

## Saturday Workshops

**8:30-9:20a OLOC Lesbian Elders Coming Together Gwen**

**Patty O'Donnell & Other OLOCians**

OLOC is an organization for Lesbian Elders who come together to preserve our herstory, confront social injustice, promote visibility, and give and receive support for our later years. Join us to share and learn about OLOC and our next Gathering.

**8:30-9:50a The Art of Quilting and Metaphors for Organizing Ferron Pam McMichael**

Are you a quilter? Sleep under a quilt? This workshop explores steps of making a quilt and ways these steps are metaphors for social justice organizing. We'll make a "paper" quilt, lifting up our visions and hopes for these troubling times.

**9:00-9:50a Some of Us Abuse Lesbians Alix gypsy Tucker**

We will discuss the why of intimate partner violence, the survivors, and the number of such acts.

**9:00-10:50a Free Beer Tomorrow Edwina Film Series**

A tribute to Ohio's longest lesbian-owned-and-operated bar. Historic interview footage shows their diverse clientele, from tap dancers, professional women's football players to feminist activists, bartenders, drag kings and more. Julia Applegate & Luster Singleton, Directors. 78 min. CC

**9:00-10:50a 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.

**9:00a-noon Women's Music Industry Reunion Deidre**

**Toni Armstrong Jr.**

Victory lap and reunion! Were you someone who made the women's music industry fly — producer, distributor, label owner, radio show host, manager/agent, performer, techie, stage crew, journalist, AWMAC member? Come meet up with your old colleagues, pay tribute to those we've lost, catch up, and generally share some well-earned laughs!

**9:00a-5:00p 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.

**9:30-10:50a Secrets in the Strings: Women, Fiber, and Fabric through History Gwen Jorjet Harper**

Women created cloth and clothing, vital tasks trivialized as "domestic labor." From the Egyptians' exquisite clothing to the stunning tapestries of medieval Europe, women have woven the world. They are the unremembered creators of spinning, weaving, stitching, knitting, and crochet. We'll survey the relationship between women and the fiber arts.

**9:30-10:50a Lesbian Widows Workshop Sara Karon Holly**

Losing a life partner changes everything that comes after. There are things that only those who have experienced a similar loss can understand. Come share your experiences, memories, struggles, questions, and strategies with others. This workshop is for lesbian widows only.

**9:30-10:50a Storytelling Live: Creating Suspense & Emotional Connection Wahru Roberta Lea**

Roberta Lea is known for her original music. She's also known for the captivating stories she tells, never once being told to "shut up and sing." In this workshop, Roberta teaches participants how to make their banter and stage presence as engaging and powerful as the songs they sing.

**10:00-10:50a It's My Story Too! Alix Jeanne Arnold**

Do "tell almost all" intimate memoirs raise ethical issues? Author Jeanne Arnold, (pen name Jan Anthony) 94, shares controversial examples from her newly published eight-books series and asks for your stories/opinions. Jeanne says, "I know peanuts about legal stuff. Attorneys are welcome."

**10:00-10:50a 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.

**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 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 Hand massage Red Tent 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 Red Tent 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 The Goddess is Listening The Red Tent Clan**

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.

**11:30a-noon Red Tent Pop-up Mini Concert with Thistle**

**1:00-1:30p Red Tent Pop-up Mini Concert with Sara Neu**

**1:00-1:50p Let's Play LEZBO Ferron Toni Armstrong Jr.**

LEZBO is basically BINGO, except we have created a lesbian herstory version. It includes famous lesbians from pop culture, literature, sports, politics, music, movies, TV, science, history, and more. Come play for prizes and fun!

**1:00-1:50p What Does "Living Grief" Mean? Jackie L. Disch Holly**

We will discuss the current societal "expectations" around grief. I will provide examples of living grief vs. "getting over

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it." Finally, we will discuss how changing focus or meaning can apply to your own thoughts about, and experience with, grief.

### **1:00-1:50p Coping with Stress and Anxiety During Challenging Times** **Melanie Lisa Lubin**

During the workshop I will lead a guided meditation and discuss other strategies for dealing with stress and anxiety.

### **1:00-2:20p Veteran/Military Networking** **Marti Nerenstone Alix**

Are you a veteran? Active duty military? National Guard? Reserve? This is an opportunity to informally meet and network with others who have served, or are currently serving, in the military. Strict confidentiality will be observed.

