

SEPTEMBER 2010

The Center



Community Center Foundation

"A place for celebration, enrichment and healing"

(708) 361-3650

Rummage sale
September 3 & 4
8am to 1pm

<http://www.thecenterpalos.org>

email: centerpalospark@sbcglobal.net

A Frank Farewell

My father, Frank Sanders, will be stepping down from the pastoral leadership of The Center this October. He is now 80 years old and this retirement concept now looks appealing to him. For those of you who know Frank, it's so obvious that the word "retirement" was never a part of his vocabulary. Even at age 70 when he "retired" as Executive Director of The Center he could still work most of us under the table...physically and mentally. There are so many things we as a staff enjoyed about working with Frank. Perhaps one of his best traits is his ability to get things done. If you set out to do something with my father, it was going to get done. If there was a problem - he thoroughly enjoyed tackling problems - his determination, persistence, and tenacity, would always get us through it. I never saw him give up on anything. This of course generates some of our favorite Frank stories, but that's a whole other article. I can say this: When all was said and done you realized he had an uncanny common sense in unraveling complications. He was always willing to put himself front and center, stepping up to the plate one-hundred percent of the time...and that's just one of the things we like about Frank!

My mother and father have given much of their lives to this place. Mom and Dad first met in Charleston, South Carolina, at a dance. Dad was a third class petty officer on a destroyer in the Navy and my mother was a secretary to a captain of the naval base. They married in 1953 and moved back here to The Center in 1958. Dad was the Assistant Director working with my grandfather up until 1964. At that time Granddad "retired" (not really) and Dad took over the leadership of The Center. My brother and I grew up here and it was a unique childhood because we were always around lots of people...plus we had such a wonderful playground with the farm, the woods, the lodge and all the The Center's activities. My mother became very close to my grandmother and together they ran the Log Cabin Gift Shop. More importantly Mom and Grandmom added a touch of class to The Center keeping Dad and Granddad in check with some of their ideas. You know how that goes.

In 1973 when I was 14 years old, my family moved away from The Center and took up residence in Colorado. It was quite the adventure moving out west and leaving everything I had known behind. As a family, we tightened up and became more focused. Instead of living on 78 acres I now lived in a small house! Mom and Dad were home at night - keeping an eye on me I suppose. Dad found work as a realtor in Longmont, Colorado. He became very successful at it over a period of ten years and things were going well. I graduated from high school in 1977 and went off to college. Then one day in 1983 my mother and father received a letter from one of The Center's board members asking them if they might consider coming back to The Center. It's funny how things work in life. My father's inclination was to turn this offer down. It was my mother who convinced him to go back and take a look, which he did. Things were in disarray here at that time due to a number of factors. The bottom line however was that The Center was failing and in serious jeopardy of closing its doors. Dad and Mom spent some time thinking about it and then made the life-changing decision that...The Center was where they were truly needed and worth working for. In 1983 they moved back here with the intent of bringing this place back to its original vision and purpose. There was much work to be done.

During the next five years my mother and father became a formidable team. They had worked together before – but this time was different – this was a difficult mission with several serious challenges to overcome. Sometimes in life you’ve got to bring every last thing you have to the table to make it work. To coin a phrase, they had “the right stuff” at the right time to do the job...experience, age, wisdom, energy, determination, and a plan. They worked tirelessly, and with the help of a few key staff members, slowly but surely brought this place back to a successful and productive state.

I came back here in 1992. From 1992 – 2000 I spent eight wonderful years working with my father as the Assistant Director. I know I’m a little biased but he genuinely is a great man to work with. In 2000 dad “retired” as Executive Director and I took his place. Frank continued to be the Pastoral Director of The Center, leading Vespers for the next ten years. He also became the “Head Pot Stirrer” as we fondly call him. Every place needs someone to stir the pot and he is certainly the most qualified to do that job! He never knew what retirement meant and personally I am so glad he’s like that. He and Mom have been such a big help to me and a tremendous asset to this place. I never wanted either of them to retire – their advice, experience, and wisdom are irreplaceable. In 2008 Dad looked at me one day and said “Start looking.” I knew what he meant and I honestly never once considered looking until the day he told me.

How do you go about replacing Frank Sanders? Well the answer is simple – no one will ever replace Frank Sanders. I think all of us would agree he is one of a kind. There are people in this world though that can start where he has left off and build new avenues of spiritual growth. After all, this is a place built upon countless people who gave of their time, care, and thought, making things a little better for the next generation to improve upon. That is a great strength of ours. We have continued to grow for three generations and the honest efforts of those before us are not discarded, they are nurtured and made better.

I know God is present here, for the day Frank told me he really wanted to retire already in our midst was the person who could and would continue this ministry. Her name is Chris Hopkins and she had come to us following our request to lead a bible study class here at The Center. I went to her bible study class and then followed her into another class, Brian Swimme’s “The Hidden Heart of the Cosmos.” I really enjoyed Chris’ approach to spirituality and theology. I at the time had been talking to several ministers and putting some feelers out...and then one night it just dawned on me...Chris was the person we were looking for. The thought of it really surprised me and I can tell you when I approached her she was just as surprised too. But low and behold, after Chris gave it some thought she concluded that it was a perfect fit for her spiritual journey and calling. Chris was more than qualified with a Masters in Divinity from the Catholic Theological Union in Chicago and extensive ministry experience with the Catholic Church. We have never looked back from that day...only forward. Chris Hopkins was ordained here at The Center on May 23, 2010. She will fully take over the pastoral leadership of The Center this October with Frank’s and all of our blessings. She is vibrant...she is following her heart...and we are so happy she is here.

All of us wish Frank and Blanche the very best in their official retirement. We are so grateful for their presence every day. And just so you know...Frank will always be around here...He is still riding his horse...He is still working for mom in the garden. (Ha!)...He is still Head Pot Stirrer...and He still gives the best hugs!



