age 18+ \$20

139 Explorations in Yoga Limit 30
For centuries, yoga has offered a reliable map to spiritual realization thru mastery of self. Learn why it has endured so long, attracting even more enthusiasts. This experiential overview for beginners will focus on a different branch of yoga each session: gyana (wisdom), hatha (exercise), raja (meditation), bhakti (devotion), karma (service).

Recommend Reading: Autobiography of a Yogi by Paramahansa Yogananda; How to Meditate by John Novak
Valerie Putney conducted a comprehensive spiritual search until she found the path that satisfied her soul; She has practiced kriya yoga for 13 years. It changed her life and illumines her teachings.
10am-noon MTWThF PREFERRED Age 15+ \$25

140 A SUUSI Memory Album No Limit
Take home a lasting SUUSI memory; a photo scrapbook album. During this 2 hour workshop you will learn what makes a safe, long lasting album. You will complete a 20 page 5x7 album using your photos. Design ideas and materials provided. Bring a packet of photos; SUUSI shots or other photo memories.
Susannah Benson, M.Ed taught in U.S., African, Saudi and Puerto Rican schools. A Creative Memories instructor for 10 years she combines her love of story telling, memory preservation and teaching.
10am-noon F REQUIRED Age 8+ \$30



Afternoon Workshops
(typically 2-4pm)

200 SUUSI BOYZ Limit 238

The BOYZ is back again. We are a male chorus — laughing, singing, and having fun together. Music selections range from the silly to the sublime. No voice training necessary — just the urge to make a joyful noise. Fee includes pre-SUUSI tape for practice and t-shirt just for us.

Alexis Jones is an old — well, a long timer at SUUSI, who, some years back, learned that the joy of being here is supporting others who want to search, find, and celebrate. He looks at SUUSI as a reunion of wonderful family and friends.

1:00-1:45;4:30-5:15p MTWThF PREFERRED Age14+ \$25

201 Drawing and Painting Inside and Out Limit 16

Bring some paint, pencils, or pastels for some relaxing enriching, productive time in a supportive, encouraging atmosphere. Beginners are welcome! Andrea will assist you to select any needed supplies at a convenient Blacksburg art stores and will provide guidance, as needed with art techniques and principles.

Andrea Morrison studies and creates art continually and is delighted to enable other SUUSI ites to enjoy and advance their artistic skills and interests.

1:30pm-4:30pm MTWThF PREFERRED Age 14+ \$10

202 Bridge Refresher No Limit

Refresh your bridge playing skills for playing the rest of the week in Drop In-Bridge.

Cyndy Bailes has played bridge for years and has been a long-time beginning bridge teacher. This is the fifth year she has led this popular workshop offered at SUUSI.

2pm-4pm M PREFERRED Age 12+ \$5

203 Bridge Playing for the Serious Minded No Limit

Come play serious bridge with others of like mind. Not for the rusty, this is not a teaching workshop.

Cliff Beck, long-time duplicate player and Cyndy Bailes, long-time beginner bridge teacher, team up to offer this afternoon of fun.

2pm-4pm Th PREFERRED Age 18+ \$5

204 Wicca and Beyond Limit 20

Learn about Wicca, how it relates to other pagan traditions, its past and present, and its connections with the great scheme of things. Recognize interactions with the sacred circle of life in the assorted programs throughout this week, and discover resources for the coming year. (Visit <http://uucfl.org/cuups>)

Recommend Reading: A Guide for the Solitary Practitioner by Scott Cunningham; Drawing Down the Moon by Margot Adler

Kip Barkley is a long time UU who maintains his connection to the Old Religion as an eclectic solitary. Mary Ann Somervill has discovered paganism in the same way she long ago discovered UUism - click!

2pm-4pm TTh PREFERRED Age 14+ \$7

205 Stories of the Sky Limit 25

The night sky has been a source of inspiration for the telling of stories. This workshop will feature stories from Greek, Roman, Native American, Australian aborigine, and Oriental mythology, and participants will have a chance to construct start stories of their own.

Recommend Reading: The New Patterns in the Sky by Julius D.W. Staal

Jim Blowers has a Ph.D in Mathematics and much experience and interest in astronomy, including the photography of two eclipses and several comets, and an interest in the tales that have been written about the sky.

2pm-4pm T DROP-IN Age 16+ FREE

206 SUUSI matics Limit 25

This workshop will show that mathematics is fun, beautiful, and at times uncertain, using as examples fractals, fibonacci numbers, magic and Latin squares, paradoxes, true statements that can't be proven, examples from SUUSI itself, and other topics. The workshop includes both lecture and participatory exercises.

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.

2pm-4pm Th DROP-IN Age 12+ FREE

207 Weaving Paper Polyhedra Limit 16

Decorate your Christmas tree with attractive polyhedron models woven from construction paper!

These models in cubes, dodecahedra, models with five-pointed stars, and hexagons that flex into a kaleidoscope of colors. Weave them like you would weave a basket. It is fun to do and the resulting solid makes an attractive decoration.

Recommend Reading: www.bigfoot.com/~javeybee/polyhedra.htm

Jim Blowers has a Ph.D. from Northwestern. While at graduate school, he found this little known arts and crafts idea of weaving polyhedra in a mathematics journal and used it to make a variety of attractive models.

