

MAY 2011

The Center



Community Center Foundation

"A place for celebration, enrichment and healing"

(708) 361-3650

<http://www.thecenterpalos.org>

email: centerpalospark@sbcglobal.net

BALANCE

Balance is a value in my life that I constantly have to keep focusing on. It is sometimes easy for me to put off or sidestep. Balancing your life takes some good honest planning and organization. You have to set goals and priorities to maintain balance...and stick with them. There are people who are so goal oriented that they miss out on living in the present. They are rarely experiencing the here and now – always off in their mind someplace else planning and calculating. There are those completely living in the moment – the here and now – and never get around to making any kinds of plans or goals. Like a ship sailing across the Atlantic...some captains focus on getting to New York City and never once enjoy the awesome natural beauty of the sea and sky. Some captains are so absorbed in the natural beauty they never make it to New York City. They float adrift. The real winner is the one who does the necessary planning and work to make it to New York City and lives in the moment along the way. That's balance and it requires your attention to pull it off. It's a win/win situation. Sounds so simple but often when something is not right in my life – it has something to do with how I am balancing my life. So I have to pay attention to balance.

Obviously there are times we just have to be off-balance. Things happen unexpectedly, deadlines have to be met, and we give everything we have to get it done. These are emergencies...and hopefully your life is not one emergency after another. However, if you're not maintaining balance, taking the time to plan and organize things in your life, including simple daily plans – your life could seem like one emergency after another! Does that ring a bell with anyone? It does with me sometimes and here's what I have to do to get back on track.

Know What's Really Important. I have five important people, places or things in my life of which I care deeply about. For example, one of my five is my daughter. She is core to my existence and I would do anything, give up much, for her welfare, happiness, and growth. Now that might sound obvious but the point is: know what's important. You can't be everything to everybody. There's only so much you can give. Clarify what's important.

Think About Balance. Of the five most important things in my life, how am I doing? Have I balanced my time? Who or what needs my help, my attention, my love or compassion? Who or what needs it most right now? Have I been neglecting someone or something, and if so, why? Figure it out.

Make A Plan. This is critical. You can think all you want but put a pen to paper and write down a plan. Spend an hour daily by yourself and make a plan on how you're going to help and make better the five most important things in your life. This could be anything from planning a dinner with your parents, to setting a goal at work, to helping your child with math homework. The point that is dinner will never happen with your parents until you set a date and plan a dinner. A goal at work won't happen until you set aside an hour each day to work on achieving that particular goal. Math homework (one of my absolute favorites!) won't happen unless I set aside a time daily with my daughter to get it done. If I do this sort of life management I bring back balance in my life. It creates a string of little and big successes. I have planned out quality time where I am fully present to be my best and to give my best to the most important things in my life. If you want that you have to plan for it!



BTBW3 Barn to be Wild Three

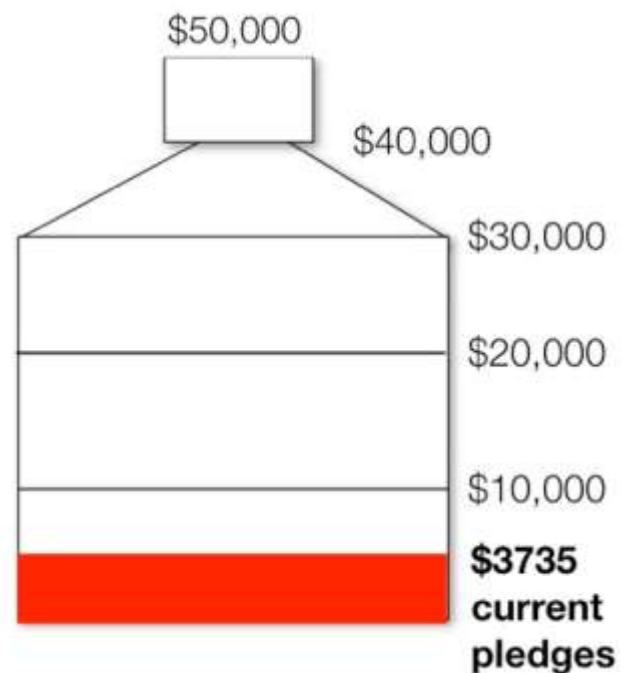
Rev Chris Hopkins is about to spend 27 hours in the animals' pens for a great cause. Chris and her "Pen Pals," other volunteers who are spending time in the animal pens in exchange for donations and pledges to The Center, are going to be at the Children's Farm starting at 1pm on Saturday, May 7th.

There are a lot of ways you can help:

- 1.) Click on the "Donate" buttons on our website
- 2.) Come out to the Farm on May 7th & May 8th
- 3.) Watch the live webcast
- 4.) Tell everyone you know about Barn To Be Wild 3!

Live webcast and other information is always available at

<http://btbw3.org>



Special Events in May

MIND-BODY FITNESS

**MONDAY EVENINGS, NEW 6-WEEK SESSION BEGINS APRIL 25, 7-8:30 P.M.,
AT THE ANDERSON CENTER AT THE FARM (SKIP 5/30)**

Wellness/fitness educator Pam Johnson leads this experience, using the NIA mind-body technique-- a gentle blend of yoga, tai-chi, and the grace of dance. Pam offers an opportunity to listen and be in tune with your body, to learn how it feels to be in balance without aches and pains, able to move freely like a child, to experience grace and beauty in movement, to reconnect with your breath and yourself, and to peel through layers of stress. This class is beneficial for all fitness levels and is designed for the beginner as well as for those who have taken some form of mind--body classes already. Class fee for 6--week session is \$72. Please pre-register before April 25. Bring a yoga mat and water bottle.