Summer Camp 2010

2010 was a wonderful season of camp and friendships at The Center. The kids enjoyed a summer of fresh air and exciting, memorable experiences. Horses were a favorite activity of both Farm and Ranch Camp--plus lots of campfires, crafts, fun with the farm animals, and water games on hot days. Our Senior Outdoor Leadership program participated in great adventures: canoeing, hiking, camping at the Indiana Dunes, and more. Many thanks to an outstanding bunch of campers, to an incredible staff, and to many dedicated volunteers for making this summer such a success. Special thanks to our camp doctor, Dr. Robert Boll, and our camp nurses: Georgina Corona, Ann Sheridan Pullos, Jane McCarthy, and Patty Purdy who each donated their health care expertise during a 2-week session of camp. Thanks too to the rest of our Center staff, who advised and counseled us through a fun and healthy summer!

SPECIAL ACTIVITIES THIS MONTH

SUNDAY VESPERS IN THE CHAPEL

Every Sunday, 4:30 p.m.

We invite you to join us each Sunday for an inter-denominational worship service of music, meditation, and prayer, led by Rev. Frank Sanders and Rev. Chris Hopkins. According to Frank, the Chapel stands on the highest point of The Center's grounds, and symbolizes the underlying spirituality of all Center programs. After the service, we invite all who participate to join for fellowship and coffee down at the lodge.

HELP WANTED!

Do you love flowers? Do you have a knack arranging them with simplicity and beauty? Would you be interested in donating a small arrangement once a month for Chapel services? If you are interested or if just need more information please contact Chris Hopkins: 361-3650.

THE CENTER SINGERS

Every Monday, beginning September 13, 7:00 - 8:00 p.m.

The Center Singers, a choral group consisting of members of The Center's fellowship, has rehearsals each Monday evening from 7:00 - 8:00 p.m. in the Lodge. Directed by Penny Wills, the group sings once each month at Vespers in the Wayside Chapel and occasionally at special events. The Center Singers always welcomes new members. If you are interested, please call the office for information.

SPIRITUAL COMPANIONSHIP...available every Monday

A spiritual companion helps others freely explore what God is doing in their lives and guides them toward determining their own response. Spiritual companionship is not psychotherapy, although a person in therapy may also seek spiritual companionship, in order to explore how God's call and compassion are present during life's toughest moments. We all need the love, support, and witness of other travelers on this, our spiritual journey. Spiritual Director Kathy Fontaine donates her time and expertise to The Center, by offering her one-on-one spiritual companionship services to anyone seeking spiritual direction through prayer, meditation, and dialogue. The cost is \$20/hour, which Kathy donates to the camp scholarship fund. Please, call the office at any time for details about setting up appointments with Kathy, who is here as a spiritual companion all day every Monday.

REIKI

Sunday, September 26, 5:30 – 7:30 p.m. at the Anderson Center at the Farm.

Reiki (pronounced Ray-Key) is a gentle, relaxing and peaceful form of energy healing, especially beneficial for those suffering from physical or emotional pain. Reiki Master and Social Worker Judy Wiggins will be joined by fellow Reiki practitioners to offer their healing services, asking a suggested donation of \$10 per participant to The Center. Advance registration is necessary, as participation is limited. Until the 15th of the month, registration is limited to new participants in our Reiki program. After that time, returning participants may register for any remaining spaces. Meet at the Anderson Center at the farm.

TOASTMASTERS!

Wednesday evenings, September 1 and 15, 7-9 p.m.

*How to keep your voice from cracking
and your knees from shaking*

In other words, learn to communicate effectively to groups, large and small, with poise and confidence. How? Through practice and the support of our troop of fellow Toastmasters, all of whom are trying to improve their public speaking skills, just like you! We take turns leading the meetings, giving speeches, giving evaluations of each others' speeches. And...we have fun doing it. You are invited to come as a guest to see what happens at our Toastmasters meetings. For further information, contact Dave Sanders, Lois Lauer, or Frank Sanders at The Center.



GREAT DECISIONS DISCUSSION GROUP: The Global Financial Crisis

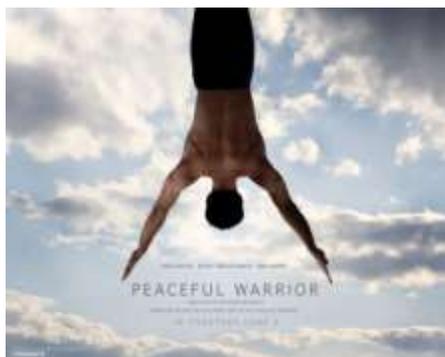
Sunday, September 12, 6:30 p.m.

Great Decisions is a Sunday evening monthly discussion group for folks interested in broadening their knowledge and their understanding of the world, using the Great Decisions book published annually by the nonpartisan Foreign Policy Institute. Ado and Isabel Adami will lead the discussion about topic 5, which discusses how governments and the world community are responding to the global financial crisis. Great Decisions books are available for \$18 in the office. Please call to let us know you are planning to attend the discussion.

WOMANTALK COFFEE HOUR!

Tuesday, September 28, 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" 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.



Back by popular demand!

CENTER CINEMA:

Sunday, September 12 at 6pm

Please join us for a night of quality entertainment and lively discussion! This month's movie is *The Peaceful Warrior*, from the popular novel by Dan Millman. Dan (Scott Mechlowicz) is a world class gymnast who badly hurts one of his legs and sets out to find his inner self. Also starring Nick Nolte and Amy Smart. Free! Meet at the Anderson Center at the farm.