2pm-5pm W PREFERRED Age 11+ \$5

208 The Growing Divide Limit 35

This workshop examines the growing divide between the very wealthy and everybody else. 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.

Recommend Reading: Is it Reform? Report of the Welfare and Human Rights Monitoring Project

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.

2pm-4pm Th DROP-IN Age 16+ \$3

209 The Growing Divide Limit 35
 This workshop examines the growing divide between the very wealthy and everybody else. 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.
 Recommend Reading: Is it Reform? Report of the Welfare and Human Rights Monitoring Project
 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.
 2pm-4pm T DROP-IN Age 16+ \$3

210 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.
 2pm-4pm F DROP-IN Age 16+ \$3

211 EZ Craft 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 wreathes.
 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.
 2pm-4pm T REQUIRED Age 18+ \$8

212 Fast Dancing for Shy Feet Limit 20
 This workshop lowers inhibitions and increases dance fun and freedom. It also gives friendly dance partners for Serendipity. "This class pumps so much music in us, we needed to dance," said one participant. Its focus is free-form fast dancing.
 Recommend Reading: Sweat Your Prayers by Gabrielle Roth
 Mary Feagan, once a shy dancer shares her process of going from shyness to downright exuberance on the dance floor.
 2pm-4pm M DROP-IN Age 14+ \$4

213 Dancing to Serendipity's Eclectic Music Limit 20
 Learn to lead and adapt Rumba and 4 count Hustle steps to dance to almost anything at SUUSI or on your home town dance floor. Emphasis will be at beginner level. Learn five or more basic dance patterns to have fun couple dancing. Couples encouraged but you don't need a partner to sign up. Wear leather sole shoes (rubber soles don't slide).
 Ed Ferko and Mary Nell McLaughlin have been involved in couples dancing (Rumba, Hustle, 2-Step, Cha-Cha, Polka, Waltz, East Coast Swing, West Coast Swing and various line dances) for over eight years.
 2pm-4pm MTWThF PREFERRED Age 14+ \$10

214 Calm Seas Yoga Workshop Limit 15
 Come and experience an enlightening and energizing series of afternoon Hatha yoga sessions. Participants will explore principles of breathing (pranayama) and the body's energy centers (cakras) and will learn the basic sitting and standing Hatha Yoga asanas. Participants should eat a light lunch 1-2 hours before each session. Wear comfortable clothes suitable for physical movement and stretching. Bring a sticky mat or exercise mat if you have one and a thick blanket or towel or meditation cushion.
 Coury Gibbs has been studying yoga, particularly Hatha yoga for five years. She has studied in Charlotte, North Carolina, with several members of the Kripalu Yoga Teachers Association and is currently pursuing certification through this program.
 2pm-4pm MWF PREFERRED Age 18+ \$16

215 Straight and Blues Harmonica Limit 30
 A number of old time, bluegrass and Irish fiddle tunes will be used to introduce straight harp. Blues harp intro will include cross-harp structure, blue scale, bending the 1,2,3,4,& 6 draw holes, constructing blues licks. Students should bring both an "A" and a "D" harmonica.
 Billy Hall studied classical piano as a kid. He studied guitar, banjo, violin, and harmonica as an adult. He has performed in several bands.
 2pm-4pm MT PREFERRED Age 12+ \$5

217 Delightful, Colorful Eggs! Limit 10
 Egg decoration can be a wonderful experience for those with art skills, as well as for the beginner who comes bringing only their enthusiasm. In this workshop, we will blend the traditional Ukrainian egg decoration technique of pysanky with the modernized techniques and colors of Jane Pollack. For me, this has been one of the most exciting rewarding, and addictive art experiences I have ever done and I hope it will be for you too.
 Claudia Haun is an artist and art teacher who lives in Asheville, NC with her husband Jake and baby Elsa. She is very excited about sharing this art experience with the SUUSI community.
 2pm-4pm TTh REQUIRED Age 16+ \$30

218 Spiritual Journey Limit 15
 Participants will hear vignettes from novels and history encouraging them to remember important events from their journey and to write their spiritual odyssey.
 Rev. Morris Hudgins has taught UU History and / or spiritual journey classes at SUUSI for over 20 years. He is a minister of one of our churches in Cincinnati Ohio, a graduate of Duke Divinity School and Lutheran Theological Seminary.
 2pm-4pm MTWThF PREFERRED Age 18+ \$15

SUUSI is...
 an exciting vacation to the mountains.
 a congregation of friends.
 a learning experience.
 a fun family time.
 church camp.
 rewarding.

