

Camp de Benneville Pines
18th Annual Women's Retreat ~ 2016



Spiraling Up!

Life Transitions in Every Season

Friday, May 13 - Sunday, May 15

"Embrace this season of life, for it is just that.. a season." ~ Women in the Mix



Keynote Address Topic for our 18th Annual Women's Retreat

Spiraling Up!
Life Transitions in Every Season



Rev Sian Wiltshire
Friday Night, 7:45-9pm

Keynote: Spiraling Up! Life Transitions in Every Season


Rev. Sian comes from something of an eclectic background. She was born in Brussels, Belgium, to American parents traveling abroad. This exposure gave her a love of travel and she has lived in various countries, including Italy, Greece and Australia. She wasn't always a minister, but came to it late in life, instead building a career first as a Roman archaeologist, and second as an international recruiter. But the call came and, like Abraham, she decided to follow where the call led. Luckily not off a cliff. Having been exposed and explored many different religions throughout her life, she enthusiastically embraced Unitarian Universalism and entered the ministry. After two temporary ministries in Nashville, Tennessee, and South Bend, Indiana, she now proudly serves Orange Coast Unitarian Universalist Church as their settled minister. She dotes on her nephew, Max, and her godson, Luke, and gets taken on walks daily by her two dogs, Princess Leia and Shepherd Book. She is a proud geek and a lover of nature and is delighted to spend time up at Camp de Benneville surrounded by powerful and nurturing women. Reverend Sian Wiltshire has been OCUUC's minister since August 2013.



Activities That Are Available All Weekend


Massage	Cairyl Gardner, CMT	Cabin 2 - Library
<p>Relaxing or Rejuvenating Full body Massage with Aromatherapy 25 minutes--\$45; 50 minutes--\$75; 80 minutes--\$115 Appointments: Fri.12-6 pm; Sat.9 am-9 pm; Sun.9 am to 3 pm. Sign-up sheet for appointments in the Lodge. Cash, check, MasterCard or Visa accepted. Email uucamp@aol.com to reserve appointment.</p> <p><i>Cairyl Gardner, Certified Massage Therapist, has been honing her craft since 2001, with training in many modalities including Swedish, Shiatsu, Neuromuscular Therapy, Advanced Therapeutic Training, Cranio-Sacral, Energetic and Aquatic (Watsu) massage. She loves what she does & has been told that it comes across in her touch. Cairyl works alongside Jody at Asyrah's Garden, & she is also an Allied Health Professional at Palm Drive Hospital in Sebastopol, CA.</i></p>		
Acupuncture and Massage	Jody James, L.Ac.	Cabin 2 PSWIRL room
<p>Massage 25 minute- \$45; Acupuncture 55 minute- \$80; Combo session 85 minute acupuncture/massage- \$120. Schedule: Fri. 12-2 pm; Sat. 9 am-5 pm; Sun.10 am-3 pm Sign-up sheet for appointments in the Lodge. Cash, check, MasterCard or Visa accepted. Email uucamp@aol.com to reserve appointment.</p> <p><i>Jody James, Licensed Acupuncturist, operates Asyrah's Garden Acupuncture Spa in Sonoma County, which received Honorable Mention in the Med Spa category of the Bohemian's "Best Of 2011" awards. She is an intuitive and compassionate practitioner who loves the integrity and healing power of Eastern holistic medicine. Her practice specializes in women's health, pain resolution, stress reduction, facial rejuvenation and quit smoking and includes herbal and energetic medicines.</i></p>		
"Book & CD Exchange"	Lodge Table	Lodge – all weekend
<p>What have you read lately? Getting back into reading on paper? Getting rid of all those paper books?? Donate or swap-- all types of books and topics welcome: Fiction, history, humor, biography, mystery, etc. Bring one, take one. Bring two, take two. Share a book or two that you find interesting, inspiring, shocking. Go home with something new to read.</p> <p>Do you have some music or educational CDs that you haven't listened to for a while. Maybe you're done and want to pass them along... Bring some to contribute to our CD Exchange. Then enjoy selecting one or two to take home; you might listen on your way "down the hill", returning home on Sunday.</p> <p>Those items not chosen will be offered to the Camp or donated to a shelter.</p>		