FELLOWCRAFTERS GIFT SHOP

It can't be Back to School time already, can it??? Well, the calendar says that indeed it is, so the Fellowcrafters have been busy getting ready by creating colorful crayon box holders (crayons included) and squiggly, hand crocheted bookmarks for the little ones returning to school. September means that fall will be here shortly, and we have lovely floral arrangements in autumn colors. For the chilly fall days and evenings, we have darling hand-knit baby sweaters—some with hoods and matching booties. We have beautiful, crocheted necklaces made with new colors and types of yarn—everyone remarks how lightweight they are to wear! We even have necklaces made with beads and recycled newspaper. The Fellowcrafters enjoy creating each and every item and hope you will visit our shop located in the Main Lodge soon!

Join Fellowcrafters on September 7 and 21: We meet the 1ST and 3RD Tuesday of each month, 10 am – 2 pm, to make items to sell in the gift shop. See Blanche Sanders or Carol Alesia to find out more about this generous and creative way to support The Center.

ANNIVERSARY DINNER AND RENEWAL OF VOWS

Sunday, September 12, beginning with 4:30 p.m. Vespers.

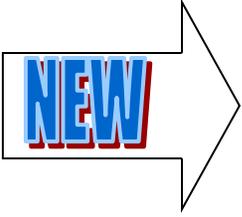
Whether you were married in our chapel, a grand cathedral, or a courthouse, we invite you to this beautiful evening of celebrating and renewing your marriage commitment. The evening begins with a Vespers Service at 4:30 p.m. in the Chapel. After Vespers, you will enjoy a gracious candlelight dinner in 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 August 30.

Planning ahead? The next Anniversary Dinner is scheduled for October 3.

GATHER ROUND THE TABLE

Sunday evenings, September 12th and Sept. 26th, 6:30 p.m. in the parlor.

This gathering is a circle of rich conversation and prayer. We remember when Jesus broke bread with his disciples and 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! Facilitated by Lois Lauer and Chris Hopkins.



New Spirituality offering beginning October 5th (6:30p.m.) & October 7th (10 a.m.): JESUS AND BUDDHA:

FINDING THE FOUR NOBLE TRUTHS IN THE HEART OF THE GOSPEL.

We will be using a DVD series from a conference offered at the Center for Action and Contemplation by the same name. Our DVD presenters will be Dr. James Finley and Fr. Richard Rohr: two spiritual teachers who will explore the parallels between these two Traditions. There is no cost for the series, but please register. These sessions are facilitated by Chris Hopkins

LABYRINTH WALK

The labyrinth will be available on Tuesday, September 21st from 9:00a.m. until 6:00 p.m. 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.

BEYOND THEOLOGY (continues)

Tuesday evenings, September 7th, 14th, & 21st, 6:30 p. m.

or Thursday mornings, September 9th, 16th, & 23rd, 10:00 a.m.

(The same program will be offered at both sessions).

Beyond Theology is a 10 week DVD series produced by KTWU, a public broadcasting station in Topeka Kansas and hosted by Charles Atkins, Jr. The primary focus of this series is: "... exploring the nature of the transitional period we are passing through and reflecting upon the characteristics of the emerging world view!" These sessions are facilitated by Chris Hopkins.

FALL RETREATS:

You deserve a break! Treat yourself to a retreat...Now is the time to register!

***Fall Peace Retreat:* A Thousand Cranes**

Friday October 8, 5p.m. to Saturday, October 9 p.m.

Join us for an engaging weekend of exploring the concept of peace—peace flags, peace cranes, peace activists, peace-building---in our own lives and in the world. We'll look at the amazing examples of leaders like Mahatma Gandhi, Martin Luther King, Nelson Mandela, and others who have changed the world with their non-violent pursuit of justice. We'll hear the story of little Japanese Sadako who tried to make 1000 peace cranes before she died after Hiroshima, and then even make our own origami cranes (probably not 1000!) with May. We'll walk Chris' huge labyrinth to reflect on our personal peace journeys. We'll have time for contemplation, relaxation, and fellowship, as well as creativity and fun. Cost per participant is \$116 which includes leadership, accommodations, meals, and all major supplies. Early registration is advised!



Women's Autumn Pathway to Serenity Retreat

Friday, October 1, 5 p.m. to Saturday, October 2, 4 p.m.

The Pathway to Serenity retreat for women in Alcoholics Anonymous, features time for quiet contemplation and meaningful conversation, plus spiritual reflection and meditation, as well as enjoying the beautiful autumn woods. Retreat cost: \$90, includes leadership, 3 meals, accommodations, and retreat supplies.

Register early to reserve your spot in one of these wonderful weekends!



BARN DANCE + Night of Music at the Farm! Saturday, September 11th 5:30 – 9:30 pm

Rain or shine at the Children's Farm

We have a wonderful evening planned in our indoor riding arena—you won't want to miss our annual Barn Dance! We will have music and the dance floor will be hopping, with room for line-dancers, two steppers, and kids too. Or just come to listen to the fine music if you want. Food and rootbeer will be sold from 5:30 p.m. to 8:00 p.m. The barns will be open to visit the animals, and hayrack rides around the farm and the bonfire will continue all evening long. Admission is \$5 per person.

"Criticize by Creating" Michelangelo

I hear a lot of people complaining about the world today: too much violence, not enough money, too many kids out of control, the Cubs are terrible-- fear, anxiety and depression are everywhere. On top of that, the people who are complaining the most don't seem to recognize that their complaining adds to all the negativity in the world! I can not disagree with *some* of what they find so disagreeable and difficult, but after the first recognition of the issue or problem, I have never found complaining to be of much value. So what can a person do?

There are two suggestions that I personally have found helpful. The first comes from a Catholic Sister, Mary Jo Leddy who works with Asian refugees in Canada. To paraphrase her words: Be careful how you fight, for you become what you fight. If you fight against injustice, hate and violence you become that, just from "the other side of the fence" so to speak. But if you fight for justice, love and peace....that is what you become. Wise words which have been proven true in my experience.