SATURDAY MORNING BIRD WATCHING

LEADER: JOHN STAUDINGER

TWO FIELD SESSIONS: SATURDAY MORNINGS, APRIL 30 AND MAY 7 (7:30 – 9:00 AM)

Avid birder John Staudinger will lead these leisurely mornings of bird-watching at the height of the spring bird migration. The Center woods serve as a great stopover site for migrating warblers and songbirds on their way north to their summer breeding grounds. In past springs, scarlet tanagers, orioles, grosbeaks, and a multitude of warblers have been spotted near the lodge at The Center. Wear sturdy hiking shoes for spring mud. Bring binoculars if you have a pair. Program fee: \$5 per walk. Please call to pre-register.

SPRING WILDFLOWER WALKS

LEADERS: CAROL ALESIA AND LOIS LAUER

TUESDAY EVENINGS THROUGHOUT MAY, 5:30 - 7:00 PM

Both novice and experienced nature lovers will enjoy these leisurely nature rambles, in The Center's woods, and occasionally to nearby forest preserve areas. Wear sturdy hiking shoes for spring mud. Program fee: \$5 per walk. Please call to pre-register.



TOASTMASTERS

1ST AND 3RD WEDNESDAYS, MAY 4 AND 18, 7:00 - 9:00 P.M.

Toastmasters is an opportunity for folks who wish to improve their public communication skills. It's an internationally renowned program, involving a structure of both planned and impromptu short speeches, with evaluations by members of the group. The Center's Toastmasters Club consists of staff, volunteers, and friends of The Center. No commitment is necessary to try it out: so join us on the 1st or 3rd Wednesday evening of the month. For more information, talk to Dave Sanders, Lois Lauer, or Frank Sanders

WOMANTALK COFFEE HOUR!

TUESDAY, MAY 31, 10 A.M. – 11:30 A.M.

WOMANTALK! is a wonderfully nurturing and supportive women's discussion group, led by Mary Ann Grzych, and focusing on the month's readings in Sarah Ban Breathnach's "Simple Abundance" book or any other inspirational resources that ladies would like to bring to share. The focus of Womantalk is on learning to live authentically, joyfully, simply, and gratefully. Womantalk Coffee Hour cost: \$5. Please call to reserve a spot.

CHEF JULIE'S COOKING SCHOOL.....AND DINNER!

FRIDAY EVENING, MAY 13, 6 - 9 P.M. AT THE ANDERSON CENTER AT THE FARM

Do you love to cook? Then you will enjoy this evening of basic cooking lessons, plus the opportunity to sit and enjoy (and critique!) a candlelight dinner that you've just helped to create.

Join Chef Julie as she shows you how to cook a Chicken Piccata with Capers dinner, with homemade pasta and fresh herbs, garden asparagus, and then.... cannoli for dessert! She'll share her recipes and demonstrate her techniques. Everyone will learn the art of using a jaccard to tenderize the chicken, the pasta machine to roll out the homemade fettuccine, and the pizzelle press for turning out the cannoli rounds.

Cost: \$35, includes demonstration, hands-on practice, and a scrumptious dinner that you helped to prepare. Meet at the Anderson Center kitchen on the east side of Southwest Highway. Pre-registration and pre-payment required by May 9.



EMERSON HILL NIGHT: JAZZ IN THE PINES

SUNDAY, MAY 15 5:30 P.M.

(PLEASE NOTE DATE CHANGED SINCE PRIOR ANNOUNCEMENT!)

An Outdoor Concert by The Darlene Baresch Quartet

We are thrilled to offer our nineteenth annual outdoor spring jazz concert -- to be held on the beautiful stage in the pine woods on the north end of the farm. The Darlene Baresch Quartet will return to our Stage in the Pines to again provide an outstanding evening of jazz standards. The evenings musicians include Spencer Keys on keyboard, Tyke Hendershott on bass, Scott Gumina on saxophone and clarinet, Dean Minuth on percussion, and singer Darlene Baresch. Just park at the farm and the hayrack will take you out to the concert. Bring lawn chairs or blankets for seating. We are providing punch and cookies and you may choose to bring your own picnic supper (no alcohol please). There is no admission fee to the concert, as the event is The Center's gift to those who wish to attend. Please join us for "JAZZ IN THE PINES!" Kids welcome!

SPIRITUAL COMPANIONSHIP

Kathy Fontaine is offering her one-on-one services to anyone seeking spiritual direction through prayer, meditation, and dialogue. A good friend of The Center for many years, Kathy Fontaine has been trained by the Institute for Spiritual Companionship. The cost of Kathy's spiritual companionship is \$20/hour, which Kathy donates to the camp scholarship fund. Please, call the office for details about setting up appointments with Kathy, who is here as a spiritual companion all day every Monday.



CELEBRATING YOUR WEDDING ANNIVERSARY IN MAY?

THEN YOU ARE INVITED TO OUR

MAY ANNIVERSARY DINNER AND RENEWAL OF VOWS CEREMONY

SUNDAY, MAY 22, BEGINNING WITH 4:30 P.M. VESPERS.

Whether you were married in our chapel, a grand cathedral, or a courthouse, we invite you to this beautiful evening of celebrating and renewing your marriage commitment. The evening begins with a Vespers Service at 4:30 p.m. in the Chapel. After Vespers, you will enjoy a gracious candlelight dinner in the lodge and then return to the Chapel for the Renewal of Wedding Vows ceremony. For reservations, send \$70 for dinner for two, to be received no later than May 9.

Planning ahead? The next Anniversary Dinner is scheduled for June 12.