219 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 the natural classes of drugs and their origins. No prior medical training or knowledge required
Craig Johnson has traveled in 40 countries and studied traditional medicine in American medical school and has read widely in alternative medicine. He has participated in pharmacy education in the Amazon rain forest.
2pm-4pm M DROP-IN Age 18+ \$4

220 Castle Architecture of UK 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.
2pm-4pm T DROP-IN Age 18+ \$4

221 Parks of the American West No Limit
This workshop is a one hour photo tour of Zio, Bryce, Bandolier, Carlsbad Caverns, Palm Springs, Aerial Tramway, Guadeloupe, in large format 35mm 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 research botanical pharmacology in the Amazon. In 1999 he visited 18 countries.
2pm-3pm W DROP-IN Age 18+ \$2

222 History of Space Flight Limit 50
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.
Recommend 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.
2pm-4pm Th DROP-IN Age 18+ \$2

223 A Thousand Years of Church Architecture 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 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.
2pm-3pm F DROP-IN Age 18+ \$2

224 Altars for Every Occasion Limit 25
For thousands of years, people have sought to bring the divine or the supernatural into human time and space by a simple act: the building of an altar. Building an altar creates sacred space and gives us a place to focus energy or intent. We will build a series of altars and talk about different ways to use them in our everyday life.
Kathy Kochevar has presented workshops at SUUSI, SWIM, and the Full Moon Woman Circle at the UUFR covering topics such as Energy Work, Mandala's and Goddess traditions.
2pm-4pm M PREFERRED Age 15+ \$4

225 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 music concert on Thursday evening.
Deborah Langrock is a flutist who plays at many SUUSI events. She enjoys facilitating and playing chamber music.
2pm-4pm MTWTh DROP-IN Age 10+ \$5

226 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.
2pm-4pm TTh DROP-IN Age 18+ \$5

227 Computer Camp for Everyone Limit 30
Computer camp for everyone is open to ages 14 to 99. Bring your computer (Pentium I 133 or above) and questions and we will talk about and work on them. We can tune them for Windows NT, Windows 98/ME, or even Windows 2000.
Patrick Malone has been working with and on computers for over 30 years. He is a Microsoft Certified Professional and works on computers and networks everyday. He promises the best computer therapy for the timid user.
2pm-4pm MTWTh DROP-IN Age 14+ \$15

228 Laid-Back Folk Dancing No Limit
This is dancing for FUN. No partners needed. Wonderful folk music. Easy patterns and Steps.
Lilly McEachern started folk dancing 65 years ago and still loves it. Her doctorate is in psychology, but she likes this better.
2pm-4pm MTWThF PREFERRED Age 12+ \$5

229 Listening to Jazz Limit 20
We will listen to jazz recordings from dixieland to modern and talk about how to listen to all kinds of music.
John McClenon has a 15 piece dance band and has been listening to and appreciating jazz for about 50 years.
2pm-4pm MTWThF PREFERRED Age 16+ \$15

230 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.
2pm-4pm MTWThF DROP-IN Age 8+ \$25

231 Alternative Tunings for Guitar Limit 25
Do you play 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.
2pm-4pm MTWThF PREFERRED Age 12+ \$15

232 Everything (well almost) You Wanted to Know About Judaism But Were Afraid to Ask Limit 25
A Jewish guarantee — triple your money back if not completely satisfied! Come meet other Jewnitarians, bring your ideas, experiences, customs and traditions, your Jewish symbols. Learn about and maybe take home some Jewish guilt! What is your hebrew name? Don't have one? We'll give you one. Enjoy!!
Ed (Akiva) Siller has been Jewish for 59 years and UU for 33 of those. He speaks, reads and writes Hebrew. He blows a mean shofar. Come hear him. He sings Hebrew songs too.
2pm-4pm W DROP-IN Age 12+ \$4



233 NLP: Four Glimpses of Magic Limit 30
On four stand-alone days learn about the different aspects of Neuro-linguistic Programming, a study of the structure of subjective experience. Hear descriptions, see demonstrations, and experience change in:
Transformation Through Sub-modalities, Using Patterns to Alter Belief and Experience, Words That Change Minds, The Power of Core States.
Recommend Reading: NLP: The New Technology of Achievement by Steve Andreas and Charles Faulkner; Heart of the Mind by Connirae and Steve Andreas; Words that Change Minds by Shelle Rose Charvet; Core Transformation by Connirae Andreas
Sharon Sweede, MD, has led SUUSI workshops in NLP and in Conversations with God. She is a certified Master Practitioner of Neuro-linguistic Programming, and enjoys applying NLP in her work and in life.
2pm-4pm MTWTh PREFERRED Age 14+ \$15

234 Using Guided Imagery in Worship, Workshops, Healing and Personal Growth Limit 20
In this workshop we will examine the whole area of designing guided imagery exercises for a variety of settings and purposes. We will learn about the history of guided imagery from religious and psychological sources and how it has become such a common practice. We will look at ways to design appropriate exercises for specific needs and will actually experience several guided imagery exercises. This should be a fun and relaxing workshop.
Rev. Gail Tapscott, Minister at the UU Church of Ft Lauderdale FL has an M.Div from Harvard Divinity School and a MA from St. John's College. She is certified to run programs in Personal Mythology through the Midway Center for Creative Imagination in D.C.
2pm-4pm TTh Age 18+ \$8

235 The Origin and Evolution of Plants on Earth Limit 14
This is a 3 part workshop. The first day is a lecture on the origin and evolution of plants. The goal will be to get an understanding of the major phyla of plants and how they evolved, while learning how to identify the phylum of almost any plant. The second day will be a trip to the VT horticultural garden. The third day will be a 4 hour nature trip to a location with a wide variety of plant life forms. An outline of this course is at:
www.folkways.com/~vince
Recommend Reading: Any high school or college botany / biology text
Vince Teeter was born into agri-business. As a teen he worked in a gov't experiment lab, and later at the American Camelia Society with University of Georgia professor, Joe Pyron, a specialist in Georgia native ferns.
2pm-4pm MT 1-5W MTW Age 14+ \$16