The other suggestion is what Michelangelo said: "Criticize by creating." And what better place to learn how to express your creativity but the Center???. Now, I can hear some of you saying: "but....I'm not creative! I don't have artistic talent!" It is true that not all of us are a Michelangelo, but each of us has the capacity to create. Remember beauty is in the eyes of the beholder! And creativity can take many forms. Some do have a more innate sense of artistic expression. Some are better cooks than others. Some folks create relationships (human to animal or person to person) more easily than others. Some folks have a green thumb or an eye for design, construction or mechanical things.

But there is not a person alive who can *not* create *something*.

Some theologians have said that "creating" is God's job description. When we create something we are expressing our God-given nature. We allow the Holy One to be made known through us. We become "co-creators" with God. We allow God's Spirit to flow through us to create goodness, kindness, compassion, forgiveness, Love and beauty. When we create from our hearts and through our souls, goodness results, peace of heart and mind happens, Love is made visible.

Whether you come to the Center to learn a new art form, seek out the lost and the lonely to create a new relationship, or create a healthier relationship within your own soul and psyche, may you know that whatever is created, offers the doorway to greater peace, as well as a deeper connection to the Creator of us all. Whatever you do, enjoy the process, celebrate the result, and give thanks for the opportunity!

....peace!

Chris Hopkins

The Log Cabin Center for the Arts: 15 years and flying higher...

As we approach another September, I always feel it's good to take stock of how we're doing in the art center. I begin with a look back to 1995...

Fifteen years ago, we expanded the art program, creating the "Log Cabin Center for the Arts." We began with an open house in early September. We had a schedule of classes to offer: pottery, basketry, weaving, watercolor, some folkarts workshops, and kids' art. We had 2 beautiful new classrooms in the former gift shop, and 2 spiffed-up classrooms in the former "craft cabin." After months of planning, we were so nervous going into that open house, and so thoroughly elated when dozens of people showed up, looked around, and got in line to register for the fall classes! I went home that day thinking "Yes! This art center is going to fly!"

And we're still flying! Of course, there are times when the ride is bumpy. We don't always soar, but we have grown from that first autumn's small schedule to what the Illinois Arts Council (IAC) recently called "a hidden gem" of the Illinois arts community. Of course we had over 60 years of tradition upon which to build. Elizabeth Sanders had begun teaching weaving in the 1930's, and in the 1960's, a small art program thrived in what became known as the craft cabin. But Frank Sanders had a vision of a burgeoning art center, and in 1995 decided to move the gift shop to other quarters, and create a larger space for art.

We now offer over 25 classes every week, plus a variety of workshops, retreats, demonstrations, and other programs. Each week we see nearly 200 students. Saturday mornings are filled with the excitement of 6 children's classes. We have a beautiful new building and amazing new lapidary studio. We are trying to build an outdoor wood-fired kiln, and have just purchased a beautiful new indoor electric kiln (the first new kiln we've ever owned, thanks to a generous contribution in memory of former art teacher Barbara Fish). Most importantly, we have an amazing community of teachers, artists, students, and hostesses. A student said to me recently, "What did I do before I found the art center? All my friends now are folks from here. I can't imagine my life without this."

However, we have occasional days with empty classrooms, occasional classes with empty seats, occasional classes in need of volunteer hostesses, occasional ideas for new classes in need of instructors. So we're still growing---which means we still have room for YOU! So I encourage you to sign up today for an art class---or, at least just stop in for a visit---you'll want to join when you see what's happening! Check out the art schedule in this newsletter, or visit The Center website or The Log Cabin Center for the Arts Facebook page, to keep tabs on what is going on. Because what's going on is a soul-touching, fun, exciting, creative, artistic, beautiful journey for all of us.

Lois Lauer



**Express Your Creative Spirit at
THE LOG CABIN CENTER FOR THE ARTS
12700 Southwest Highway, Palos Park**

708-361-3650 www.thecenterpalos.org/artclasses.html

**Classes and workshops for adults and children in fine arts and folk arts
SEPTEMBER - OCTOBER 2010**



*The programs at the Log Cabin Center for the Arts
are partially supported by a grant from the Illinois Arts Council,
a state agency.*



LOG CABIN ART FOR KIDS!

6 Saturday mornings beginning September 18, 9 and 10:30 am

Choose either the 9 a.m. – 10:30 a.m. class, or the 10:30 a.m. – 12 noon class

Grades K-1 Instructor: Jessie Schaar

Grades 2-3 Instructor: Sarah Heflin

Grades 4-8 Instructor: Amy Bennett

Every Saturday morning our Log Cabins are filled with the creative energies of young artists. The young people delight in these hands-on opportunities to see and express the beauty of life and nature surrounding them at The Center. The classes are kept small to encourage individual self-expression.

Drawing is the basis of fun and varied projects—including drawing, printmaking, pottery, papier-mâché, painting, papermaking, and more! The natural areas of The Center's farm and woods provide fascinating subject matter, plus inspiration and sometimes the raw materials for our children's classes. Enthusiastic instructors teach the children to use a variety of artistic media and techniques. Each season of the year offers new projects and new areas to explore, and so kids are encouraged to return session after session and season after season.

Class Fee: \$66 per 6 week session



LOOKING FOR A CREATIVE BIRTHDAY PARTY?

The art center is available for birthday parties! One of our children's art instructors will organize fun and creative projects for the party. Each party guest will create a project to take home, plus contribute 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 \$2 - 5 per child supply fee for chosen projects. Talk to one of the art teachers or call Lois Lauer to schedule your child's party today!

TEEN CLASSES

TEENS are also allowed to register for some adult classes. Please inquire.

TEEN POTTERY

Instructor: Tom Hill (www.artisttomhill.com)

6 Monday evenings, beginning Sept 13, 6:30 – 8:30 p.m.

Teens age 13-17 are invited to join Tom Hill in the pottery studio to create pieces by hand and on the wheel. In six weeks students will make several clay pots and other items of their choice. Both new students and experienced potters are welcome. Class Fee: \$78 plus \$15 materials fee

FAMILY ART CLASSES

Instructor: Shari Wenzel

"A is for Apples:" Sun, Sept 19, 1-2:30 p.m.