FELLOWCRAFTERS GIFT SHOP

April showers bring May flowers, and we sure do have plenty of them in the woods surrounding The Center. There are also beautiful floral arrangements in the Fellowcrafters Gift Shop—they would make lovely Mother's Day gifts. Other gift ideas are hand stitched coin art wall hangings, hand sewn table runners, aprons, towels, and "secret" wallets which are tiny enough to fit in your pocket. We also have beaded bracelets, necklaces, and eyeglass chains. A new supply of faith bracelets will also be available! For card players, there are clever card holders to make your games more enjoyable. You can place your gifts in pretty, reusable cloth sacks, and to accompany them are handmade greeting and note cards. The Fellowcrafters love to create these and many other items for the gift shop, and we thank you for all of your purchases—they help to support The Center's many programs. Happy Mother's Day from the Fellowcrafters!



Did you know that you can purchase gift certificates for use in the Gift Shop and for The Center's many art classes and programs? Please inquire in the main office for details.

CENTER CINEMA *PATHS OF GLORY* (1957) STANLEY KUBRICK, 87M B/W

FILMS SHARED AND DISCUSSED

FRIDAY, MAY 13, 6:30 - 8:30P.M.

Kirk Douglas stars in *Paths of Glory*, Stanley Kubrick's icily brilliant examination of military politics set during World War I. Douglas plays Colonel Dax, charged with the hopeless task of defending three men on court martial for their lives after surviving a cynically orchestrated suicide mission. Lively discussion to follow. We'll bring popcorn. Free



SUMMER WELLNESS BREAKFASTS - BEGIN WITH INTRO SESSION ON JUNE 14TH...

10 TUESDAY MORNINGS, JUNE 14 – AUG 16, 7:30 --9 A.M., ON THE ANDERSON CENTER PORCH AT THE FARM.

Based on *The Writer's Diet: Writing Yourself Right-Size* by Julia Cameron, and other inspirational readings about eating that participants wish to share. We gather each week to discuss simple, practical, and creative approaches to weight management and fitness, facilitated by counselor Sharon Butler (MHS, CRADC), and to share a simple healthy breakfast provided by Kathy Mical, Lois Lauer, and Sharon. Program Fee: \$100 for 10 weeks. No charge for first introductory session on June 14. We would appreciate your calling in a reservation so we can plan food, but you needn't make a commitment to the whole summer until after June 14. Participants are asked to purchase a copy of *The Writer's Diet* and read the first assignment by June 21.

MEDITATION: ATTENDING THE SILENCE

EVERY MONDAY, TUESDAY AND THURSDAY EVENING, 5:30 P.M.- 6:00 P.M.

EVERY MONDAY & THURSDAY MORNING 9:00 A.M.-9:30 A.M.

Please join Chris Hopkins for a 20 minute period of silent meditation each week.

Come whenever you are able. (If you would like some instruction as to how to meditate, please call Chris to set up a time.)

GATHER ROUND THE TABLE

SUNDAY EVENING, MAY 1ST & MAY 22ND, 6:00 P.M. IN THE PARLOR.

This gathering is a circle of rich conversation and prayer, in the style of the house churches of early Christianity. We remember when Jesus broke bread with his friends and we do the same. We welcome all to spend a brief time of deepening their relationship with God. We gather in a circle of mutuality: open and inclusive—please join us!



VESPER IN THE CHAPEL

EVERY SUNDAY, 4:30 P.M.

Please join us each week for a nondenominational service of music, meditation and prayer led by Rev. Chris Hopkins. The Chapel stands on the highest point of The Center's grounds and symbolizes the underlying spirituality of all Center programs.

All are welcome!

LABYRINTH WALK

THE LABYRINTH WILL BE AVAILABLE ON THURSDAY, MAY 5TH: 9:00A.M. - 6:00 P.M.

(Weather permitting. Please call if it looks like rain) Come and breathe in the fresh air of spring while you walk this ancient way to pray. It will be set up just south of the Chapel, so if you walk up to and then past the Chapel you will see it nestled in a clearing to your right. If you would like instruction or information, please contact Chris Hopkins, 361-3650. While the Labyrinth is available all day from 9-6, you are invited to meet at the Labyrinth at 1:00 p.m. when we will walk as a group for the intention of Peace.

"BE STILL AND KNOW THAT I AM GOD"

BACK BY POPULAR DEMAND. THIS PROGRAM WAS FIRST OFFERED IN JUNE, 2010.

6 SESSIONS: TUESDAY EVENINGS 6:30 P.M. BEGINNING MAY 3RD (OR)

THURSDAY MORNINGS 10:00 AM BEGINNING MAY 5^H .

Prayer in the Christian tradition has many forms. Essentially prayer is about developing a relationship with God. While many of us feel most comfortable *saying* our prayers, a relationship with God actually thrives best in the give and take of speaking *and listening*. Centering Prayer is a method of listening to God. In Centering Prayer we are silent, attentive and open to God's presence. There is no cost for this program, but registration is necessary.



*An invitation to all ladies who love flowers, gracious hospitality,
and an opportunity to dress up and play tea party for a day!*

Our sixth annual SPRINGTIME TEA...amidst the Wildflowers!

Sunday, May 1, 2-4 pm

Hats and gloves encouraged!

**Please join us for a lavish "high tea" table of appetizers,
sandwiches, cakes, and cookies, plus delightful harp music,
spring wildflowers,
and an inspiring tribute for women entitled**

"Lights and Shadows: A manifesto for living well, loving life, and getting what you really want!"
by motivational speaker Eileen Kerlin-Walsh.

Weather permitting, seating available both indoors and out.