Activities That Are Available All Weekend

HOT TUB/SPA – Across road from Craig’s Cabin	
	The hot tub outdoor spa is available Friday and Saturday, 7am-12:00 midnight. After 10pm quiet voices only, please; on Sunday from 7am to 3pm when our Retreat ends. This spa is available for two or more; for safety reasons please hot tub with a buddy. The gate is unlocked. Jets and Shut-off levers are located on the wall behind the tub. Motion detector lights operate outside the spa enclosure after dark. A flash light for your trail might be helpful at that time. And you may find a trail highlighted with yellow Sulphur flowers, if you’re lucky.
Hiking	Independent hikers are required to sign out, the sign-out board is located on the counter by the camp store in the Lodge.
Labyrinth Walk	<p>Enjoy a contemplative walk through the labyrinth from Friday through Sunday, dawn to dusk. Down the hill from the Lodge deck about 50 yards. Self-guided Labyrinth: Metaphor of one’s odyssey. Take a friend, or go solo.</p> <p>The Camp’s earthen labyrinth designated with borders of small rocks can be walked in 10 minutes or 60. There is only one pathway in and same one out. Silence is usual unless the walker is alone who then might sing, pray, talk to the trees...</p> <p>Labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools. A labyrinth is an archetype with which we can have a direct experience. When we walk it, it is a metaphor for life's journey. It is a symbol that creates a sacred space and place and takes us out of our ego to "That Which Is Within." A labyrinth has only one path; the way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again.</p> <p>A labyrinth can be jogged, willy-nilly. Or, it can be a right brain task, involving intuition, creativity, and imagery. With a labyrinth there is only one choice to be made. The choice is to enter or not. A more passive, receptive mindset is appropriate. The choice is whether or not to walk a spiritual path. At its most basic level the labyrinth is a metaphor for the journey to the center of your deepest self and back out into the world with a broadened understanding of who you are.</p>






Activities That Are Available All Weekend


Judy Clemmers Flash Mob/Free Dancing	
Dancing!	<p>Judy Clemmers Flash Mob/Free Dancing</p> <p>Reputable MD's and scientists have proven the number 1 way to keep your brain young and regenerating itself is through dance. The joy of moving your body to music is number one on my list, getting a bigger brain is a wonderful side benefit. Free dancing does not require any special steps, talent, or experience. It is about letting yourself go and doing what the music is compelling you to do. Dance full on, sway to the rhythm, stamp your feet, snap your fingers or wiggle your bottom. The freedom to simply let go and not worry about anything but immersing yourself in the moment is life affirming and joyful. All the music is chosen because the beats are straight forward and easy to get you going. Details during the retreat weekend!</p> 

Workshop & Activity Descriptions

May 13 ~ Friday ~ Before Supper


Registering	Jill Lummus	Lodge ~ 3:00pm
<p>When you arrive at Camp on Friday afternoon, come into the Lodge, greet Jill and sign-in, turn in your medical form you brought with you, check permission to be part of the Retreat email list. Find your Cabin and Room assignments, unload your car and return it to the parking lot, have a drink (stay hydrated). Look at the new additions to The Lodge. Catch your breath. You made it! Yea.</p>		
Wrapped Bead Making	Judy Clemmer 3-5:30pm	Lodge, 3pm to Suppertime
<p>Wrapped Bead Class - Create beads with a large variety of art paper, wallpaper and various textiles. By cutting materials in various widths and lengths, you can make small, medium and large beads. This is quick and easy way to create custom beads to use for many art and craft projects. If you happen to miss this time no worries, please see schedule for Saturday afternoon workshop</p> <p><i>Born with a passion for working with my hands, I dove head first to feed my hunger to create. Professional seamstress, custom jewelry, textile artist, ceramic art, cloisonné artist are some of the ways I express my love for arts and crafts. My latest passion is creating art with recycled materials. In the paper beads class we will be creating beads from wallpaper salvaged from discontinued sample books. Judy Clemmer.</i></p>		
		
Name Tag Creativity	Lauren Schmid	Lodge, 3pm to Suppertime
<p>Select yarn to attach to your name tag, long enough to put over your head and the several outfits you'll wear over the weekend. <i>Voila!</i></p>		

May 13 ~ Friday ~ Before Supper


Intro to Belly Dancing	Jody James	Coffee House Friday 4-5:15 pm
<p>Introduction to Belly Dance starts with a gentle warm up, basic moves and some easy routines. Hip scarves and finger cymbals available in class (& for sale) if you don't bring your own. Shake your bootay; unleash the goddess within!</p> <p><i>Jody James, Licensed Acupuncturist, operates Asyrah's Garden Acupuncture Spa in Sonoma County, which received Honorable Mention in the Med Spa category of the Bohemian's "Best Of 2011" awards. She is an intuitive and compassionate practitioner who loves the integrity and healing power of Eastern holistic medicine. Jody's professional practice specializes in women's health, pain resolution, stress reduction, facial rejuvenation and quit smoking and includes herbal and energetic medicines.</i></p>		

