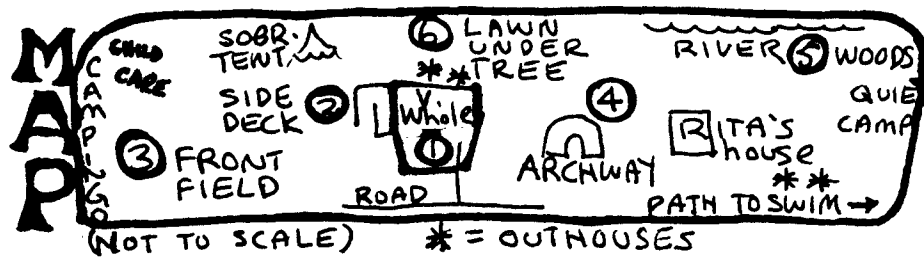


# Workshops



Workshop times may change. Check the bulletin board at front desk to be sure of time and place.

## SAT. AUG. 7<sup>th</sup> 9 - 11 am

### FLOWER ESSENCES: AN INTRODUCTION *Site 1*

**Penny Bonnet** has been using and making essences for years. She will cover how flower essences are made, their use, and how to choose an essence to stimulate the body's own healing system. A small fee for essence if time permits.

### FESTIVAL FIRST AID: Providers & consumers *Site 4*

**Antoinette Halberstadt** from Winlaw Ambulance invites all interested givers and receivers of first aid to an information and discussion gathering on alternative and "mainstream" skills and resources: what we might need or offer; explore 1 or 2 scenarios and how we might be of service; right to refuse service - how?; our right to be accompanied in an ambulance, by whom? Come & share your experiences and learn something new.

### WOMEN IN BLUEGRASS *Site 2*

**Eva Defoor** brings music to our ears. A favourite on Co-op Radio, Eva has a rich repertoire of stories and music to share.

### JEALOUSY *Site 5*

**Kiinda Kivi** and **Lyn Merryfeather** facilitate a discussion group on the "Green-eyed Monster."

### BODY PRINTS *Check front board for site*

A wacky workshop back for one more time. This popular 'paint your body and print it' activity is fun to do. A couple of Festivals ago the prints hung around the hall for the Saturday Night dance and looked simply stunning. A materials fee is required; bring a towel, washcloth and soap too. You'll love it.



## SAT. 1 - 3 pm

### CULTURAL APPROPRIATION *SITE 2*

"Know the true history of the land on which you live" **Marilyn James** is the official spokesperson for the **Sinixt** people, whose hereditary land is right here. Part of this workshop will be the question: "Do we have the right to borrow parts of other cultures for our own learning, enjoyment, spiritual development, etc.?"

### SINGING & DANCING WITH THE GODDESS: DANCES OF UNIVERSAL PEACE *Site 1*

**Shemmaho Jephi Sioux** is a certified dance leader and has been actively involved in developing a woman-centred Spirituality for 20 years. Her warmth, humour and expertise create a safe environment in which to learn ancient and contemporary expressions of the Divine Feminine, bringing us closer to ourselves and each other.

### BICYCLE MAINTENANCE & REPAIR *Front of B Bldg.*

**Carol Street's** comprehensive demonstrations and willingness to share expertise is the bike course we all wish we'd had when we got our first bikes! An empowering workshop on how to keep your wheels running smoothly and with style. Bring your bike and give it a treat.

### WOMEN'S WARRIOR SOCIETY: FAMILY VIOLENCE DISCUSSION GROUP *Site 6*

**Ros McCue** facilitates this look at our roles as pro-active, empowered women in our communities exploring 'where we're at' and 'where we're going' in terms of family violence. Initial steps we can take, securing a safe environment for ourselves and our children, and empowerment methods are themes.