Tickets: \$24 each (please call to reserve tickets)

May is a busy month: full of end of the year concerts, graduations, finals and Mother's Day. I did a little bit of research about Mother's Day and found out some very interesting history...

- a holiday celebrating Mothers has been around since the ancient Egyptians throughout the entire world.
- in ancient Europe, the 4th Sunday of Lent was designated 'Mother's Day' to honor "Mother" church.
- in the 1600's the Church of England declared 'Mothering Day' a holiday so the workers could travel home and be with their families.
- This tradition was lost when the Puritans came to America but in 1870 Juliet Ward Howe issued a "Mother's Day Proclamation." Howe was greatly disturbed by the horrors of the Civil War and urged all Mothers to work diligently for peace.
- During the 19th century many groups and cities celebrated Mother's Day as a Day of Peace, as a day for working for peace but by the turn of the century the number of celebrations dwindled greatly.
- Then in 1908 Anna Jarvis revived Mother's Day in honor of her own Mother and for the work of world peace.
- On May 10, 1908 at Andrew's Methodist Church in Grafton W. Virginia the first official Mother's Day celebration took place in the United States. All the women present were given white carnations which were Anna Jarvis' mother's favorite flower.

The holiday which was started in the United States as a movement towards peace very quickly deteriorated into a commercialized event. Retailers tell us that more flowers are sold for Mother's Day than for any other day during the year. Restaurateurs report that it is their busiest day of the year. Jewelers look forward to Mother's Day for a boost in their sales. The phone companies report high activity on that day, airlines benefit from the day and all in all Mother's Day is good for our economy...which isn't a bad thing per se!

But what about Peace?

What about Juliet Ward Howe's original vision that we as women ought to "be too tender of those of another country to allow our sons to be trained to injure theirs." What about her vision that we ought "to promote....the great and general interests of peace"?

Perhaps this is the year, considering the state the world is in, we could honor our Mothers with even just one action that promotes peace. Could we extend a hand to our neighbor who feels alone? Could we make a donation to an organization that feeds the hungry and provides clean water to those who have none (violence often has its roots in poverty)? Could we reach across the barriers of our prejudice and seek an understanding of the other's point of view? Could we pray for the end of violence and hatred? Could we nurture peace inside our own hearts, minds and souls so we could, as Gandhi said, 'be the change we wish to see in the world.' What action for peace can you think of that would truly honor your Mom?

Go ahead...do it....I think she would be very proud of you!

Chris Hopkins

Express your creative spirit this spring at
THE LOG CABIN CENTER FOR THE ARTS

12700 Southwest Highway, Palos Park
(708) 361-3650

Classes and workshops for adults and children in fine arts and folk arts
May-June Schedule



SUMMERTIME OUTDOOR ART FOR KIDS

Expressing the beauty of life and nature ...a summer opportunity for 1st through 9th graders, featuring an immersion in the combined worlds of art and nature. The children will explore the Children's Farm and its surrounding woodlands, which will provide not only the subject matter for the young artists, but also provide fun and action, inspiration, and raw materials. The classes are kept small in order to encourage individual self-expression. The children will draw and paint, plus experience a variety of other artistic media such as pottery, tie-dyeing, paper-making, and printmaking.

Class Fee \$100 each 2-week session

**Three classes offered each session:
grades 1-2, grades 3-4, and grades 5-9**

**Monday, Wednesday, and Friday mornings for two weeks:
9:00 a.m. - 11:00 a.m.**

Session 1: June 20 - July 1

Session 2: July 5 - 15

Session 3: July 18 - July 29

Session 4: August 1 - August 12

In order for children to explore many different natural areas and all of the artistic experiences available, the teachers would love for you to sign up for multiple sessions!



NEW!

WORLD ART FOR KIDS: *Exploring the colorful art world of India!*

Saturday May 14, 10 a.m. - 12 noon

Kids' art teachers Jessie Schaar and Sarah Heflin team up to offer the first in a series of multicultural art workshops. We hope to offer several each year. Kids in grades K through 8 are invited to join in this morning of art projects, which will include the traditional Indian art of colorful tie-dye on fabric, and Indian designs. Class fee: \$16 includes all supplies, including scarves for girls and t-shirts for boys.

FAMILY ART

Instructor: Shari Wenzel

All family art workshops include hands-on creative projects which allow for individual expression combined with cooperative family effort.

MOTHER-DAUGHTER InSPArational Night! Saturday, May 7, 7-9 p.m.

Spend a special Saturday evening bonding with your daughter. Create some special spa products for you to share plus other items that will inspire your special moments in this upcoming year. Special refreshments will be served in honor of Mother's Day weekend. Program fee: \$12 per person. Please list your daughter's age when registering.

FOURTH OF JULY DECORATIONS: Wednesday evening, June 15, 6 - 7:30 p.m.

Use old fashioned printing techniques to create homemade decorated napkins, tablecloths, and utensil holders to make your 4th of July sparkle! Workshop fee: \$6 per person.

ADULT CLASSES AND WORKSHOPS

STONEWARE POTTERY

Instructor: Karen Stasky

New 6-week session begins Thursday evening, May 5, 6:30 – 8:30 p.m.

Create beautiful stoneware bowls, mugs, and vases, in addition to interesting decorative pieces. New students can expect to learn a variety of hand-building techniques and returning students can learn to throw pots on one of the wheels. *Class Fee: \$78 plus \$15 materials fee.*

BASKETMAKING

Instructor: Ann Fowler

New 3 week sessions begin Thurs mornings, June 9, July 7, and August 4, 9:30 – 11:30 a.m.