May 13 ~ Friday ~ After Supper

<p>Spiraling Up! Life Transitions in Every Season</p>	<p style="text-align: right;">Rev Sian Wiltshire <i>Friday Night, 7:45-9pm</i></p>
<p>Opening Circle, Ingathering and Introductions.</p> <p>Keynote - Spiraling Up! Life Transitions in Every Season</p> <p><i>Rev. Sian comes from something of an eclectic background. She was born in Brussels, Belgium, to American parents traveling abroad. This exposure gave her a love of travel and she has lived in various countries, including Italy, Greece and Australia. She wasn't always a minister, but came to it late in life, instead building a career first as a Roman archaeologist, and second as an international recruiter. But the call came and, like Abraham, she decided to follow where the call led. Luckily not off a cliff. Having been exposed and explored many different religions throughout her life, she enthusiastically embraced Unitarian Universalism and entered the ministry. After two temporary ministries in Nashville, Tennessee, and South Bend, Indiana, she now proudly serves Orange Coast Unitarian Universalist Church as their settled minister. She dotes on her nephew, Max, and her godson, Luke, and gets taken on walks daily by her two dogs, Princess Leia and Shepherd Book. She is a proud geek and a lover of nature and is delighted to spend time up at Camp de Benneville surrounded by powerful and nurturing women. Reverend Sian Wiltshire has been OCUUC's minister since August 2013.</i></p>	
	


<p>Dream Group Workshop Intro</p>	<p>Becky McKnight</p>	<p>Coffee House (no restrooms) 9:15- 10 pm</p>
<p>Dream Group Introduction. For those who would like to learn about working your dreams in a safe environment and for those who have been part of an ongoing dream group, we offer a short dream work introduction workshop from 9:15 to 10:00 on Friday evening and an actual dream workshop where we will work someone's dream as a group on Saturday. Please join us at the time and location posted on the schedule, bring your dream journal (or special notebook), and a writing implement.</p>		
<p><i>Becky McKnight has been part of an ongoing dream group for over 35 years. Many members of her current dream group will be attending this retreat and plan to take part in the two workshops being offered. Using the methods developed by UU minister Rev. Dr. Jeremy Taylor and Art Bernard of the Los Angeles Dream Center as well as others Becky will explain the process of dream work and facilitate the working of at least one dream participants offer. Handouts will be shared so that taking home the methods used can be duplicated.</i></p>		


Early Saturday.....before Breakfast

<p><i>The Beauty of the Breath</i> T'ai Chi Breathing</p>	<p>Carol Wheeler</p>	<p>Coffee House Sat. 7:00-7:50am</p>
<p>Spiral Up! Your Energy with Tai Chi Breathing</p> <p>Could you use a little more energy? Want to clear the brain fog? De-stress, rejuvenate and revitalize — it's as easy as breathing. Awaken the senses and find the connection of your mind and body. In this workshop we will explore using the breath to direct our Qi — our life energy or prana — the stuff that makes us ALIVE! We'll play with a series of slow, beautiful and flowing movements to focus the mind, reduce stress, and develop relaxed energy. No special equipment or attire needed; just non-restrictive clothing that allows you to move your beautiful body and breathe deeply. Appropriate for all seasons of life!</p> <p><i>Carol is a tai chi practitioner and is an instructor certified by the creator of Tai Chi for Strength & Balance, Troyce Thome. She has taught students under the guidance of Sifu Pat diBatista at the Shaolin School in Rancho Santa Margarita and with Professor Vince McCullough at Saddleback College.</i></p>		
<p>Jacuzzi Soaking 7am Quiet</p>	<p>At least two women</p>	<p>Spa open 7:00am-Midnight</p>
<p>Remove the blue plastic cover; jet operation is on the back wooden uprights. Replace cover if no one is there when you leave.</p>		
<p>Self-guided Labyrinth: Metaphor of one's odyssey.</p>	<p>Take a friend, or go solo.</p>	 <p>Labyrinth laid out in forest, 50 yards down the grade from Lodge Deck</p>