236 Advanced Alligators or "Getting Down to Brass Tacks" Limit 20
Attendance at Alligators to Vermicelli during SUUSI 2000, helpful but not necessary. We move on to phrases and advanced word puzzles. Bring your favorites. Jon Traurig is a failed English major and graduate of the Marcel Marceau school of public speaking. He currently lives in Asheboro, NC and considers "deep south" an oxymoron.
2pm-4pm TTh Age 14+ \$5

237 Songwriting * Limit 18
Hands-on course! Learn exercises for loosening up creativity and getting into your "right mind". Write a song with encouragement and help from class. Learn to give supportive feedback. Existing material discussed, time allowing. Expect to write outside of class. Bring pen, paper, musical instrument if possible. Recommend Reading: The Artist Way by Julia Cameron
Carla Ulbrich, winner of multiple songwriting awards, touring singer-songwriter. She has a B.A. in music and has taught guitar and songwriting for 10 years, including the National Guitar Summer Workshop.
2pm-4pm MTWThF PREFERRED Age 14+ \$20

238 Humanism: Past, Present & Future Limit 25
What is its origin? What purpose does it serve? What can it do for you? Come and explore with others your experiences, understanding and questions. Recommend Reading: humanist.net; www.secularhumanism.org
Ken Wagner has been attending SUUSI since 1991, ten consecutive SUUSI s; Out of curiosity, he took the workshop on Secular Humanism and found his niche. As President of the Humanist community of Pittsburg he offered this workshop last year.
2pm-4pm TWTh PREFERRED Age 18+ \$10

239 Singin' in Style Limit 25
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 inspirational speaker known as "The Songweaver". She holds a BA in Speech/Theatre and teaches music to all ages. She is a past SUUSI Concert Hour performer and workshop facilitator.
2pm-4pm MTWTh PREFERRED Age 18+ \$11

240 Love Life! Limit 30
In this workshop we will use the creative arts to celebrate the strength and power of individual human spirit within the supportive SUUSI community. Honor your own integrity, passion, growth, and miracles through drawing, storytelling, movement, dancing, and singing.
Lois Winter is a teacher of gifted students, a counselor and a group leader. She has led Noetic Science workshops at past SUUSI s. This year she wants to release SUUSI energy into the world in a joyful celebration of human creativity.
2pm-4pm MT PREFERRED Age 18+ \$10

241 Gifted Children: UUnique Concerns Limit 40
On the first day we will cover social, emotional, spiritual, and educational needs of gifted children. On the second day, we'll cover advocacy for gifted children on the school, district, state, and national levels. We'll pay special attention to the unique needs of highly and exceptionally gifted children.
Recommend Reading: www.hoagiesgifted.org
Lois Winter has spent more than 25 years in the field of gifted education, and given numerous workshops. Wenda Sheard is the mother of three highly gifted children and has earned awards for her publications and advocacy work on behalf of gifted children.
2pm-4pm WTh DROP-IN Age 13+ \$5

242 Introverts' Alliance Limit 15
This workshop was born in a bathroom at SUUSI . Two introverts came together to identify the stress of living in an extroverts' environment (SUUSI). We will focus on ways to recharge and maintain balance.
Wendy Coughlin, Ph.D. has been an introvert all her life and a psychotherapist for the past 25 years. Last year she "kept the pace", This year she'd like to network with other introverts to maximize their enjoyment of SUUSI .
4:00pm-5:30pm MWF PREFERRED Age 14+ \$10

243 Stitch and Bitch Limit 20
All stitchers welcome! Bring your needlework of any kind to this informal group. Maybe this would be a good time to finish those UFOs (Unfinished Objects) or start something new. Please note time. This workshop is relaxing and lots of fun.
Julianna Bickus has done needlework since childhood. She enjoys quilting, crocheting, and knitting. Project Linus is of special interest to her.
4:00pm-6pm MTWThF DROP-IN Age 14+ FREE



244 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 a can of tennis balls.
Harry Tarpinian has directed a number of mixed doubles and tournaments.
4:00pm-6pm MTWThF PREFERRED Age 14+ \$12

246 Women's Music No Limit
A time for renewal and refreshment, singing and listening to music that reflects or celebrates women's lives.
Eleanor Sableski is Director of Music for the Eno River UUF in Durham NC. She has a MAT in Music Education. Chorale music is her first love, both as a conductor and chorister.
4:15pm-5:30 MTWThF PREFERRED Age 18+ \$8

247 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. Single 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.
4:30pm-5:30pm MTThF PREFERRED Age 18+ \$10

248 Introduction to Irish Step Dancing Limit 20
In Intro to Irish Step dance you will learn several basic steps as well as easy jigs and reels. This is a good class for those who have considered taking and having their children take Irish Step dance lessons. No dance experience is necessary, but step dancing is very strenuous exercise. The minimum age is 13 unless accompanied by an adult.
Recommend Reading: Watch Riverdance video
Jennifer Teeter is a prize winning dancer who has taken dance instruction from Irish national champion, Karl Drake for 6 yrs. She has performed many times in public and in competitions. Jennifer is 12 yrs old and already has experience teaching all ages.
4:30pm-5:30pm MTTh PREFERRED Age 13+ \$5