Beginning basket-makers create a beautiful wood-bottomed basket, with your choice of colored trim. Ann will help returning students choose a basket appropriate for their experience level, or students may finish up un-completed baskets from previous classes. *Class Fee: \$39, plus \$12.50 materials fee*

PLEIN AIRE SKETCH and WATERCOLOR FIELD TRIPS Summer 2011

Instructor: Lois Hrejsa



Summer Thursdays beginning June 2, 9:30 - 2 p.m.

Some art experience required.

Sites under consideration for the 2011 season include but are not limited to Brookfield Zoo, Stehman home in Western Springs, Peabody Estate and Grau Mill in Oak Brook, Oak Park Conservatory, Katherine Legge Park, Lake Katherine, Morton Arboretum, and other private gardens.

Please pre-register by calling The Center, as a courtesy to the hosts who invite us to their homes. Please pay upon arrival at each session with a check made payable to The Center (no cash please.) Bring your art supplies and a folding stool or chair. Lunch

details and driving directions will be available at The Center office for those who register. *Class Fee: \$20 per session.*

PAPERMAKING

Instructor: Marilyn VandenBout (www.vbartworks.blogspot.com)

3-D PAPERS: Wednesday evening, May 4, 6:30 - 8:30 p.m.

Create sculpted handmade papers from paper pulp pressed into molds, and paper objects by forming pulp around shapes to create a great 3-D effect.

TEACH THE TEACHERS: Wednesday, June 29, 6:30 - 8:30 p.m.

A special workshop for school teachers, scout leaders, parents---anyone who wants to learn how to teach kids to create hand-made paper! A wonderful "green" project of recycling trash paper into new beautiful stationery! *Class fees: \$13 per workshop plus \$5 materials fee per workshop.*

NATURE PHOTOGRAPHY WORKSHOP-Digital or Film, Your Choice

Instructor: Rick Steffen

Ever wonder how some people get such great photos? Rick Steffen can help you learn to do it too. Just bring whatever camera you have, and Rick will help you to use it more easily and more effectively. We offer 4 workshops and encourage you to sign up for all four!

Saturday, April 30, 9-11 a.m.: *The Basics of Photography*

Saturday, May 7, 9-11 a.m.: *The Tools of the Nature Photographer*

Saturday, May 14, 9-11 a.m.: *Field Techniques of the Nature Photographer*

Saturday, May 21, 9-11 a.m.: *Review and Critique of Class Photos*

Class Fee: \$48 for 4 session series (\$13 individual session registration)

KNITTING

Instructor: Laurie Lortz

New 6 week session begins Thursday evening, May 5, 6:30 – 8:30 p.m.

Create your own knitted articles with beautiful fair-trade yarns. For both new and experienced knitters. Returning students may choose more challenging knitting patterns such as cable knitting. *Class Fee: \$78. Bring a pair of #8 knitting needles to first class. Students purchase yarns and patterns through the instructor after the first class.*

GARDEN MARKERS

Instructor: Laura Milkert

2 Tues evenings, June 14 and 21, 6:30 - 8 p.m.

Create your own stoneware pottery plant markers for your garden. Shape and label the first night, glaze the second night. Pickup a week later. A beautiful way to label your flowers, herbs, and vegetables. *Class Fee: \$20 plus \$5 materials fee*

TOLE PAINTING WINDOWS

Instructor: Christine Opp

Wednesday, June 22, 6:30 - 8:30 p.m.

Modern tole painters use acrylic paints, and a variety of styles from realistic to folksy, and are known for enjoying painting almost anything that doesn't move! Come and paint on wonderful old windows that Chris has salvaged and is donating to the class. *Class Fee: \$12.50 plus \$10 materials fee*

WEAVING

Instructor: Nettie Botts

New 6 week session begins Wednesday morning May 11, 9:30 – 11:30 a.m.

New weavers: learn the basics while making a sampler - then design and complete a project of your choice. Returning weavers study and weave a project in the pattern weave of your choice. *Class Fee: \$78, plus \$10 materials fee for new weavers. Students purchase own threads and yarns for future projects.*



PAPER-CRAFTS

Instructor: Ann Fowler

FUN BIRTHDAY CARDS FOR KIDS AND ADULTS: Tues, April 26, 9:30 a.m. - 12 noon

(cards that promise to bring a smile!)

THINKING OF YOU, GET WELL, AND FRIENDSHIP CARDS: Tues, May 24, 9:30 a.m. - 12 noon

(cards that show how much you care)

Class fee: \$17 per workshop plus \$6 materials fee per workshop

GOURD BIRDHOUSES OR WALL POCKETS

Instructor: Karen Caldwell (www.picturetrail.com/karencaldwell)

Monday, May 16*, 1-3:30 p.m. or 6:30 - 9 p.m.

Create delightful items from dried gourds, using assorted coloring media, acrylic paints, pigment inks and glazes to color the designs, and a protective coat for a finishing touch.

Class fee: \$17 plus \$15 materials fee

*Early registration is necessary in order for Karen to have your gourd type or size ready for you.

**NOTE to returning gourd-craft students: The classroom will be open from 1:00 to 9:00 p.m. If you have already attended a class with Karen and have an unfinished gourd at home, you may register as a follow-up student. *Class Fee: \$6.50 per hour plus \$5 materials fee.*



LAPIDARY

Instructors: Larry Rothenberg (morning) and Sharon Byrne (evening)

New 5 week sessions begin Monday, May 16,

9-11 a.m. (skip 5/30) and 6:30 - 8:30 p.m. (skip 5/30 & 6/13)

Our lapidary studio is filled with rock saws and water-cooled wheels for turning rough hunks of rock into beautifully polished gemstones. Beginners will create a pair of round or oval stones. As you advance, you'll work on more advanced designs, such as teardrop, heart, or free-form. *Class Fee: \$65 plus \$10 materials fee.*

(Want to know more about lapidary? Come to the luncheon on Tues, May 3.)