Enjoy a hayride at the farm followed by apple print t-shirts, apple birdfeeders, and of course, everyone's favorite--candied apples. Class Fee: \$8 per person--please state t-shirt sizes for family members when registering.

Mother-Daughter Evening in Nature: Sat, Oct 16, 5-9 p.m.

An old fashioned weenie roast over the fire followed by nature art projects especially for moms and daughters. Plus a night hike, songs around the fire, and a special presentation to the moms from their daughters! Class and Supper Fee: \$10 per person

ADULT CLASSES AND WORKSHOPS

Each autumn, the Log Cabins are filled with the busy hum of creative adults. The adult classes feature hands-on opportunities for creativity and the development of excellent artistic skills as students learn both the techniques and joys of creative expression. The Center's beautiful environment is used as a source of inspiration and even as a source of supplies for some classes. We believe in the therapeutic benefits of creativity and in the celebration of beautiful expression. We welcome adult art students of all skill levels. We have a superb teaching staff and a group of volunteer hostesses who welcome students into the warm and supportive atmosphere of the log cabins

COMPUTER BOOT CAMP

Saturday, September 11th from 9am to 3pm

30 guests, maximum

We will cover the gamut of topics associated with processing digital photos including importing them from a camera, working with photo email attachments, editing them with Picasa, and exporting pictures to email and printers. This will be an intensive but fun workshop that depends upon participation from everyone. Please bring laptops, photos on disks, email and online photo account information, and digital cameras. You don't have to bring all of these things, just the stuff you want to talk about. *You do not need to bring a notebook computer.* The day will be broken down into three parts: 1.) a whirlwind introduction to the topics above, 2.) lunch, and 3.) hands-on participation before and after lunch; case studies of photo importing, processing, and exporting from Mark and from guests' own cases. Advance registration is a must. Mark will contact all guests prior to the retreat to make sure we have all the tech gizmos on hand that we'll need. *Class Fee, \$50, includes lunch.*

Facilitator Mark Walker



(This is an actual photo of Mark's brain before he learned the concepts from Computer Boot Camp.)

PEN AND INK DRAWING

Instructor: Lois Hrejsa

6-week session begins Thursday morning, Sept 16, 9:00-11:30 a.m.

Pen and Ink classes include instruction and critique in shape, value, texture, shading, shadow, composition, and perspective. Pen and Ink is an interesting way to focus on basic drawing, with the added interest of stark black and white contrast. Students learn to capture with their pens what they see and feel. Lois Hrejsa welcomes students of all levels to work in pen & ink, or, if they choose, in pencil, colored pencil, and charcoal. Beginning students will start with simple exercises, while those with drawing experience will be encouraged to work on further development of techniques, landscape drawings, portraits, and individual style. Weather permitting, students may choose to draw outdoors. *Class Fee: \$98. List of required supplies available in office.*

WATERCOLOR PAINTING

Instructors: Lois Hrejsa and Lenox Wallace (www.lenoxwallace.com)

6 Wednesday evenings beginning Sept 8, 6:30 – 9:00 p.m.
or 6 Thursday afternoons beginning Sept 16, 1:00 – 3:30 p.m.
or 6 Thursday evenings, beginning Sept 9, 6:30 – 9:00 p.m.

The watercolor classes feature expert critique and guidance in composition, values, textures, negative painting, brush stroke usage, and more. The Wednesday evening class, taught by Lenox Wallace features structured lessons for beginning watercolorists. The Thursday evening class, taught by Lenox Wallace, is an ongoing class of experienced painters, each working individually with occasional guidance and critique. The afternoon class, taught by Lois Hrejsa, will provide instruction in techniques, color mixing and theory, washes, light and shadow, etc, for beginning painters, while ongoing students will receive advanced assignments and also have the opportunity to further explore watercolor with attention to their particular area of interest. *Class Fee: \$98 for 6 week session. List of required supplies available in office.*

POETRY

Facilitator: MaryAnn Grzych

Every other Tuesday, beginning September 7, for 6 sessions, 9:15 - 11:45 a.m.

Under MaryAnn Grzych's guidance, the poetry class shares and supportively critiques each others' works, as they learn together to express significant feelings and ideas through their writings. New participants are welcome to join. *Workshop Fee: \$49 for 6 class sessions*

CREATIVE WRITING: *Finding your Voice through Writing*

Instructor: Frank Coughlin

6 Wednesday afternoons or evenings beginning Sept 8, 1-3 p.m. or 6:30 - 8:30 p.m.

Writer/poet Frank Coughlin, helps students work on short stories, memoirs, editorials, journaling, and maybe even the beginning of a first novel! In class, students write and work on written exercises, and share and critique each other's writings in a fun and supportive atmosphere. No previous writing experience is necessary. New students are welcome to attend the first class before committing to 6 weeks. Check out the class website: www.want-to-be-writer.blogspot.com. *Class fee: \$78.*

PAPERMAKING *with fibers from the garden!*

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

2 Wednesday evenings, September 29 and Oct 6, 6:30 – 8:30 p.m.

The fun and creative art of making textured handmade papers is the focus of the papermaking classes. We'll make paper from recycled pulp plus fibers from the garden --hostas, lilies, etc. *Class fee: \$26 plus \$10 materials fee.*

STONEWARE POTTERY

Instructor: Karen Stasky

6 Thursday evenings beginning Sept 16, 6:30 – 8:30 p.m.

Under the guidance of potter/nature-lover Karen Stasky, students make strong professional-looking stoneware pottery, often embellished with nature designs. Students 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*

WOODCARVING

Instructor: Keith Miller

6 Wed evenings beginning Sept 8, 6:30 – 8:30 p.m.

or 6 Thurs mornings beginning Sept 9, 9:00 – 11:00 a.m.