249 Milagros Personal Talismans Limit 10
In this workshop we will each design and make a cast pendant (or pin) of silver or pewter. The method is to first sketch the design actual size (1' x 1 1/2'). Then after sanding a cuttlebone flat, the design is carved in negative. Next a back is attached and metal is melted, poured into the cavity, cooled, and a beautiful object is produced. This workshop does require some skill and care must be taken.
Barbara Kemper has taught art in public school since 1976. She received a B.S. from East Tennessee State University with a major in Art with Education certifications and concentration in jewelry making. She has also made & sold jewelry in craft fairs.
2pm-4pm MWF REQUIRED Age 18+ \$35

250 Minister's Spouse Support Group * Limit 15
Who ministers to the spouse? Some support exists for ministers, little or none for their spouses. What kind of fellowship member can the spouse be? How can we best support the minister? What level of involvement in congregational life is appropriate? Which "do's" and "don'ts" work for you? Gain from our support group and contribute to it!

Alan Brilliant is an experienced workshop facilitator who has led workshops at SUUSI several times, in Meditation and Poetry. He founded the Unicorn Work Community in 1965, but retired this year. He is the spouse of Rev. Liz Brown, minister of the UUPF.
3pm-4pm MTWThF PREFERRED Age 18+ FREE

251 Walking a Sacred Path No Limit
Each of us, at some point in life, embarks on a journey. The Labyrinth is an ancient design of a winding circular path moving towards a single destination. Come learn of this meditation tool and visit <http://uucfl.org/labyrin.htm>
Kip Barkley has been circling his life's goals for years hand has now built several labyrinths.
2pm-4pm M PREFERRED Age 18+ \$5

300 Wicca 201: Ritual of the Waxing Moon Limit 13
We will share a new beginnings ritual from the Wiccan tradition. It will be helpful if you have taken the equivalent of Wicca 101. We will gather by candle light, explain what we are about to do, and invite you to participate.
Recommend Reading: The Truth About Witchcraft Today by Scott Cunningham
Kip Barkley is a long time UU who maintains his connection to the Old Religion as an eclectic solitary. Mary Ann Somervill has discovered paganism in the same way she long ago discovered UUism - click!
6:45pm-8:45pm W REQUIRED Age 14+ \$8

Evening Workshops
(typically 6:45-8:45,
between dinner and Evening Worship)

301 OSE and the French Hidden Children WWII No Limit
Reinhold, a hidden child and Holocaust survivor, will tell the story of his childhood in WWII Vienna and France. Reinhold can relate his personal experiences to the historical emergence of Hitler's theory of racial superiority that eventually led to the extinction of millions of people.
Reinhold Beuer-Tajovsky was one of 253 children who was hidden from the Vichy collaborationist government during WWII by a French rescue organization, OSE. He arrived in NYC at age 13 as a refugee with no family, speaking no English.
6:45pm-8:45pm Th DROP-IN Age 18+ \$5

A Tip When Scheduling Workshops and Nature Trips: Don't try to do everything this year. Leave free time in your day for schmoozing, getting to know people, and for naps. Yes, naps. SUUSI is a high-energy environment, so you'll need to recharge.

302 Journey thru the Labyrinth of Emotion * Limit 12
 This is a ritual designed to help participants embody difficult emotions in order to unblock, discharge and transform them. We use the elements Earth, Air, Fire, Water, and natural disasters caused by their various combinations along with Goddess archetypes from many different cultures to help us access, understand and transform emotions. We follow a labyrinth analogous to the mythological journey to the underworld and the return. This is an intense emotional experience. Betsy Bickel is dismayed at the level of human dysfunction on this planet and attributes most of it to stuck emotions. This is her attempt to help cleanse, relax, and replenish. Betsy has been leading rituals for over 15 years.
 6:45pm-8:45pm Th DROP-IN Age 18+ FREE

303 The World Wide Web for UUs Limit 20
 Through the technological marvel known as the World Wide Web and the Internet, UUs throughout the world are now more interconnected to each other than they ever were before. This workshop will show how to get connected with special emphasis on Unitarian Universalist sites and information.
 Recommend Reading: www.uua.org
 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.
 6:45pm-8:45pm Th DROP-IN Age 12+ \$5

304 The Growing Divide Limit 35
 This workshop examines the growing divide between the very wealthy and everybody else. 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.
 Recommend Reading: Is it Reform? Report of the Welfare and Human Rights Monitoring Project
 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.
 6:45pm-8:45pm T DROP-IN Age 16+ \$3

305 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.
 6:45pm-8:45pm Th DROP-IN Age 16+ \$3

306 Scrabble Tips & Playoff Limit 20

First Night: Scrabble Tips & 1 Game; Second Night: 2 games in the 3-game SUUSI playoffs with prizes. This is for fun and suitable for beginners.
 Recommend Reading: Everything Scrabble by Joe Edley & John D. Williams, Jr.
 Beth Flanagan & Cathy Murphy have been playing scrabble for fun since childhood. They want to share their love of the game with others. Their practice includes winning and losing to each other regularly.
 6:45pm-8:45pm TW PREFERRED Age 16+ \$8

307 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 session.
 Laura Knox has played T'ai Ch'I for 25 years. She teaches at community schools, the University of Alabama Birmingham and Adult RE.
 7:45pm-8:45pm MTThF PREFERRED Age 15+ \$10