WILD BASKETRY!

Instructor: Jane Dwyer

CHRISTMAS IN JULY! Thursday, July 14, 6-8:30 p.m. Meet at the farm!

Join Jane Dwyer and Lois Lauer to pull grapevines from the trees, and wind them into charming Christmas trees around an upside-down tomato cage frame. Bedecked with a string of twinkle lights, your wild grapevine tree will be ready for the holidays...in July or December! *Workshop fee: \$17 plus \$6 materials fee*

Pre-registration is required for all Log Cabin classes and workshops. Class and materials fees are due at time of registration. All class fees include a \$10 non-refundable, non-transferable registration fee. No refunds or transfers of fees are available for cancellations made less than 24 hours prior to the beginning of class. To register by mail, send check and the following information: Name, address, phone, **email**, name and date/time of class, and if registration is for a child, send birthdate and grade in school (for summer classes, use grade in school in fall), plus parents' names and emergency contact information. **ALSO NEW** - credit card registration available by phone.

All of the above classes plus poetry, pen and ink, watercolor, collage, quilting, bookarts, calligraphy, woodcarving, and more will resume a full schedule in September. See the June newsletter for additional workshops in collage, quilting, papermaking, bookarts, watercolor, and more

Women's Simple Indulgence Weekend: *Calling all Creative Soulmates!* Friday, May 20, 5 p.m. to Saturday, May 21, 5 p.m.

We invite you to come and nurture your creative spirit. The retreat affords time for your favorite artistic endeavor: bring your sketchbook, knitting needles, camera, journal, watercolors, or whatever creative media you most prefer. If you don't yet have a favorite creative art-form, please come and let us help you discover one! Art instructor Lois Hrejsa will be here, with sketchbooks and pens, eager to help you to capture the beauty of the spring woods with paper and ink. The retreat also features warm fellowship and "simple indulgences" such as massages, hot wax hand treatments, fresh air walks, personal reflection, a good night's sleep, healthy eating, and of course, lots of fun and laughter as we create. It's the perfect season for the renewal of your soul! Retreat cost: \$116, includes leadership, 3 meals, accommodations, and retreat supplies. If you think this sounds like too much to fit into 24 hours, please choose the option of staying for second night of continuing fellowship, creativity, and relaxation. Optimal second night: \$40 includes supper, overnight accommodations, and breakfast. Retreat leaders: Lois Lauer and Lois Hrejsa. Participants who choose to sign up for a personal massage pay an additional fee directly to the massage therapist.



LOOKING FOR A CREATIVE BIRTHDAY PARTY?

Our children's art instructors organize fun and creative projects for the party. Each party guest creates a project to take home, plus contributes to a group project for the birthday boy or girl. You supply the cake and balloons. We supply the creative fun! \$10 per child plus a \$2 - 5 per child supply fee for chosen projects for 10 - 20 children. Talk to one of the art teachers or call Lois Lauer to schedule your child's party today!

Or...

Your party enjoys a private tour of The Children's Farm, horse ride, and hayride. Scheduled on Saturday mornings at 10:00 a.m. for \$10 per child fee. You supply the cake and balloons in our pavilion. Minimum reservation for 15 children. Call the office to schedule today.

TUESDAY LUNCHEONS 12 NOON - 2 P.M.

Every Tuesday at The Center, we have a delicious luncheon followed by an enlightening program. Cost is \$15. Please make reservations by the Sunday before the luncheon.

Tuesday, May 3: Lapidary Rocks 2011

A year ago we opened our new lapidary studio. This year, we invite you to see what has been happening! Larry Rothenberg, Sharon Byrne, and the other lapidary students will display the stones they have been polishing and setting into silver fittings. After we have luncheon in the dining room, we'll all move to the lapidary studio in Log Cabin 3, where Larry and Sharon will demonstrate the process of turning a chunk of dull-looking rock into a gleaming "gemstone," by first cutting it into a rough shape with the rocksaw and then grinding off the rough edges and polishing it with ever-finer grinding wheels. We are extremely proud to offer this unique art-form at The Center! By the way, have you seen the beautiful blue lapis lazuli necklace that Blanche Sanders has been wearing? It was made right in our lapidary studio by her Executive Director son!



Tuesday, May 10: Acupuncture

Dr. Mary Peterson of Great Lakes Health and Wellness in Palos Heights will talk about her use of acupuncture, it's history as a classic Chinese form of healing, it's introduction to the United States as a result of Nixon's trip to China, and the theory behind the use of needles to unblock energy meridians in the body. Dr. Peterson is a chiropractor with a specialty in acupuncture which she uses to help restore balance to the internal organs of the body.

Tuesday, May 17: A Spiritual Look at What, How, and Why We Eat

Chris Hopkins, Lois Lauer, Sharon Butler, Lynn McLaughlin and Sandy Laabs are joining together to offer a five-dimension perspective on our eating habits. Chris will offer a brief review of Thich Nhat Hanh's "*Savor*" about mindful eating. Lois will discuss Geneen Roth's very hopeful and therapeutic "*Women, Food, and God*." Sharon will tell us about Julia Cameron's "*The Writing Diet*" which uses writing as a tool to understand our relationships to food. Lynn will talk about Marianne Williamson's "*A Course in Weight Loss*" which applies the principles from "*A Course in Miracles*" to the challenge of weight loss. And Sandy will review "*Made to Crave*," which is Lysa Terkeurst's Biblical approach to healthy eating. A discussion among the reviewers and participants will follow the five short talks. If you would like to better understand your relationship to food, we hope you will join us!