Woodcarving students learn and practice the tools and techniques of different styles of woodcarving in the round, using basswood and butternut. Master carver, Keith Miller humorously and capably teaches his students to produce beautiful animals, objects, and faces. Each new student makes 3-6 projects such as a goose, a shoe, an egret, and miniature people. Returning students may design their own projects. *Class Fee: \$78. Wood and bench knives are available for purchase in class for approximately \$25.*

COLLAGE

Instructor: April Schabes (www.aprilsart.blogspot.com)

6 Wednesday mornings beginning Sept 8, 9:30 a.m. – 12 noon (skip Oct 6)

Artist April Schabes leads this creative class in which she encourages you to experiment with color and composition to create your own mixed-media collages. April sees collage as an opportunity to “play in your own world of artistic expression with a fun and easy art form! *Class Fee: \$98. List of required supplies available in office.*

BASKETMAKING

Instructors: Jane Dwyer (evenings) and Ann Fowler (mornings)

6 Monday mornings beginning Sept 13, 9:30 – 11:30 a.m.

or 6 Thursday evenings beginning Sept 9, 6:30 – 8:30 p.m.

New basket students start out making easy and beautiful wood-bottomed baskets, with their choices of colored trim. Everyone's turns out great! Basketry students continue on to learn techniques for weaving a variety of shapes and sizes of baskets. After their first session, students choose their own projects in consultation with the instructor. Students can expect to make 2-3 baskets in 6 weeks, depending on their style and choice of projects. *Class Fee: \$78 per 6-week session, plus \$25 materials fee per 6 week session*

CALLIGRAPHY

Instructor: Marge Boyd (penandpaints.blogspot.com)

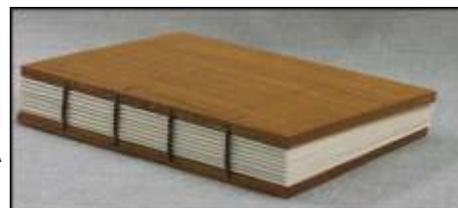
Every other Monday afternoon for 6 classes, beginning Sept 13, 1:00 – 3:30 p.m.

Calligraphy students work on the beautiful art of fine lettering. In the course of a year of calligraphy classes, you will learn the graceful uncial, italic, and book-hand styles of writing. You construct a small book in whose pages you add lettering and other decorations. *Class Fee: \$98 for 6 classes. List of required supplies available in office.*

BOOKARTS: Coptic Book Binding

Instructor: Marge Boyd (www.penandpaints.blogspot.com)

2 Monday afternoons, Sept 20 and Oct 18, 1 – 3:30 p.m.: Make a beautiful journal for sketching or writing -- with a sewn binding and a hard cover that opens flat. A really useful book and not hard to make! *Class Fee: \$32 plus \$3 materials fee*



WEAVING

Instructor: Nettie Botts

3 Wednesday afternoons beginning Sept 15, 1-3 p.m.

6 Wednesday afternoons, beginning Oct 13, 1-3 p.m.

Weaver Nettie Botts teaches students on convenient portable 4-harness table looms, which they use to create beautiful woven scarves and other items. In the Introductory 3-week class, students will create a small weaving, while learning basic weaving techniques. In the 6-week class, each new weaver makes a sampler and then is assisted in choosing projects of their own design and color scheme. Returning students and experienced weavers may choose their own projects, on either the table looms or the floor looms. *Class Fees: \$39 for 3 week session plus \$10 materials fee for new weavers. \$78 for 6 week session, plus \$10 materials fee for new weavers. Students will purchase own threads and yarns for future projects.*

QUILTING

Instructor: Denise Dulzo

6 Wednesday afternoons beginning Sept 8 , 1-3 p.m. (skip 10/6)

Create a four 9-patch block sampler, to be used as a baby quilt or wall hanging. We encourage you to bring a sewing machine to piece your blocks, but you may also use hand-stitching. Everyone will do the final quilting by hand. *Class Fee: \$ 78. Purchase your own fabrics and batting before the first class. A list of required fabrics and supplies is available in the office.*

SILVER JEWELRY WORKSHOPS

Instructors: Sonya and Dan Snyder

5 Monday afternoons, beginning Sept 20, 1:30 – 3:30 p.m.:

Beginners will learn to saw, file and solder to create beautiful silver jewelry. Special projects are available for Lapidary students to set the gem stones they created. Material fee covers 3 or 4 pieces of jewelry, additional or large pieces may have additional charge for silver. *Class fee: \$65 plus \$40 materials fee*

MANDALAS

Instructor: Theresa Suchy-McGraw

Mandala is a Sanskrit word meaning “sacred circle.” The sacred circle, used as a container to express wholeness, is where we can gain access into intuitive insights by making the invisible visible. Our wholeness connects us to our personal power, our infinite oneness, and the greater whole.

Meditation Mandalas: Friday morning, Sept 17 or Oct 15, 9:30 - 12 noon

Mandalas are an expressive arts tool that can be used for focus and prayer. Come create a mandala in a peaceful and quiet setting. You'll be introduced to the circle, the healing world of color and guided meditation. *Class fee: \$16 plus \$4 materials fee, for each workshop*

Colorful Mandalas: Mon evening, Oct 4, 6:30 - 9 p.m.