308 Contra Dance Limit 100
 Dance to the infectious rhythms of live traditional music at the 9th annual SUUSI Contra Dance. Beginners must attend Beginning Contra workshop on Monday night before attending this session. All dances and mixers are walked through and called.
 Bob Lavelly learned to Contra dance at SUUSI in 1988 and has been an avid dancer ever since that time. He calls on local callers and musicians here in Blacksburg area and we have an enjoyable dance both Monday and Tuesday night.
 6:45pm-8:45pm T DROP-IN Age 16+ \$8

309 Beginning Contra Dancing Limit 100
 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.
 Bob Lavelly learned to Contra dance at SUUSI in 1988 and has been an avid dancer ever since that time. He calls on local callers and musicians here in Blacksburg area and we have an enjoyable dance both Monday and Tuesday night.
 6:45pm-8:45pm M PREFERRED Age 16+ \$5

310 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. Let's talk to each other about successes and failures and go back energized to our church communities.
 Michelle Lloyd has been a lonely DRE for over 5 years and Carol Edelen has been just as lonely as a RE Chair and committee member for 3 years. They hope to make connections which could become a support group for all year round.
 6:45pm-8:45pm M DROP-IN Age 18+ FREE

In Xanadu did Kubla Khan a stately pleasure dome decree -
 but in July, the borders may be closed (or Xanadu Airlines may be on strike).
 Come to SUUSI, instead.

It's also is a magical place full of adventure, beauty, challenge, poetry, and people with spirit.

311 Destruction of Europe's Jews: Historical Events, Causes, Personal Experience Limit 35
 Scholars and theologians continue to struggle with understanding the systematic terror, starvation, torture and murder of six million Jewish men, women, and children organized and perpetrated by Germany and it's accomplices between 1933 and 1945. This workshop will present historical events, causes, and personal experiences using lecture, video clips and overhead transparencies.
 Recommend Reading: Dry Tears by Nechama Tec; The Sunflower by Simon Wiesenthal; www.wiesenthal.com; www.interlog.com/~mighty/; www.users.ren.com/duba/
 Paul Schatzberg was born in Vienna, Austria. He has an M.A. in physical chemistry from Duke University and an M.A. in philosophy from St. John's College. He has taught Holocaust history for Elderhostel Program sponsored by Baltimore Hebrew University.
 6:45pm-8:45pm MTW PREFERRED Age 18+ \$10

312 Family on Film: The Last Chapter Limit 50
 A continuation of one of Jeff's previous courses, this one is straight from the last chapter of his upcoming book, Life, Myth and the American Family Unreeling on Film. Here we view the American family in the last decade of the 20th century by studying the deep structure of films Grand Canyon; American Beauty; and Pleasantville.
 Recommend Reading: anything by Joseph Campbell; Carol S. Pearson on mythology. Preview Films listed in description.
 Jeff Stein was VP for production of features in Hollywood. He is now on the faculty of the Watkins College Film School. He plans to have galley proofs (or better) of his new book available at SUUSI.
 6:45pm-8:45pm MTW PREFERRED Age 16+ \$8

313 Irish Ceili Dancing Limit 75
 Irish Ceili dancing is like Contra dancing in high gear. If you can square dance or contra dance you can Ceili. If not, take the Contra dance workshop and you'll be ready to look like Riverdance. Step dancers come show us your foot work. No partners required since Ceili dance does not have a strong gender typing.
 Recommend Reading: Watch Riverdance video
 Vince Teeter has performed Irish Ceili dance for over 13 years, including exhibitions and lessons from Irish national champions and certified instructors. He has lead Ceili dance at Irish dance competitions, churches, and at SUUSI.
 6:45pm-8:45pm WF PREFERRED Age 13+ \$8

314 Dream Journeying * Limit 12
 Dream Journeying will provide sacred space for: Dream sharing, reflecting on the morning, receiving insight from others. Learn to tap into your own dream power which dispenses your inner wisdom. Some background in Jung's psychology by reading or studying would be helpful.
 Recommend Reading: www.jeremytaylor.com; Where People Fly & Water Runs Uphill by Jeremy Taylor
 Doug Walters has been an active UU for over 25 years and involved with dream work for 12 years. He facilitates a dream group at TVUUC in Knoxville and has had numerous workshops with Rev. Jeremy Taylor.
 6:45pm-8:45pm MTWThF PREFERRED Age 18+ \$20

400 Artisan's Bazaar: Come Shop and Support our Artists Limit 12
 The Artisan's Bazaar is a wonderful place to shop. It offers the pleasure of eclectic selection, available nowhere else. The Bazaar will be run as a co-op again this year. A schedule will be set by the artisans requiring approximately 6 hours each to staff the bazaar. We will have credit card capability. All items will be tagged and inventoried. Items must be hand-crafted by the participating artist. All artists must register for this workshop prior to SUUSI and if sales exceed \$250 they must agree to donate 10% to SUUSI ships. Register early to ensure a space!
 Sandy Madara dreams of one day owning her own store where she would sell her own original creations. Renee' Hines is a painter and believes in encouraging the creative process.
 10am-6pm MTWThF REQUIRED Age 14+ \$25