Saturday Workshop Session #1

9am -- 11am

<p>*A Shamanic Journey to the Spirit of the Season (*for best experience, please plan to stay the 2 hours)</p>	<p>Rev Sian Wiltshire</p>	<p>Coffee House (no restrooms) 9am – 11:00 am</p>
<p>A Shamanic Journey to the Spirit of the Season. This weekend we are exploring the various seasons we find ourselves in our lives. You are in one right now! In this workshop, Rev. Sian will teach a method of shamanic journeying, first to retrieve a power animal and then to journey with your new guide to the Spirit of the Season to discover what it has to teach you.</p> <p>The shamanic journey is an ancient method of tapping into your intuition/spirit guides (however you choose to understand it). It involves a kind of guided meditation (“journey”) at the sound of a drum beat. You need only bring yourself, and comfortable clothing. If you prefer to lie on the ground, bring a blanket/mat to lie on, otherwise you can simply sit in a chair. You are also welcome to bring a rattle or drum if you have one, though you are by no means expected to.</p> <p><i>Rev. Sian comes from something of an eclectic background. She was born in Brussels, Belgium, to American parents traveling abroad. This exposure gave her a love of travel and she has lived in various countries, including Italy, Greece and Australia. She wasn't always a minister, but came to it late in life, instead building a career first as a Roman archaeologist, and second as an international recruiter. But the call came and, like Abraham, she decided to follow where the call led. Luckily not off a cliff. Having been exposed and explored many different religions throughout her life, she enthusiastically embraced Unitarian Universalism and entered the ministry. After two temporary ministries in Nashville, Tennessee, and South Bend, Indiana, she now proudly serves Orange Coast Unitarian Universalist Church as their settled minister. She dotes on her nephew, Max, and her godson, Luke, and gets taken on walks daily by her two dogs, Princess Leia and Shepherd Book. She is a proud geek and a lover of nature and is delighted to spend time up at Camp de Benneville surrounded by powerful and nurturing women. Reverend Sian Wiltshire has been OCUUC's minister since August 2013.</i></p> 		

<p>The Real Detainees of Orange County aka Realities of Immigrants in OC jails</p>	<p><i>Karen Nichols and Ellen DeYoung</i></p>	<p>Craigs Cabin 9am – 11:00 am</p>
<p>The Real Detainees of Orange County aka Realities of Immigrants in OC jails. The reality for detainees and the experiences of two Friends of the OC Detainees (FOCD) volunteer visitors seeking to end detainee isolation in Santa Ana, James Musick and Theo Lacy Jails. FOCD now has over 50 visitors. There are over 350 current detainees in the three OC jails seeking a visitor to help ease their isolation, some of whom have been waiting months for their first visitor.</p> <p><i>Karen Nichols and Ellen DeYoung have been visitor volunteers for 4 years with the Tapestry UU originated Friends of the OC Detainees (FOCD).</i></p> 		

Saturday Workshop Session #1

9am -- 11am

Name Tag Creation (continued)		Lodge 9am – 11:00 am
Adult Coloring - paper, designs provided please bring your own pens, crayons, etc.		Lodge 9am – 11:00 am


Saturday Workshop Session #2


10:45am -- Noon

<p>*Dream Group Workshop Follow up – Prior night attendance of Intro Workshop advised but not a requirement to attend. (*for best experience, please plan to stay the 2 & 1/2 hours)</p>	<p><i>Becky McKnight</i></p>	<p>Library 10:00 am – 12:30 pm</p>
<p>For those who would like to learn about working your dreams in a safe environment and for those who have been part of an ongoing dream group we offer a short dream work introduction workshop from 9:00 to 9:30 on Friday evening and an actual dream workshop where we will work someone’s dream as a group on Saturday. Please join us at the time and location posted on the schedule, bring your dream journal (or special notebook), and writing implement.</p> <p>I will act as your facilitator; however, we are blessed to have multiple dream group members attending our retreat. We will be using the Rev. Dr. Jeremy Taylor’s methods (Jeremy is a UU minister and has been my dream journey mentor for well over 35 years). Also, Art Bernard’s tips on programming dreams. He is from the Los Angeles Dream Center. We will unlock the secrets of our dreams and learn about the spiritual, health, relationships, employment, life journey, action plans our dreams provide for us. Dream work is a community bonding activity.</p> <p><i>Becky McKnight has been part of an ongoing dream group for over 35 years. Many members of her current dream group will be attending this retreat and plan to take part in the two workshops being offered. Using the methods developed by UU minister Rev. Dr. Jeremy Taylor and Art Bernard of the Los Angeles Dream Center as well as others. Becky will explain the process of dream work and facilitate the working of at least one dream participants offer. Handouts will be shared so that taking home the methods used can be duplicated.</i></p> <div data-bbox="1128 982 1399 1241" data-label="Image"> </div>		