Explore color, texture, shapes, pattern and motion by cutting shapes from colorful and textured papers, then positioning them in a mandala circle to create radiating patterns. *Class fee: \$16 plus \$6 materials fee*

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. He'll demonstrate how to take great photos and share his strategies for composing great pictures, getting the right exposure on each shot, and, perhaps, most importantly, how to look for great subject matter in nature. Rick will bring his laptop, to demonstrate downloading and organizing photos on your own computer, and will project the class photos onto a large screen at the last session. We offer 4 workshops and encourage you to sign up for all four! *Class Fee: \$48 for 4 session series (\$13 individual session registration)*

Saturday, Oct 2, 9-11 a.m.: *The Basics of Photography.*

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

Saturday, Oct 16, 9-11 a.m.: *Field Techniques of the Nature Photographer.*

Saturday, Oct 22, 9-11 a.m.: *Review and Critique of Class Photos*

“ARTIST’S WAY” CIRCLES

Instructor: Linda Whittaker

12-week Artist Way discussion circles will begin in October on Tuesday mornings and Wednesday evenings , dates TBA in October newsletter

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

AUTUMN LEAF BOWLS and BIRDHOUSES:

Monday, Oct 25, 1-3:30 p.m. or 6:30 - 9 p.m.

Create a unique bowl with a design in autumn leaves or a birdhouse, 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. Check out samples of Karen's gourds at www.picturetrail.com/karencaldwell.

**NOTE: The class room will be open from 1pm to 9pm so if you have already attended a class with Karen and have an unfinished gourd at home, you may want bring it during that time to finish the project, burn a design, add a rim, or other embellishments. There will be patterns, tools, rimming materials, beads, available. Register as a Follow-up student. *Class Fee: \$6.50 per hour plus \$5 materials fee.*



PAPER-CRAFTS

Instructor: Ann Fowler

Fellowcrafter Ann Fowler loves paper! She folds, cuts, glues, punches, and arranges layers of papers to create sometimes whimsical, sometimes heartwarming, always beautiful, cards! *Class fees: \$17 plus \$6 materials fee per workshop*

Fall Holiday Cards: Wed morning, Sept 15, 9:30 a.m. - 12 noon

Christmas Gift Cards: Tues morning, October 12, 9:30 a.m. - 12 noon:

KNITTING 101

Instructor: May Mesco

4 Mon mornings beginning Oct 18, 10 a.m.- 12 noon

May Mesco loves to knit and loves to teach folks to knit! No experience necessary. Just buy a pair of #7 or #8 needles and let May show you how to knit like a pro! Students with experience are also welcome, and May will help you create more advanced projects of your choosing. A class for all knitters! *Class Fee: \$52*

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 this fall, plus parents' names and emergency contact information.

Mark your calendars now:

Autumn LINE DANCING LESSONS will start every Friday beginning on October 1, 7-8 p.m. in the Anderson Center at the farm. \$5 per person.

OCTOBER EMERSON HILL NIGHT: An Evening of Great Music

Sunday, October 10, beginning with 5:30 pm Dinner.

Keyboardist and vocalist Gene Infelise and his beautiful vocalist Francesca will provide a wonderful evening of great music: Sinatra-style Rat Pack jazz, Big Band standards, Broadway favorites, even a little pop, country, and light rock. We invite you to come and listen, and we'll clear a dance floor space for those who want to kick up their heels or sway to the beat as Gene and Francesca treat us to a grand variety of memorable tunes. Emerson Hill Night cost is \$15 per person. Advance reservations required.



CHRISTMAS ART SHOW: Sunday November 21, 12 noon – 4 p.m.

All of our Log Cabin instructors and students will join together to participate in a pre-Christmas art show and reception. Christmas wreaths, log reindeer, and other Christmas decorations will also be for sale.



August at Farm and Nature Discovery Preschool has been spent preparing for open house and the first day/month of school. Open House for registered families will be Tuesday evening, August 31st and we begin school the day after Labor Day. Our theme for September will be Apple Scapple, which means we will learn a lot about apples as well as introduce the children to our farm and our animals. We are so excited to see our returning students and look forward to meeting our new students and families.

There is still availability for our fall program, which runs from Sept. through May. If your child is or will be 3 years old, please call for a tour or information. 708-361-8933

TUESDAY LUNCHEONS -- 12:00 NOON - 2:00 P.M.

Every Tuesday at The Center, we have a delicious luncheon followed by an enlightening program on travel, nature, art, book reviews, personal growth, world affairs, spirituality, or other topics of interest. Cost is \$15. Please make reservations by the Sunday before the luncheon.

Tuesday, September 7: It May Be Autumn...But Now Is Time To Think Spring!



"Prairie Godmother" and Master Gardener Jackie Riffice will show slides and talk about planting spring bulbs this fall, so that you'll have a yard full of show-stopping, eye-popping spring color! Jackie is the founder of Prairie Godmothers, a growing network of certified gardeners who specialize in creating sustainable, earth friendly gardens. According to Jackie, spring and early summer blooming bulbs are beautiful, indeed, but they also help keep your soil aerated and healthy...another easy way to protect the planet. Prairie Godmothers will take orders for bulbs (many varieties are not easily found in the Midwest). You can pick up a flyer in the office, or ask us to send you one, if you'd like to place a personal order for late September delivery.

PRAIRIE
GODMOTHERS
Protecting the Planet. One Garden at a Time.

Tuesday, September 14: Rat Pack Cabaret!

Chicago crooner Frank Lamphere will perform renditions of Frank Sinatra, Dean Martin, Bobby Darin, Tony Bennett, and more. Known by some as "Mr. Rat Pack," Frank sings swing to standards to retro pop, and promises to provide a thoroughly entertaining afternoon! We're delighted to bring this talented singer/songwriter to The Center.



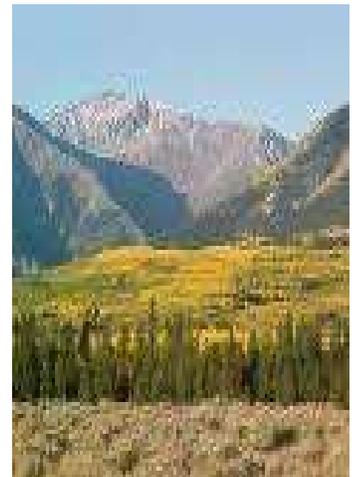
Tuesday, September 21: International Day of Peace

Chris Hopkins' good friend, peace advocate Megan Kennedy-Farrell will help us to celebrate this global Day of Peace by sharing stories of her work with the Peacebuilders Initiative for Chicago teens and her work in promoting peace in Latin America with Witness for Peace, an organization committed to non-violence. Megan's presentation promises to be interactive, educational, and motivating, and will end with an outdoor labyrinth walk as we each explore our own journeys to create a more peaceful world.



