

## Friday Workshops

### **8:00-8:50a Low-Impact Line Dancing** Deidre Eugenia Fernandez

Get your blood pumping by moving to the music. No previous dancing experience required. No jumping involved.

### **8:00-8:50a Wanna talk books? Creating Space for Lesbian Book Groups** Ferron Susan Cooper & Elizabeth Andersen

We will share our experiences, lessons learned, helpful tips, and the joy to be found in facilitating successful lesbian-focused book groups. A packet including book lists, strategies for growth, and guidelines for group cohesion will be available.

### **8:00-8:50a Staging Our Aging** Gwen Ruth Landau

Come join us to learn how we harnessed the loving energy of our Village of Friends to provide at-home caregiving services for Ruth's beloved wife Leila. At "Camp Leila," we enjoyed music therapy, art, stories, cooking and horse therapy. Hospice and Grief & Bereavement resources will also be shared.

### **8:00-9:30a Creating a Welcoming and Inclusive Gendered World** Alix Forrest Mainville & Hayes McIntosh

If you identify as agendered, bigendered, transgendered, cisgendered, or other, you are invited here to breathe, be seen, and held by community. forrest will share their gender coming-out story and guide you to share yours if so moved. Together we will imagine and celebrate a more inclusive gendered world.

### **8:30-9:50a Memorial Archiving: Creating an Archive for Lesbians Who Have Died**

Edwina Rose Norman, Dreya Firewalker, & Emily Morgan

Many lesbians die without so much as an obituary. The workshop illustrates how to preserve the memory of lesbians we have lost. Advice comes from Invisible Histories (archiving) as well as the Southern Lesbian Feminist Activist (SLFA) Herstory Project.

### **8:30-9:50a The Rhythm Is Gonna Get Ya** Carolyn Koebel Melanie

Join percussionist, educator, and music therapist Carolyn Koebel in exploring the power of rhythm to connect and inspire. Drawing from global drumming traditions, with an emphasis on Japanese taiko, and Carolyn's decades of experience in community music-making, participants will discover rhythm patterns, vocal &

body percussion, call-and-response, and groove-based exercises.

### **8:30-9:50a Community Singing** Wahru Kyra Valentine & Billie Barlow

Sisters: come to join voices in a Song Circle of earth-based, heart-opening, affirming songs. Discover melodies which are easy to learn through call and response. No experience necessary! With curiosity and playfulness, we will open our voices and hearts through songs of power, truth, and belonging.

### **9:00-9:50a Hustle Up and Dance: A Ballroom Dance Class** Deidre Naomi Wang, Leslie Bernstein, & Grace Cooper

Learn Hustle with a professional dance instructor from Madison Ballroom Company. Hustle is a partner dance suitable for many abilities. We will rotate partners so come on your own or with friends. Please arrive on time to ensure the most enjoyable experience for everyone. Hustle class, the perfect way to meet other festival-goers through dance!

### **9:00-9:50a Caring for the Caretaker (and Your Loved One)** Ferron Sharon Washington

For caregivers and those anticipating caring for a loved one with memory loss. This session will explore strategies for caring for yourself and a loved one, and how music, movement, and shifting the definition of agency can ease the stress of giving and receiving care.

### **9:00-9:50a Music, Magic and Community - How Production Values Built a Culture** TibZ Tibbets Gwen

Take an energetic romp through the beginnings of womyn's music and along the way discover how producers make magic happen. Sound healing, artist care, vibrations.

### **9:00a-4:30p Room of Remembrance** Holly Sara Karon

The Room of Remembrance is available throughout the Festival. It offers a space for those in mourning to escape the hubbub of the festival and remember our departed loved ones, and for all festival attendees to honor the lives of those we have lost.

### **10:00a-4:00p Respite in the Red Tent** The Red Tent Clan

The Red Tent offers a quiet place for respite and re-energizing your woman spirit. Here you will find the living room of

the Goddess, where you will find a quiet place for a short nap, a hand massage, a chair massage, or a tarot reading.

### **10:00a-4:00p Hand massage** RedTent The Red Tent Clan

Pamper yourself a little...sign up in the Red Tent for a relaxing hand massage. Come to the Red Tent to sign up for a time slot. Time slots fill up fast so don't wait.

### **10:00a-4:00p Chair Massage** RedTent The Red Tent Clan

Pamper yourself a little...sign up in the Red Tent for a relaxing chair massage. Come to the Red Tent to sign up for a time slot. Time slots fill up fast so don't wait.

### **10:00a-4:00p Tarot Card Readings** Red Tent Holin Blackmoon

In these chaotic times, the Tarot can help us to see the patterns in our lives and help us learn about the road ahead. Readings are free. Come with a question and an open mind. Come to the Red Tent to sign up for a time slot. Time slots fill up fast so don't wait.