<p>Hike with a bit of History</p>	<p>Anne Thorward</p>	<p>11:15 am – 12:30 pm Meet at deck outside of Lodge</p>
	<p>Hike with a bit of History. A short hike around campus & brief history of Camp de Benneville. Get some exercise and find out: How did Camp get its name? How did UUs acquire this camp? Where did the money come from? Who decorated it all? Where did the Lake Fire start? In less than an hour you will learn more than you could imagine about our beloved camp.</p>	
<p><i>Anne has been an active UU for 40 years. She and husband Tom met, married and raised a family in UU Church of Silver Spring MD. They now live in Claremont & belong to Monte Vista congregation. Anne has served UU churches in many capacities. After moving to CA, they both became dedicated supporters of Camp de Benneville Pines: Tom is a Camp Board member & Anne is Chair of the Camp Stewardship Team.</i></p>		

Saturday Workshop Session #2

Henna Body Art	Lauren Schmid	Lodge 11:15 am – 12:30 pm
<p>Henna Body Art. Mandalas, flowers, symbols, animals, or any other design can be your temporary tattoo for one to two weeks with henna body art. Organic ingredients, many designs to choose from, or bring your own picture. First come, first served. Most designs take 10 minutes or less to apply, and require 20-30 minutes to dry.</p> <p><i>As a delicate feminine flower in the early prime of her middle age, Lauren is a self-taught henna body artist with a love of art that is as strong as her fear of tattoo commitment. Lauren encourages you to explore "henna body art" via Google for examples of what is possible, and will be delighted to *attempt* any such designs for you. She will also be happy to answer questions and share instructions for making and applying henna back at home.</i></p> 		

Tapping Into Your Own Upward Spiral	Sharon Goodlove	Craig's Cabin 11:15 am – 12:30 pm
<p>Have you heard of tapping with your fingers? On your face and hands to connect with meridian points to bring emotional relief from anxiety, phobias, past traumas? Simple, 1-minute, stress-reduction recipes.</p> <p>We all tend to let stressors retrigger our worst self. Think of your life energy as residing in a lovely old oaken rain barrel. Now put alllll the stressful people, situations, decisions, news...into the barrel. Whoopsie! Does it overflow? Learn how to quickly & easily, without drugs, "treat" yourself. Excellent adjunct to therapy/counseling, by tapping on meridian points – in the privacy of your own space. Think outside the Western medical belief box. Explore how you can help yourself achieve better balance, cognitive thinking, rational choice making. Thought Field Therapy (TFT) is the tool you need in your emotional first-aid kit --a magic wand at the ready.</p> <p>Your issues and challenges can remain private or shared aloud in this confidential workshop space. Handouts for your at-home use will help you memorize the tapping sequence & points so you will have "magic at your fingertips". Also very helpful for your children or pets who have fears and concerns.</p> <p><i>Sharon Goodlove, a professional counselor for over 30 years in San Diego, keeps an office space but now works primarily by phone in all world time zones.</i></p> 		

Saturday Workshop Session #2

Tie Dye (\$5 tie dye cost)	Andrea McDonald	11:15 am – 12:30 pm Outside of Lodge – outdoors South side
<p><i>“The only thing that should be separated by color is laundry.” – By Anonymous</i></p> <p>Tye Dye - Fit to be Tied with Andrea. Bring one item of your choice (no large items please) or purchase a T-shirt with a Unitarian Universalist logo and tie-dye it with Andrea. The fee for the workshop will be \$5 for T-shirt, plus \$5 for die materials and supplies, including all the colors of the rainbow, and then some.</p> <p><i>Andrea McDonald is a seasoned practitioner of tie-dye and a member of a UU Church in North County San Diego. As a single mom raising four kids, Andrea practiced her craft to bring her kids back home and to keep them from drifting apart during their middle school years. Her home became a social center for her kids and their network of friends.</i></p> <p><i><fit2.btiedandrea@yahoo.com></i></p>		

Saturday Workshop Session #3

1:40 – 3:00pm

Visual Journaling	Judy Westerfield	1:30 pm - 3:30 pm Coffee House
<p>Visual Journaling - NOT your mother's journaling. Visual Journaling uses images to express thoughts, feelings, hopes and dreams. You'll create a mini journal to fill with collaged images of the seasons of your life and learn how to process your pages for deeper meanings and connections. Don't attend this workshop unless you want to experience journaling that is easy, fun and addictive. All materials provided and NO prior experience or artistic talent needed!</p> <p><i>I'm now officially retired which makes me a used-to-Be Marriage, Family Therapist, Faculty Instructor for The Academy for Guided Imagery and other stuff that sounds very professional. I'm most passionate about my dog Freddie, the Baha'i World Faith and anything creative (except singing and dancing since my 2 left feet are tied to my vocal cords). I've facilitated Therapeutic Creative Expression workshops (journaling, mask painting, process painting) for over three decades. And I blog!</i></p> <p><i>http://judithwesterfield.com (Curious to the Max),</i> <i>http://judywesterfield.wordpress.com (The HeART of Spirituality).</i></p> <p><i>Judy Westerfield</i></p> <p>.....</p>		