Tuesday, September 28: Rocky Mountain High!

Good friends Dan Morley and Rick Steffen will share great photos from their summer trip to Rocky Mountain National Park and surrounding alpine areas of Colorado. These two nature photographers took nearly 1000 photos of mountains, of flowers, of trees, of birds, of moose, and more. We invite you to plan to stay until 2:30 pm on this day, as these two avid outdoorsmen tell me that even after gleaning their collection, they know it will take more than an hour. But with a slide show put to majestic music, the time will fly!



"There is nothing wrong with change, if it is in the right direction"

Instead of having a Haunted Farm this year, we've decided to put our energies into expanding our activities on weekend Pumpkins Days. So we are pleased to announce a new & expanded farm experience for October...

The Children's Farm Pumpkin Days

WEEKENDS (AND COLUMBUS DAY) 10AM-4PM

Free Admission to our Pick-Your-Own Pumpkin Patch

Offering a variety of pumpkins, gourds, mini pumpkins,

carving tools, straw bales,

corn stalks, local honey & more!

Complementary Hayrack rides

Food Concessions

PUMPKIN PLAYLAND

Admission Fee \$7

*A fall themed, farm experience
for children and adults!*

Barn tours & Petting Farm

Enjoy hands on interaction with all of our farm animals.

Cows, pigs, goats, sheep, chickens, ducks, rabbits and more!

Straw Bale Climber – See how high you can climb on our structure of straw!

Giant Corn Box – This one speaks for itself.

A giant box filled with corn kernels, provides endless fun!

Spooky Wood Shed – An eerie experience designed for our youngest guests.

Crazy Maze-y – Enjoy navigating your way through our crazy maze-y!



AND ON WEEKDAYS 3PM-5PM

Free Admission to our Pick-your-own Pumpkin Patch

Offering a variety of pumpkins, gourds, mini pumpkins, carving tools,
straw bales, corn stalks, local honey & more!



Calling all willing volunteers...



Educational Farm Tour Guides, Hayrack Drivers, Pumpkin Sellers,
Hotdog Grillers, Cashiers, Greeters, Animal Guides

You name it and we need it!

With October right around the corner, The Children's Farm is approaching our busiest month of the year. We will be very busy giving thousands of school children and families a wonderful Fall experience but we need your help.

Please consider donating some of your time this year as any and all help will be greatly appreciated! We are open for business everyday during October and need dozens of volunteers daily.

If you think you can assist in **any way**, please call (708) 361-3650! Thank you in advance and Happy Fall!



Fall Junior Farmers

Begins Week of September 11th
6 weeks/\$72

Fall is such a wonderful time at the farm and even a better time to be enrolled in our Junior Farmer program! Our Fall session will focus on pumpkins, corn picking & grinding, taking the animals on walks around the farm and simply enjoying the seasonal changes. Classes meet one hour per week for six weeks. Advanced registration required.

Choose a Session:

Ages 3-6

**Saturday 10:00-11:00am or 11:30-12:30pm Beginning September 11th
Monday, Tuesday, Wednesday 10:00-11:00am or 1:30-2:30pm Beginning September 13th, 14th
& 15th

Ages 6-8

**Saturday 2:00-3:00pm Beginning September 11th
Monday or Tuesday 4:00-5:00pm Beginning September 13th & 14th

Ages 9-12

**Saturday 3:30-4:30pm Beginning September 11th
Wednesday 4:00-5:00 Beginning September 15th

****Due to our Fall Festival, Saturday classes will SKIP SEPTEMBER 25th****



Fellowship Corner

Nicole Montalbano

The Center has been part of my life since I was young. I attended the art classes around the age of 5 and started volunteering when I was 13. I've been volunteering at the Center for 4 years now and I feel like I'm part of the family. Recently, I've been volunteering with Sarah with the 2nd and 3rd graders. Sarah and the kids have taught me to be more creative and to open my mind to new ideas. Thank you, Sarah and Lois, for giving me the opportunity to learn and grow as I've

helped the children. I've enjoyed the Center for years and it will always have a place in my heart.

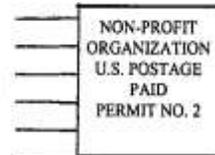
Thanks Nicole--you have a place in our heart too! Thanks for all you give to our art program--the children love the attention you share with them, and the teachers love your assistance! You do a great job. The Center Staff



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



FALL FESTIVAL

Saturday, September 25th

10:00 a.m. - 4:00 p.m.

We're looking forward to our 68th Annual Fall Festival at The Center. Crafts and collectibles booths, flea market vendors, garage sale vendors, a Farmers' Market with pumpkins and gourds, children's games and crafts, hayrack rides, horse



rides, live entertainment by Seitz and Sounds, and farm tours to see the animals will fill the day with fun. Hamburgers and hot dogs and other goodies will be on sale for lunch. Festival admission is \$2 for children and \$4 for adults. This is always a great day for all ages!

Friends and volunteers are asked to contribute baked items for the festival bake sale; AND to come out and help at the festival. Vendor spaces are still available (\$25 each) - call The Center to register!

Plan to bring the whole family to the Fall Festival. Stay all day and enjoy a delightful autumn day in the country. We hope to see you September 25th, 10 a.m. - 4 p.m.

Wanted: Straw hats, plaid shirts, and overalls for Fall Festival scarecrows.