### **10:00a-4:00p The Goddess is Listening** The Red Tent Clan Red Tent

Do you have something you need to get off your chest? Are you working on a problem and just need to air out your thoughts? Do you have a story you wish to share? Whatever you need to get off your chest, a listening ear awaits you in the Red Tent. No judgments...just listening. Whatever is shared will remain confidential between you and the Goddess. Come to the Red Tent and sign up for an appointment.

### **10:30a-noon Vibrational SoundBath to Soothe Your Body, Mind and Soul** Red Tent Peggy Patty & Phyllis Lau

Join us in exploring the healing properties of Vibrational Sound that science confirms helps us de-stress in these challenging times. Discover the soothing auditory experience of relaxing into the vibrations of Himalayan singing bowls, tuning forks, gong, and rattle. You're welcome to recline, if you choose.

### **12:00-12:50p Songwriting Together** Melanie Abby Posner

We'll talk about basic music theory to unlock the mysteries of the music language, discuss rhyme schemes, and then meditate to come up with a topic. The end goal is to write a song together. This is a class for everyone, even if you have never written a song before.

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**12:00-12:50p Taking Charge of the End of Your Life** Wahru  
**Micki Beth Stiller**

This workshop will teach you about tools such as Advanced Directives, Durable Powers of Attorney, Wills, and other information to create an Estate Plan for you.

**12:00-1:20p Community Archiving: Remembering Our Unsung Lesbians** Alix Beth York, Corky Culver, Mev Miller, Mary Ann (Leaf) Hopper & Barbara Ester

Community archivists preserve our herstory by collecting, documenting, and communicating our stories for posterity, especially about our unsung lesbians. Womontown, the SLFA Herstory Project's Sinister Wisdom collaboration, home video archiving, and The Wanderground archive illustrate three ways of doing it.

**12:00-1:20p Elemental Goddess Yoga** Deidre Suzanne Gray

Beginner friendly yoga focused on the 4 elements. Breathe and move to a soundtrack of womyn's music favorites.

**12:00-1:20p Let's Talk About Death** Gwen Pat Calchina

Talking about death helps us to appreciate life more fully. This workshop will be primarily discussion with information sharing about end-of-life options as necessary. Informational handouts will also be available.

**12:00-1:50p A Mother Apart** Edwina Film Series

A *MOTHER APART* follows acclaimed poet, performer, and activist Staceyann Chin (Def Poetry Slam, MotherStruck!) on a deeply personal search for her biological mother, who abandoned her as a child. Laurie Townshend, Director. 88 min. English & German w/CC

**12:00-1:50p Laws, Courts and Democracy- An interactive discussion** Ferron Trish Bangert

Let's discuss current issues in the law, including those involved in protests, immigration sweeps, and pesky threats to democracy. How will those affect you now and in the future? I'll talk about the law, and you can talk about the steps you are taking in response. Bring any burning questions.

**1:00-2:20p Remembering Those We Have Lost** Holly Sara Karon

The Festival is a wonderful time to gather with friends old and new. That joy is diminished by our losses. This workshop offers a chance to share memories of those who have passed away, share our grief, and celebrate all they brought to this world.

**1:00-2:30p Women's Ukulele Chorus Mother Earth, Above, and Beyond** Jori Costello Melanie

Longing for life on Earth, appreciating and protecting Mother Earth, and feeling the connection from Earth to Spirit. Featuring songs by Sweet Honey in the Rock, Holly Near, Navajo-German songwriter Sharon Burch, and one of our Ukulele Chorus players, 15-year-old Luca Payne.

**1:00-2:50p Singing in Sacred Circle** Wahru Shelley Graff

Singing In Sacred Circle honors the tradition of the late Kay Gardner where we share short, repetitive women-centered songs/chants in a relaxed, safe circle where all voices create an energy that is both empowering and healing. No experience necessary!

**1:30-2:20p Carefree Lesbian Writers Read Their Work** Deidre Carol Anne Douglas, Lois McGuinness, Becky Bohan, Sara Fleming, & Ellen Levy

Carefree lesbian writers Becky Bohan, Carol Anne Douglas, Sara Fleming, Ellen Levy and Lois McGuinness members of the writing group, Writers' Circle. They will read from their works.

**1:30-3:20p A vision Without a Plan is a Hallucination: Authentic Voice/Authentic Life** Marta Miranda-Straub, LCSW, PhD Alix

This workshop will enhance your creativity in writing and living. We will identify core values, practice creative writing and imagery, harness your authentic voice and life. We will be working individually and in small breakout circles. Bring your dreams and your journal and favorite pen/pencil.

**1:30-3:20p Call Them In: A Social Justice Songwriting Workshop** Gwen Crys Matthews

From Bob Dylan's "Blowing in the Wind" to Amythyst Kiah's "Black Myself," music has been a conduit for hope and empowerment. When justice and equity are "being too political," are hope and

empowerment enough? We'll discuss how Crys uses music not only to call out, but also to call in.