401 Healing Touch: An Introduction Limit 30
 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 a blanket, pillow and socks.
 Recommend Reading: Accepting your Power to Heal by Delores Krieger; Anatomy of the Spirit by 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.
 9am-5:30pm W PREFERRED Age 10+ \$25





402-409 2001 Service Project No Limit
 Each year SUUSI conducts a service project for one or more charitable groups in the Blacksburg area. Last summer we completed several odd jobs at the Children's shelter Home, and we built a set of display cases on Tech's campus for the Mental Health association. Building the cases on campus in a sheltered location outside the dining hall was such a huge success that we are planning such a project again in 2001. Individuals who are interested in this activity can enroll for as little as one morning or one afternoon. We supply the tools, materials and expertise. This is a neat way to do a good turn and learn some new skills too!
 Bob Underhill is a retired faculty member who enjoys odd jobs.

- 402 FREE M DROP-IN Age 15+ 1:30-4:00
- 403 FREE T DROP-IN Age 15+ 10:00-12:30
- 404 FREE T DROP-IN Age 15+ 1:30-4:00
- 405 FREE W DROP-IN Age 15+ 10:00-12:30
- 406 FREE W DROP-IN Age 15+ 1:30-4:00
- 407 FREE Th DROP-IN Age 15+ 10:00-12:30
- 408 FREE Th DROP-IN Age 15+ 1:30-4:00
- 409 FREE F DROP-IN Age 15+ 10:00-12:30

410 A Day of Mindfulness Limit 50
 We will introduce participants to mindfulness as taught by Vietnamese Zen Master Thich Nhat Hanh. Wear comfortable clothes. Workshop will include walking meditation to the cafeteria for eating lunch mindfully. Recommend Reading: The Miracle of Mindfulness by Thich Nhat Hanh
 Ken Knight & C.J. Kirk are both clinical social workers who practice mindfulness in their personal lives and work settings.
 10pm-4pm M PREFERRED Age 18+ \$10

411 Teen Way Off Broadway (TWOB) Limit 30
 TWOB returns to SUUSI for it's 15th year! This is an intense, all-week-long workshop (Monday 10-noon, Tuesday/Wednesday/Thursday 2-4pm, Friday All Day) wraps up in a Friday night performance for the entire SUUSI community. Actors, singers, dancers, stage-hands, set designers, set builders, and tech support are needed and welcomed to make this performance possible! Don't have any theatre experience but want to meet really great people? That's okay, too!
 Contact Kimmer Cecci, TWOB director, 315/457-5335 or kmrcc@aol.com if you have questions
 (see above) MTWThF REQUIRED Teens (14-17) only \$25

Summary of Workshops

Workshop First Meets on Monday

6:45am-7:45am	MTWThF	100	Wake-Up Walk
7:45am-8:45am	MTThF	102	Play T'ai Ch'i
10am-noon	MTWThF	104	Bridge Drop-In
10am-noon	MTWThF	105	Bridge: Beginner Lessons
10am-noon	M	106	A Week in Provence
10am-noon	MTWThF	107	Marriage Enrichment *
10am-noon	MTWThF	108	Psychic Skills Development
10am-noon	MTWThF	109	Dancing the Goddess Alive
10am-noon	M	110	The Growing Divide
10am-noon	MTWThF	112	How to Tell the Tale
10am-noon	MTWTh	113	Elementary Jewelry Making
10am-noon	MTWThF	114	Drawing on the Right Side of the Brain
10am-noon	MTWTh	115	Vocal Techniques and Tricks
10am-noon	MTWThF	117	Songs of Faith / Songs of Freedom
10am-noon	MTWThF	118	Women Who Write *
10am-noon	MTWThF	119	The African-American Oral Tradition: Stories, Folk Tales and Songs.
10am-noon	MTWThF	120	Moving Beyond Money
10am-noon	MTWThF	121	All About Our Music
10am-noon	MTWThF	124	Philosophy By Doing It
10am-noon	MTWTh	125	Introduction to Personality Types
10am-noon	MTWThF	126	Day at the Improv
10am-noon	MTWThF	127	Self Empowerment - Living the Life of Your Dreams *
10am-noon	MTWThF	128	SUUSI Cantatori
10am-noon	MT	131	The Primordial Bible
10am-noon	MTWF	134	Introduction to T'ai Ch'i
10am-noon	MTWTh	135	Empowering Your Voice
10am-noon	MTWThF	136	Wisdom Literature (Hebrew)
10am-noon	MTWThF	137	One Singular Sensation - Dances of the Musical Theatre
10am-noon	MTWThF	138	History of English Succession: Henry VIII to Elizabeth I
10am-noon	MTWThF	139	Explorations in Yoga
10am-noon	MTWThF	411	Teen Way Off Broadway (TWOB)
1:00-1:45;	MTWThF	200	SUUSIBOYZ
4:30-5:15p			
1:30pm-4:30pm	MTWThF	201	Drawing and Painting Inside and Out
2pm-4pm	M	202	Bridge Refresher
2pm-4pm	M	212	Fast Dancing for Shy Feet
2pm-4pm	MTWThF	213	Dancing to Serendipity's Eclectic Music
2pm-4pm	MWF	214	Calm Seas Yoga Workshop
2pm-4pm	MT	215	Straight and Blues Harmonica
2pm-4pm	MTWThF	218	Spiritual Journey
2pm-4pm	M	219	Ecology/Pharmacy of the Rainforest
2pm-4pm	M	224	Altars for Every Occasion
2pm-4pm	MTWTh	225	Chamber Music Jamboree
2pm-4pm	MTWTh	227	Computer Camp for Everyone
2pm-4pm	MTWThF	228	Laid-Back Folk Dancing
2pm-4pm	MTWThF	229	Listening to Jazz
2pm-4pm	MTWThF	230	Clay Play for the Young at Art