Drawing Your Inner Artist Out	Denise Legters	Craig's Cabin Sat - 1:45–3:15 pm
<p>Drawing Your Inner Artist Out - All supplies provided. If you keep a sketchbook, feel free to bring it. Drawing is really not that mysterious. Try out a few art tricks presented with a twist. All in good fun, we will bypass road blocks to your creativity. No experience necessary.</p> <p><i>Denise Legters has taught Fine Arts courses in Jr. Colleges, Adult Education programs, and privately. She earned an MFA from the University of Pennsylvania, Philadelphia. Denise claims that sketching is her life's #1 sanity saving and stress busting practice. Really! Come see why.</i></p> <p>.....</p>		




Saturday Workshop Session #3

1:40 – 3:00pm


Finding Harmony	Emma's Revolution	Lodge Sat - 1:45–3:15 pm
<p>Finding Harmony. Expand your knowledge or come as a beginner and experience creative harmonizing. We'll explore breathing, vocal warm-ups and, that old time-honored tradition, listening.</p> <p><i>Emma's Revolution is the duo of award-winning activist musicians, Pat Humphries & Sandy O. Emma's Revolution's songs have been sung for the Dalai Lama, praised by Pete Seeger and covered by Holly Near. Performing at Unitarian Universalist coffeehouses, convocations and congregations from Alaska to Florida, Emma's Revolution is well known to UU audiences and, since their 2005 appearance with Pete Seeger at General Assembly in Fort Worth, the duo has performed at General Assemblies from Salt Lake City to Portland. Join Pat & Sandy for this fun and transformative workshop!</i></p> 		


Living Green and Saving Money	Leslie Reuter	Cabin 6 Sat - 1:45–3:15 pm
<p>Informative workshop on integrating living green into your life to help save money for retirement/college/a house/your dream.</p> <p>.....</p> <p><i>Leslie Reuter has been a UU for over 30 years and works in the banking industry. I volunteer in the community & often end up as the Treasurer--go figure! I love to be active outdoors, gardening, walking my dogs, hiking or riding my Pedego electric bike--great for local errands. My passion is living a green and sustainable life. I source 98% of my food without any packaging! Originally from New England, I value and appreciate our weather--no more snow storms for me! My three children are all grown-up: a senior at Indiana University, a talented hair stylist in Encino, and an IT technician who helps with my computer questions.</i></p> 		

"Archery" -- Session #1	Camp Staff, at the Archery Range	Sat 1:45pm – 3:15pm
<p>Staff at Camp, will structure a session for the novice to archery, as well as the experienced, archer. Safety is a priority. Please sign up in the lodge Saturday after breakfast. There will be three sessions. Until everyone interested has had a chance, please sign up only once.</p> 		

Saturday Workshop Session #4


3:30 – 5pm


Food as Medicine: Eating with the Season	Jody James	Craig's Cabin Sat 3:30–5 pm
<p>"Food as Medicine: Eating with the Season" For thousands of years, Eastern medicine has included diet as one of the major pillars of good health. In this workshop we shall discuss the elemental nature of various foods, how they help or hinder health, and how to include the seasons into your food choices. Small changes in habits can improve your overall health quickly and help you avoid the doctor's office!"</p> <p><i>Jody James, Licensed Acupuncturist, operates Asyrah's Garden Acupuncture Spa in Sonoma County, which received Honorable Mention in the Med Spa category of the Bohemian's "Best Of 2011" awards. She is an intuitive and compassionate practitioner who loves the integrity and healing power of Eastern holistic medicine. Her practice specializes in women's health, pain resolution, stress reduction, facial rejuvenation, quit smoking, and includes herbal and energetic medicines.</i></p> 		