**2:00-2:50p Celebrating our 50th Festival - What's Next?** Ferron

**Terri Worman & Betty Lepps**

What's next for WIA/NWMF? Join Board President Terri Worman, and Vice President Betty Lepps, for a strategic planning conversation to start shaping our direction for the next 3-5 years. Your ideas and energy are essential.

**2:00-3:20p Sappho: Who Was She?** Edwina Jorjet Harper

Most of Sappho's work has been lost. Countless artists have portrayed her, but what do we know about this poet? How were the words "lesbian" and "sapphic" coined? As a lyric poet, Sappho could well be the first universally acknowledged female artistic genius and the foremother of women's music.

**2:00-4:00p Oral Herstory Interviews** Margie Dr. Bonnie Morris

Come be interviewed by herstoryian Dr. Bon and help document the early years of NWMF! Be prepared to offer five to ten minutes of your best memories. Sign up for a reserved slot by festival registration.

**2:30-3:20p THE LAND: For Women. For Girls. Forever.** Deidre Toni Armstrong Jr.

The Land is paid off! Come hear the latest and have questions answered about the 651 acres of forest and fern land (former site of MWMF) purchased by the nonprofit WWTLC: "for women, for girls, forever." Four weeklong gatherings are this summer. Hear details and sign up to become a Landmother.

**2:30-3:30p Mary Watkins: A Life In Music** Nan Washburn & Mary Watkins Greenway

Hear the extraordinary composer and pianist Mary D. Watkins talk about her life and the years of her multifaceted music making. An old friend and many times a musical collaborator, NWMF Orchestra conductor Nan Washburn chats with Mary for an informal look into her career, creativity and musical impact.

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### **2:30-4:00p Amazons and Crones- The Feared Female Archetypes** **Artemis Passionfire**

Amazons and Crones are often ignored and dismissed by Patriarchy. We will be honoring these two aspects of womanhood in Goddess Ritual, Story and Female Spirit!!

### **3:00-4:50p NWMF Women's Choir** **Melanie DeMore**

Sisters: Let's raise our voices together and lift each other up. Bring your whole self and let's celebrate in song! The chorus will perform Sunday morning on the Festival main stage.

### **3:00-4:50p ADHD: Reconsidering Your Past and Future Self** **Suzanne Gray**

Later in life ADHD diagnosis is increasingly common for women. Join us for a facilitated conversation, networking, and peer support.

### **3:30-4:50p Enthusiasms vs. Aversions Solos Mixer/Dinner Out** **Christine Powers**

Traveling solo to this event and want to meet others? This mixer is based on a series of questions that allow participants to learn more about their fellow travelers in a comfortable and fun atmosphere. Afterwards, anyone interested can enjoy dinner out together.

### **3:30-4:50p We're Not Done!** **Mary Byrne & Margie Adam**

Join us in celebrating each of our involvements in the early Women's Music and Culture network with its distribution and production companies, bookstores, radio shows, and other women's businesses. How has your young lesbian feminist experience in Women's Music impacted your current community interactions?

### **3:30-4:50p Because of a Song** **Holly Near**

Music connected me to the world. On the wings of music, I learned to think critically, reveal personally, and present professionally. I will talk about that work and be open to your questions as we continue this journey at NWMF.

### **3:30-4:50p 40 years Singing for Lesbians—Why and How These Years Have Come About** **Lucie Blue Tremblay**

There was Covid, Drump, October 7th, War, Ice and the attempt to dismantle the US as we know it. It's a wonder we're all still in one piece! While acknowledging our present, Lucie directs us away from the mess, connecting us to our hearts, sharing stories of finding her voice, her writing and "why" over the last 40 years.

### **4:00-4:50p Aqua-Dance** **Rani Quimba**

Aqua Dance brings the fitness experience to the water by adapting all the Latin, world beat, and popular music moves to an aqua fitness type class. This class will tone your muscles and give you cardiovascular training while having so much fun!

### **4:00-5:20p You are the words you need: a writing exploration, prose or poetry** **Cedar Moss & Cindy Lutembacher**

An opportunity to turn our attention to what is happening within us and in the outer world. We will meet it through prompts and conversation. And then we will have time to reflect, to write and to share (if we want to).

### **4:00-6:00p Art Show Reception** **Gail Fairfield**

**Festival Lobby**

### **5:00-6:30p Shabbat Service** **Sara Karon**

Friday night marks the start of the Jewish Sabbath. We will begin with some time to schmooze and get to know each other and then will join in traditional prayer and song to welcome the Sabbath Queen.

### **4:15 - 6:00 Christine Powers** **Single/Solo Dinner Out**

Join other single/solo travelers for a dinner out locally. Information on location will be posted near the registration area. Anyone wanting to carpool should meet outside of Alix at 4:15pm. Leader will get to restaurant ahead to save seats. Dinner starts at 4:30 so that we can get back in time for the show!