### **1:00-2:20p Body of Rhythm** **Gwen Vicki Genfan**

Get out of your head and into your body! Using meditation, movement, and percussive sounds, we'll tune in to our inner rhythms, improving our listening and rhythmic skills. It's hands-on and a lot of fun—no experience needed. We'll end with a boomwhacker jam, building a unique groove together.

### **1:00-2:30p Oral Herstory Interviews** **Dr. Bonnie Morris Margie**

Come be interviewed by herstoryian Dr. Bonnie Morris 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.

### **1:00-2:45p A Poetry Shindig** **Atrium Diane Silver**

How do poets make community? We come together to perform our poetry. Join host Diane Silver for National's only open mic that focuses solely on poetry. This event is open to beginners and award winners.

### **1:00-2:50p Association of Women's Music, Arts, and Culture: Building a New Alliance** **Deidre**

### **Polly Laurelchild-Hertig, Nedra Johnson & Susan Frazier**

Arts & culture ARE resistance! AWMAC knit diverse communities together to effect change. Today's BIPOC, LGBTQ+, women and other minorities---and democracy itself---face extraordinary challenges. How to best help each other survive, thrive, and create a strong future for ourselves and succeeding generations? Let's do this, sisters!

### **1:00-2:50p Goddess of Slide Film Series** **Edwina**

She played the 7th National Women's Music Festival on her way to stardom, yet virtuoso Canadian slide guitarist/singer Ellen McIlwaine ended up largely forgotten. Alfonso Maiorana, Director. 88 Min. CC

### **1:00-2:50p Women's Drum Chorus** **Wahru Rani Quimba**

Women who participate can expect a few workshops, practices, and community. Additionally, those who join have the opportunity to perform in the Festival's Drum Chorus. There is no skill level requirement. It's all about drumming, dancing, and having fun. Please bring your own drum or percussion instrument.

### **2:00-3:00p Kything - A Feminist Theory of Connection** **Red Tent Rain Gaia**

The Scottish word "kythe" means to enter into a state of union with others, to consciously communicate with another being. "It represents a spiritual technique that offers a way to be present with others without regard to space or time."--Mary Gelfand. Through a silent intentional practice, we will experiment together in creating a small string of beads that will keep us connected when we are apart from our sisters.

### **2:30-3:50p Hooks & Melodies Made Simple** **Stephanie Gayle Ferron**

Learn how to create catchy, memorable hooks and melodies using simple techniques anyone can follow. This interactive workshop helps participants unlock creativity, build confidence, and develop song ideas without needing music theory or professional production experience.

### **2:30-4:20p Dreaming of the Open Road:** **RV Life Suzanne Gray Alix**

Learn the ups and downs of RV life and things to consider before investing in a rig. Attendees and the presenter will share experiences. Join the conversation and ask questions about RV ownership.

### **2:30-4:20p Acting for Non-Actors** **Gwen Ophelia Saint Chamberlain & Charlotte Van Doren**

Acting is becoming someone else for a brief moment, leaving your ordinary self and inhabiting another person. Join two off-Broadway actresses for a workshop that

will explore the basics of acting. Everyone will have an opportunity to perform a short scene with another person. Come and become that other you.

### **2:30-4:20p 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.

### **3:00-4:20p You Can Feel Better! Using Mind-body Skills for Self Care** **Wahru Mindy Milam**

Review what mind-body medicine is, as well as our natural stress responses, and what we can do to lessen negative impacts of chronic stress. Practice several m-b skills and begin a new path toward wellness and self-care.

### **3:30-4:20p Hearing Their Voices: End of Life Experiences of Lesbian Widows** **Holly Stephanie Ezell & Gerry Gorman**

Understanding the strengths and challenges of every community enhances compassion and dignity in end-of-life care for all. Lesbian widows have been underrepresented in research. This workshop will address knowledge gained from narrative interviews with lesbians whose partners died while receiving hospice care.

### **4:00-5:00p Demystifying the Blues - a deep dive** **Jean Fineberg Ferron**

We'll examine traditional blues structure, chord progressions, and expanded forms, utilizing a bit of music theory to enhance appreciation and understanding of the blues, and stimulate ideas for crafting lyrics and solos.

### **4:30-6:30p Unity in Diversity: A Celebration of Women of Color** **Deidre/Edwina**

All women are invited to join their sisters of color on Saturday from 4:30 to 6:30 PM. Join the open mic with a song or poem, engage in drumming and dance, make new friends, and celebrate women of color! There will be cake!