Wrapped Bead Class	Judy Clemmer	3:30 – 5:00 pm Lodge/Outside weather permitting
<p>Create beads with a large variety of art paper, wallpaper and various textiles. By cutting materials in various widths and lengths, you can make small, medium and large beads. This is quick and easy way to create custom beads to use for many art and craft projects.</p> <p><i>Born with a passion for working with my hands, I dove head first to feed my hunger to create. Professional seamstress, custom jewelry, textile artist, ceramic art, cloisonné artist are some of the ways I express my love for arts and crafts. My latest passion is creating art with recycled materials. In the paper beads class we will be creating beads from wallpaper salvaged from discontinued sample books. Judy Clemmer</i></p> 		


Saturday Workshop Session #4

3:30 – 5pm


"Walk to the Lake"	Janet James	Lodge Patio-Sat 3:15–5:15pm
<p>Join Janet James on a hike up to Jenks Lake. We will wander through the woods on our way up to the lake, and climb a few hills before ascending to the lake shore. A great way to burn a few calories and wake up your muscles. Wear brimmed hat and bring water.</p> <p><i>Janet James has been Camp Director at de Benneville Pines for 19 years. Born and raised in Redlands, the San Bernardino Mountains were literally her playground. As a child she spent many summers backpacking the peaks with her father and at Girl Scout camp on East Jenks Lake Road. She is no stranger to the mountains and the trails in the Barton Flats area.</i></p>		

Uncork Your Inner Artist (limit 20 campers) \$15 cost inc wine :)	Susan Rao	Coffee House Sat 3:30–5:30 pm
<p>What do you get when you mix paint and wine? A colorful and fun afternoon, as you create your own impression of Robie Benve's painting, "Poppies." We will be using acrylic paints on canvas, and whatever your level of experience, you are sure to leave with a unique and special painting which will remind you of the good time we had together. \$15 cost to camper which includes paints, supplies, and wine!</p> <p>.....</p> <p><i>Susan Rao is a longtime UU and member of Tapestry congregation. Until July of 2015, she was accused of being a workaholic, but all that changed when she retired. Now she enjoys pursuing art---painting in acrylics and pastels, and likes sharing her enthusiasm for creating beauty with others who might enjoy playing with color, form and content. Susan's participated in and led "uncorking" events in which both paint and wine flow.</i></p> <p>.....</p>		

Saturday Evening


Concert	Emma's Revolution	Lodge "dance floor" Saturday 7:15
<p>Emma's Revolution</p> <p><i>"Fervent and heartfelt" ~The New York Times</i></p> <p>Smart, funny and informative—like Rachel Maddow and Jon Stewart with guitars. Emma's Revolution is the duo of award-winning activist musicians, Pat Humphries & Sandy O. Called "inspiring, gutsy and rockin'", Emma's Revolution's songs have been sung for the Dalai Lama, praised by Pete Seeger and covered by Holly Near. The duo's awards include Grand Prize in the John Lennon Songwriting Contest and, for the two years in a row, the Washington Area Music Association's Fan Favorite Award.</p> 		


Early Sunday.....before breakfast

"Gentle Yoga"	Laura Jackson	Coffee House 7:00-7:50pm
<p>This gentle yoga session is intended to bring ease and improved well-being through careful, gentle movement and breath-work that opens body and mind for better functioning and overall health.</p> <p><i>Laura began practicing yoga over 20 years ago to maintain health, manage stress and increase flexibility. Last summer she earned her Yoga Alliance RYT 200 certificate through Yogaworks. Laura continues to study and develop her practice with many excellent teachers grounded in the teachings of BKS Iyengar & other forms. She has found that carefully-aligned yoga poses, integrated with breath, allow the mind to focus inwardly, encouraging physical strength & release of tension. Relaxation, improved posture and increased range of motion are just some of the benefits.</i></p> 		

Sunday ~ Workshop Session #5

9:15 --10:45am


YOU ARE YOUR SPIRIT GUIDE! But, Um ... What Does That Look Like?	Abbie Padgett	9:15 -10:45am Coffee House (no restrooms)
<p>We come from, have come to and have become essences of many spiritual traditions as we walk our rich and complicated paths. In this workshop we'll explore and share song (led by Sharon Goodlove), carefully crafted personal words and carefully chosen, tiny pictures from which we'll create "UU scapulars" to take home as reminders of our spiritual strengths. (Scapulars are traditionally small rectangles of dark fabric, decorated with religious images and words, worn on cords of yarn, front and back, over the shoulders as devotional objects. Ours will be colorful, not dark, and reflect our very individual spiritual gifts.)</p> <p><i>Abigail Padgett is the author of the award-winning Bo Bradley Mystery Series, featuring sleuth Bo who, like the author's son, must battle manic depressive illness. Books in the series have been translated in five languages and one became a French movie. Abbie's additional mystery titles include Blue and The Last Blue Plate Special (a two-book series), Bone Blind, The Paper Doll Museum, An Unremembered Grave and the cozy Mandy Dru short stories.</i></p>		
		