(Workshop first meets on Monday - continued)

2pm-4pm	MTWThF	231	Alternative Tunings for Guitar
2pm-4pm	MTWTh	233	NLP: Four Glimpses of Magic
2pm-4pm	MTWThF	237	Songwriting *
2pm-4pm	MTWTh	239	Singin' in Style
2pm-4pm	MT	240	Love Life!
2pm-4pm	MWF	249	Milagros Personal Talismans
2pm-4pm	M	251	Walking a Sacred Path
2pm-4pm (1-5W)	MTW	235	The Origin and Evolution of Plants on Earth
3pm-4pm	MTWThF	250	Minister's Spouse Support Group *
4:00pm-5:30pm	MWF	242	Introverts' Alliance
4:00pm-6pm	MTWThF	243	Stitch and Bitch
4:00pm-6pm	MTWThF	244	Tennis Round Robin
4:15pm-5:30	MTWThF	246	Women's Music
4:30pm-5:30pm	MTThF	247	Salsa for a Sexy Body/Free Style
4:30pm-5:30pm	MTTh	248	Introduction to Irish Step Dancing
6:45pm-8:45pm	M	309	Beginning Contra Dancing
6:45pm-8:45pm	M	310	DR and RE Committee Round Table
6:45pm-8:45pm	MTW	311	Destruction of Europe's Jews: Historical Events, Causes, Personal Experience
6:45pm-8:45pm	MTW	312	Family on Film: The Last Chapter
6:45pm-8:45pm	MTWThF	314	Dream Journeying *
7:45pm-8:45pm	MTThF	307	Play T'ai Ch'I
10am-6pm	MTWThF	400	Artisan's Bazaar
10pm-4pm	M	410	A Day of Mindfulness

Workshop First Meets on Tuesday

10am-noon	TWThF	111	Talk about Religion
10am-noon	TTh	122	Exercise for Emotional Fitness
10am-noon	TTh	123	Millennium Milestones
10am-noon	TTh	130	A Psychology with Soul: A UU Perspective on Psycho-synthesis
10am-noon	TTh	133	Alligators to Vermicelli
7:30am-8:30am	T	101	SUUSI '01 Walk/Run for Fun
9am-noon	T	103	Spirituality and Health
2pm-4pm	TTh	204	Wicca and Beyond
2pm-4pm	T	205	Stories of the sky
2pm-4pm	T	209	The Growing Divide
2pm-4pm	T	211	EZ Craft Gifts / Let's Make Stuff
2pm-4pm	TTh	217	Delightful, Colorful Eggs!
2pm-4pm	T	220	Castle Architecture of UK
2pm-4pm	TTh	226	Bawdy, Naughty and Novelty Music
2pm-4pm	TTh	234	Using Guided Imagery in Worship, Workshops, Healing and Personal Growth
2pm-4pm	TTh	236	Advanced Alligators or "Getting Down to Brass Tacks"
2pm-4pm	TWTh	238	Humanism: Past, Present & Future
6:45pm-8:45pm	T	304	The Growing Divide
6:45pm-8:45pm	TW	306	Scrabble Tips & Playoff
6:45pm-8:45pm	T	308	Contra Dance



Workshop First Meets on Wednesday

10am-noon	WThF	116	Up the Guitar Neck - Don't Fret
10am-noon	W	129	Jewnitarians: Commonalities and Differences Between UU and Judaism
10am-noon	W	132	Where in the Bible are the Ten Commandments
2pm-3pm	W	221	Parks of the American West
2pm-4pm	W	232	Everything (well almost) You Wanted to Know About Judaism But Were Afraid to Ask
2pm-4pm	WTh	241	Gifted Children: UUnique Concerns
2pm-5pm	W	207	Weaving Paper Polyhedra
6:45pm-8:45pm	W	300	Wicca 201: Ritual of the Waxing Moon
6:45pm-8:45pm	WF	313	Irish Ceili Dancing
9am-5:30pm	W	401	Healing Touch: An Introduction

Workshop First Meets on Thursday

2pm-4pm	Th	203	Bridge Playing for the Serious Minded
2pm-4pm	Th	206	SUUSImatics
2pm-4pm	Th	208	The Growing Divide
2pm-4pm	Th	222	History of Space Flight
6:45pm-8:45pm	Th	301	OSE and the French Hidden Children WWII
6:45pm-8:45pm	Th	302	Journey thru the Labyrinth of Emotion *
6:45pm-8:45pm	Th	303	The World Wide Web for Uus
6:45pm-8:45pm	Th	305	Creating a Just Economic Community

Workshop First Meets on Friday

10am-noon	F	140	A SUUSI Memory Album
2pm-3pm	F	223	A Thousand Years of Church Architecture
2pm-4pm	F	210	Creating a Just Economic Community