Tuesday, May 24:

Poetry and Tea in the Chapel Garden...plus Quilts!

Our poetry students will again host this beautiful springtime luncheon, aided by our quilting students who will exhibit their creations from the past year's quilting classes. They will read from their outstanding collection of poems, which they publish periodically to share with The Center fellowship. To celebrate the spring season, we'll serve tea in the chapel garden surrounded by wildflowers. Please join us for a lovely afternoon of springtime beauty.

Tuesday, May 31:

A Spiritual Journey to the Ancient Kingdoms of Southeast Asia

"To see what few have seen...you must go where few have gone" ...*Buddha*
Join Nancy Donatelli, a Spiritual Adventurer who has traveled to over 60 countries, for a presentation on her latest sacred journey to the Ancient Kingdoms of BURMA, THAILAND, LAOS, VIETNAM and CAMBODIA. This trip was a "dream come true" because her dad had told stories of Burma, when he fought in WWII and she had always longed to see this mysterious and magical country with her own eyes! Nancy will share a bit of how she prepares for an upcoming trip. She will tell some stories and share her photography and her gifts learned from the experience.





Each year, Farm and Nature Discovery Preschool proudly sends five year olds off to kindergartens in the surrounding areas. Some children end up going to the same school with the friends they made here. I periodically walk through the 4th and 5th grade hallways of Palos West and see many of our students who fondly remember their days at Farm and Nature and are still friends and classmates with children they came here with. It gives me a warm and wonderful feeling that perhaps in addition to all that we do here for children, we can also take some responsibility for promoting life long friendships.

This year, Farm and Nature Discovery Preschool proudly graduates the following students:

Emma Amberg
 Michael Amberg
 Jonathan Armstrong
 Mattea Aroyo
 Anthony Arqueta
 Nathan Assmus
 Angelina Bushnell
 Faith Casey
 John Composono
 Tessa Cook
 Leo Cosentino
 Ellory Crnkovich
 Julia Danko
 Phoebe DeKerf
 Alec DeVience
 Nicolas Diliberto
 Jake Doyle
 Valerie Ehrman

Nicole Evon
 Sarah Faustino
 Paige Finegan
 Grace Fletcher
 Ryan Flores
 Grace Gad
 Dean Ghosein
 Ava Gliva
 PJ Gorman
 Aidan Hardison
 Elizabeth Heilman
 Maggie Hughes
 Mark Johnson
 Grace Kamykowski
 Aiden Kent
 Nicholas Keough
 Seamus Keough
 Andrew Kiel

Jonah Knapczyk
 Gabrielle Locascio
 Daniel Macis
 Elle Magafas
 Brooke Mahneke
 Brian Manns
 Sarah Martino
 Christopher Montell
 Bella Narciso
 Luka Nikolich
 Matthew Ogean
 Kylie O'Young
 Angelina Pacella
 Madeleine Palcu
 Lucas Parr
 John Pempek
 Lillian Piskur
 Gianna Perez

Emily Purtill
 Nathan Quintas
 Will Reiniche
 Zachary Rhein
 Austin Roede
 Will Schlueter
 Anna Schwarz
 Lainey Shepard
 Rachael Snyder
 Jack Sowinski
 Morgan Speckhart
 Adam Styrzula
 Henry Styx
 Addison Torgerson
 Juan Torres
 Tess Usher
 Colin Welsh
 Holly Wiewiura



We wish you all the best of luck and hope that you have found some lifelong friends here at
**Farm and Nature
 Discovery Preschool.**





Farm and Nature Discovery Preschool

What a beautiful month April turned out to be. We had some wonderful weather to explore the farm with. Our Easter Egg hunts were so enjoyable for the children as they hunted for their eggs in the pine forest and camp grounds.

May will be filled with flowers, exploration, and animals. Our month, entitled "Growing, Growing, Growing Up" is about planting and watching things grow. This includes watching our duck and geese eggs in our incubator. There is sure to be some fun and excitement this month. We celebrate our last month

with an end of the year program that will surely be a hit.

We are currently registering for fall, 2011 and our summer program. The summer program runs from June 6 through June 17. We offer both a Tuesday / Thursday and a Monday / Wednesday / Friday program from 9a.m. – noon. There are openings in both as well as openings in our fall preschool as well.

For a tour or to have information sent to you, please call the preschool at (708) 361-8933.



Summer Junior Farmers

An outdoor opportunity for children to learn and play while enjoying life on the farm!

Children, ages 3 to 8, can enjoy two weeks of sunshine and fresh air while participating in one of the four summer sessions offered. Children will meet up to 3 hours per day, three days a week. Summer Junior Farmers will pick clover for the rabbits, gather fresh eggs from the chickens, brush the ponies and the goats; all while enjoying summertime at the farm.



They'll explore the barns and 60 acres of crops and wildlife.

They'll touch, they'll learn, they'll enjoy!

Summer Sessions

June 20 – July 1

July 4 – July 15

July 18 – July 29

August 1 – August 12

Ages 3-6:

M, W, & F afternoons

1-2 pm or 2:30 – 3:30 pm

\$84

Ages 6-8

M, W, & F mornings

9 am – 12 noon

\$200



Farm and Ranch Camps...and Senior Outdoor Leaders-In-Training Program!

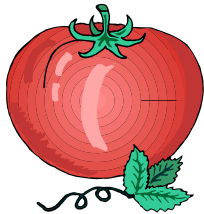
Two weeks: Grades 4 - 12!