Labyrinth Meditative Walk	Laura Jackson	9:15 -10:45am Meet at Lodge Deck
<p>Enjoy a quiet contemplative experience walking the labyrinth.</p>		
		

Archery, Session #2	Camp Staff	Archery Range--Sun 9:15 - 10:45
<p>will structure a session for the novice to archery, as well as, the experienced archer. Safety is a priority. Please sign up in the lodge Saturday after breakfast. Limit your participation to only one session so all may have a chance to sample this skill. If there is space at third archery session at 1:30, you may participate for a 2nd time.</p>		

Sunday ~ Workshop Session #5

9:15 --10:45am

Share 'n Care	Judy Westerfield	9:15 -10:45am Craigs Cabin
<p>Join us in a safe and supportive space to share or process your thoughts, feelings or experiences from your time at the Woman's Retreat (or any other season of your life!). We'll talk about what we need to enjoy and weather the climate each season brings. Let's come together in friendship to support and learn from each other.</p> <p><i>I'm now officially retired which makes me a used-to-Be Marriage, Family Therapist, Faculty Instructor for The Academy for Guided Imagery and other stuff that sounds very professional. I'm most passionate about my dog Freddie, the Baha'i World Faith and anything creative (except singing and dancing since my 2 left feet are tied to my vocal cords). I've facilitated Therapeutic Creative Expression workshops (journaling, mask painting, process painting) for over three decades. And I blog!</i> http://judithwesterfield.com (Curious to the Max), http://judywesterfield.wordpress.com (The HeART of Spirituality). <i>Judy Westerfield</i></p> 		

Chair Massage Lesson	Lauren Schmid	9:15 -10:45am Cabin 6
<p>Chair Massage Lesson. Join Lauren for a 90-minute lesson in which you will learn massage techniques for relieving tension in muscles of the upper back, shoulder, neck, arms and hands. Participants will give and receive a 15-minute chair massage (with ongoing guidance). Participants will also receive written instructions for future use. Note: Participants remain fully clothed during chair massage; loose T-shirts or tank tops are recommended.</p> <p><i>After years of computer/desk work, Lauren sought a new career that would allow her to make an immediate beneficial impact on people, and found massage therapy. Since completing her training, Lauren has been doing massage therapy work for a chiropractor's office as well as for private clients, and has recently begun assisting new massage therapy students at the school she attended. Lauren looks forward to sharing massage therapy with as many people as possible!</i></p> 		

SUNDAY CLOSING

Sunday Closing Ceremony	All Who Wish to Share	Inside Lodge Seating - circles around altar Sun. 11am – 12pm
<p>A Sunday ingathering service with songs, prayer, sharings. This time is for ruminating on what experiences the Retreat has provided you and for sharing some of what was important for you. Sing along with the group, listen to the piano music, read the poem you wrote, show the watercolor, talk about a new friend you've made, show some belly dancing moves or archery posture, something you led or learned from... what you're taking home with you... and when you'll be back.</p> <p>Please bring your flower(s), scarf, item to place on the center "altar" at 11am. Pick up your valuables from the altar when the space is rearranged for our festive luncheon.</p>		

Archery, Session	Camp Staff	Archery Range--Sun 1:30 - 2:45
<p>Staff will structure a session for the novice to archery, as well as, the experienced archer. Safety is a priority. Please sign up in the lodge Saturday after breakfast. If there is space available at this third archery session at 1:30, you may participate for a 2nd time.</p>		

<p>Historical Hike around Jenks Lake Road Cabins Bring water and camera.</p>	<p>Sunday 1:30 – 2:45 Meet on Lodge Deck after lunch things are cleared.</p>	<p>Janet James & Daisy Doodle</p>
<p>Join Janet James and Daisy Doodle as they meander through some of the historical cabins that sit on USFS land right across the road from camp. The hike is a nice way to finish up a beautiful weekend together. If you have any energy left after a fun-filled weekend, please join with others on this history hike. Moderate level, approximately one mile.</p> <div data-bbox="1182 1234 1414 1457" data-label="Image"> </div> <p><i>Janet James has been Camp Director at de Benneville Pines for 19 years. Born and raised in Redlands, the San Bernardino Mountains were literally her playground. As a child she spent many summers backpacking the peaks with her father and at Girl Scout camp on East Jenks Lake Road. She is no stranger to the mountains and the trails in the Barton Flats area.</i></p>		