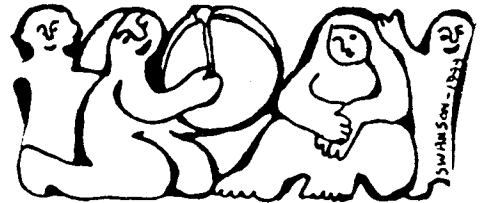
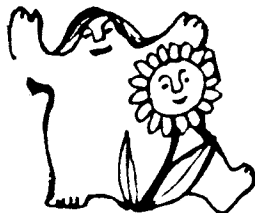
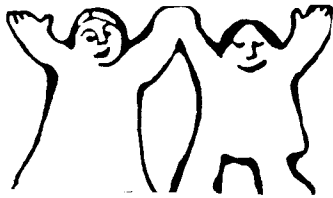
### JEWELLERY MAKING *Crafts Area*

**Kelly Holsworth** has been putting together beautiful creations from silver, brass and copper wire for some years now. Her bead collection is awesome; from all over the world. She will do a demo and then a hands on 'you-make-it' session with a small fee for materials. Make a toe ring, earrings, or a decoration to dance with later...a Festival memento.

### WOMEN'S LAND TRUST *Site 5*

**Gitta Ridder** presents information and discussion on women's land with homes for elders in this region. LABYS news as well. Come and share your knowledge and ideas on this topic.





*and more workshops...*

**SAT. 3 - 5 pm**

**THE SACRED WHISPER: A WRITING WORKSHOP Site 1**

If we are not human beings trying to be spiritual, but spiritual beings trying to be human, how is this reflected in our art? This writer's workshop will explore revelation through the ordinary, the extraordinary in the commonplace. It will challenge us as writers to go beyond the familiar boundaries of human experience, where writing becomes the exploration of uncharted realms of the soul. Bring emotions, ideas, dreams...and an open heart! **Mary Crowe** facilitates.

**FESTIVAL STORYTELLING Site 2**

Bring your stories of what's happened over the 25 years at this wonderful festival. This may be the *last festival*. Share your memories and photos of the fun and the glitches, stories of memorable characters and sweet moments with newcomers and long-time supporters of the women's festival..

**WOMEN PLAYING MUSIC Site 3**

Bring voices, rattles, drums, flutes, sacred feminine songs to the circle at the hospitality site. Circle led by our well known **Bo Conlan**.

**GENETIC ENGINEERING & OUR FOOD Site 4**

Some call it " Frankenfood;" others call it mutant food. ~~Who~~ **Who** ever you call it, the vast majority of North Americans have unknowingly been serving it up daily for the past 30 years or more. **Abra Brynne** will explain what foods are involved, why most consumers don't know anything about it, asks for the food chain and what we can do about it. Abra is a food systems activist who specializes in genetic engineering and food. She also works closely with regional farmers and farm groups.

**ASTROLOGY: AUGUST 11<sup>TH</sup> ECLIPSE Site 5**

**Joanne Hetherington** has been an astrologer for 24 years. This workshop focuses on the meaning of the eclipse in Leo on August 11<sup>th</sup> this year – a date some of you may have heard predictions about. After this the world will not be the same as we know it. How to find stability within chaos.

**SUNDAY AUG. 8<sup>th</sup> 9:30 - 11:30**

**TAI CHI Meet in the front field**

**Shawna Shanti** leads us in these gentle flowing movements. A delight to watch and to do.

**MASSAGE Site 1**

**Christine Sutherland** shows the way to a head, neck and shoulders treatment. Pair up to get and give a massage under Massage Therapist Christine's capable direction. A great way to start the day! Mmmmm.

**HERBWALK Meet in front of bldg.**

**Sharon** is a registered Herbal Practitioner and member of the Canadian Herbalist Association. She's studied at various schools and loves to share her knowledge. The women in this group will talk about the inter-relatedness of plants, other cultures' use of various plants, and identify plants around the Vallican Whole area.

**GLOBALIZATION AND ITS EFFECT ON WOMEN TODAY Site 1 stage**

**Amelia** from Earth Matters will bring information, discussion and some activities to illustrate the effect of globalization on us now.

**PINE NEEDLE BASKETS Site 6**

**Shannon Lanaway** demonstrates and assists us in how to make these beautiful baskets. Small materials fee.

**COLUMBIA BASIN TRUST & THE WOMEN'S AD HOC COMMITTEE Site 4**

**Hannah Hadikein** poses the question: "How can we help the Trust turn the good words in their plan into real Equality of Outcomes?"

**CHECK FRONT BOARD FOR TIME OR SITE CHANGES. WANT TO LEAD YOUR OWN WORKSHOP? WRITE IT ON THE BOARD, FIND A SITE AND GO FOR IT! WORKSHOP TIMES MAY CHANGE, CHECK OUT FRONT!**