The Center's Farm and Ranch Camp program is an opportunity for young people to live at The Center and to learn and play and grow in a healthy country setting. The Camp program includes horseback riding, campcrafts, hayrides, farm animals, nature hunts, games, songs, fun, and laughter. Prospective campers should register as soon as possible, as camp is filling. At the time of writing, Farm and Ranch Camp has spaces for 9-10 year old girls and 9-14 year old boys. If you know of prospective campers, please call or visit The Center for information about registering for a great summer of outdoor fun.

There are also openings for males and females in our Senior Outdoor Leadership program for 15-17 year old teens. The focus for SOL is adventure challenge activities, such as canoeing and camping, learning to live and have fun in the outdoors as a group, and leading younger campers. Whether you've had experience in the outdoors or not, this is a great opportunity to develop useful skills for the future and to stretch your limits while enjoying the camp experience.

Camp Scholarships

The matching grant campaign for the Camp Scholarship Fund is well underway. Every day, we're a bit closer to achieving our goal of \$44,000. We're very grateful for the many contributions that we have received. The Fund helps children who otherwise would be financially unable to attend camp. Whether you send \$5 or \$500, you'll know that you have made a difference. Each contribution you make to the Scholarship Fund will be matched dollar-for-dollar, and if each of us contributes, in whatever way possible, we will reach our goal. Another child will have an opportunity to spend two weeks in the healthy, natural country atmosphere of The Center's Farm, Ranch and Senior Outdoor Leaders Camps. **Please help send a child to camp!**



Herb and Tomato Sale: It's not too late to support the camp scholarship fund by ordering healthy herbs and tomatoes for your summer garden. You can access an order form in the April newsletter (see website for newsletter link) or call The Center to order. Choose from 3 types of tomatoes, 29 varieties of herbs, plus peppers, cucumbers, zucchini, and other vegetables and flowers. \$4 per pot. Pickup days: May 13-14.

Mother's Day at The Children's Farm

Enjoy quality time with your family while honoring the worthy Mother in your life. All mothers receive free admission to the farm on May 8th!

Families can tour the barns and visit our animals while honoring all the "farm mommies" that we have. Baby kids, lambs, calves and piglets all await your visit!

**Open from 1pm to 4pm.
Admission \$5
Mother's are Free!**





The Children's Farm Horse Show May 21st - 1pm

Come join us for an afternoon of great entertainment! Members of our 4H Horse Group will be showing off their skills in a variety of competitive and fun classes. Riders will be judged on a range of skills from western horsemanship to timed speed events. The highlight of the show is ALWAYS the musical routine and this year is no different! Our riders have been working hard all year, so come for the afternoon and cheer them on!

Fellowship Corner Rob McKenzie

Have you ever looked back on a period of your life and said, "Wow, what a difference a year makes." This has been the case in my life. One year ago I decided to make an effort to add change into my life and to change the way I viewed it. My career has been medical architecture and it was time to try new things and put some new excitement (or self-inflicted fear) back into my life. I started by volunteering in the kitchen at The Center to help with the cooking and to be of service to other people. I love to help people but I tend to have a shy side to me that people would never guess, but it does exist.



When I first visited The Center, I was actually terrified as I walked through the doors. Why, is beyond me, because these are some of the friendliest people I have ever met. However, they do say they like my cooking, so I guess that could be considered terrifying. Chef Julie has been my mentor and the staff have been wonderful taste testers who I feel have accepted me into their world. They have all added value to my life and I have added caloric value to theirs.

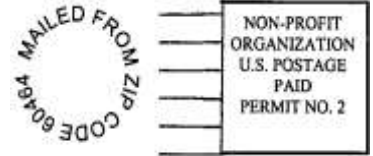
Over time I began to attend meditation where I found out how to listen to God in lieu of continuously asking God for this, that, and the other thing. This was a definite change and a tremendous help in relaxing my view towards life. Things just started to slow down in my head and yet I never lost pace. It is a hard feeling to describe but meditation here has been very beneficial to my sanity.

I guess what I am trying to say is that when life was taking me too far to the left or too far to the right, I volunteered and found The Center. I was looking for a change in my life that would be beneficial to other people as well as myself and I found it here. I thank everyone here for allowing me into their lives and their stomachs because this one year of change has made a big difference in my life.

Rob - We are glad The Center is the place you chose to change your life. We love the "caloric value" you have given us. Rob we love you being a part of our family - Thank You! The Center Staff

The Center

The Chicago Southwest Suburban Community
Parish and Community Center Foundation
12700 Southwest Highway, Palos Park, IL 60464



<http://www.thecenterpalos.org>
email: centerpalospark@sbcglobal.net



SummerFest at the Farm!

Saturday, June 4th
10 a.m. - 4 p.m.

Kick off a summer of fun at the farm at our 23rd annual summertime festival!

Centered around a "Green Fair" of environmental organizations* and vendors of environmentally-friendly products*, plus garage sale vendors*, flea market vendors, and craft vendors

Plus

Horsesrides, Hayrides, Crafts, and Games for kids
Tours of the animal barns
Country Music
Great food, including fresh lemonade and watermelon.



Volunteers Needed:

Volunteers who frequent flea markets to distribute SummerFest vendor letters.

Volunteers to recruit environmental organizations and exhibitors.

Volunteers to contribute baked items for the bake sale

Volunteers to lead horse rides, to help with kid's games and crafts, and to help in the animal barns.

Plan to bring the whole family. Bring a big smile! Enjoy a summer day at the farm!

Festival admission: \$4/adult and \$2/child

**Free vendor space for environmental organizations, vendors of environmentally-friendly products, and garage sales folks (no new merchandise)*



Spread the word—THIS is the way to start the summer!