



SouthWest UU Women's Conference

Dallas, Texas -- March 4-6, 2011

KEYNOTE SPEAKER

Tamara Lebak

Associate Minister

All Souls Unitarian Church, Tulsa, OK

"Generation Nexxt"

Saturday night entertainment by "Big Bad Gina"

Happy Hour Music by "Cherion"

Women and Maidens 13 and older, please join us for a weekend exploring ourselves, our spirit and social justice while having fun with music, movement, and art.

REGISTRATION INCLUDES:

- **FRIDAY EVENING** – registration begins at 3 pm.
Opening ceremony with entertainment, admission to the Bazaar
- Buy your raffle tickets at the Bazaar. Raffle items donated by vendors will be on display.
- Late evening "Jam Session" with Jane Kittner
(bring your voice, your favorite instrument and a song to share)
- **SATURDAY** - breakfast, lunch and dinner, all day soft beverage service
- Theme Speaker, workshops.
Bring your swimsuit and join Becky Warren for an early evening "Water Aerobics" class.
- Raffle drawing after dinner. Buy your raffle tickets at the Bazaar.
- The Red Tent Room, entertainment Saturday night; More Bazaar
- **SUNDAY MORNING** - breakfast, closing ritual and SWUUW membership. We'll have you ready to go in time to attend one of the area church services, if you wish.

NOTE: Please check our website SWUUW.org for more information and updates.

TO REGISTER:

- You may register online using a credit or debit card via PayPal at www.swuuw.org or mail this form with your check (made out to SWUUW) to the conference registrar:
Paula Rose, 9511 Liptonshire Dr, Dallas, TX 75238.
- Each person attending **MUST** register separately (even if you are in the same family or household as another person attending).
- Pre-register if at all possible to help us plan space, food and a wonderful weekend for you.
- **To receive a 10% discount register by February 1. FINAL DEADLINE FEBRUARY 26!**
- Registering on-site will **ONLY** be possible if space is available.
- There are no discounts for Workshop Presenters.
Vendors who are also attending, please contact the Registrar.
- You may apply to be a vendor on our website.
- To help our "village" stay in touch, we will distribute all participants' contact info to all others, via email unless otherwise requested.
- To assist your sisters who might otherwise be unable to attend, please donate generously to the Scholarship Fund.

KEYNOTE SPEAKER



Rev. Tamara Lebak is an independent consultant, executive coach and ordained Unitarian Universalist Minister with change management experience that focuses on maneuvering between multiple levels of system from the personal to the global. In her ministry, coaching, as well as her consulting, Tamara integrates her training in Gestalt Organization and Systems Development, conflict management, appreciative inquiry, and community organizing in diverse racial and economic settings. Tamara has worked with numerous educational, religious, community and non-profit institutions including the National Park Service and the World Bank. In 2008 Tamara co-authored *Reverend X: How Generation X Ministers are Shaping Unitarian Universalism* with Rev. Bret Lortie. Tamara currently serves as Associate Minister at All Souls Unitarian Church in Tulsa, Oklahoma. Also a gifted musician, Tamara plays guitar, sings, and has composed her own music. Tamara and her partner Jill Webb of 15 years have recently celebrated the birth of their first child in June of 2010, a daughter, Beckett Elizabeth.

MUSIC

With their unique blend of harmony, and their eclectic musical selections, Big Bad Gina has hit the music scene with a bang, often bringing down the house with their laid-back, yet powerfully energetic performances.

Big Bad Gina gives audiences what they want – jazz, folk, hard rock with a soft twist, reggae, bluegrass and funk. Their performances are toe-tapping and inspiring, leaving audiences dancing in the aisles and asking for more.

Renée Janski and Melodie Griffis discovered their musical compatibility when playing for the Unitarian Universalist Church. Since then, they have taken their uncommon musical groove to other venues in the Northwest Arkansas area. In fact, Big Bad Gina was one of the featured performances at the First Annual Goddess Festival in Fayetteville in March 2009 where they met and hooked up with the 3rd "Gina", Jori Costello.

Jori Costello, singer/songbird, guitar grooving', percussion pounding Goddess. Renee Janski of UU choir fame, amazing Amazon arias and multifaceted musicianship. Melodie Griffis of U of A jazz combo talent with an Angelic Cameroon croon keeping it rockin' on the bass and jazzin' it up with her ultra fine guitar riffs Add a slew of instruments, some kickin' original tunes and select scintillating covers, and you have Big Bad Gina! -an all womyn's band based in Fayetteville, AR and ready to rock the region and nation with their award winning "Amazon Warrior Princess" Goddess Groove! It's Folkin' Rockin'!



For more information, please see www.bigbadgina.com.

LODGING

Remember to reserve your hotel room!

Call 800-972-2518 and give them the 3 letter group code: **UD1**

Holiday Inn Select North, Dallas, TX <http://www.hiselect.com/dal-north>

Room rate \$79 (price guaranteed if you mention the Conference and reserve before February 9, 2011.

Free parking and shuttle service from DFW Airport (contact the hotel, please)

T-SHIRTS

Our SWUUWCon 2011 T-shirts have our logo screen printed on the front in metallic silver! They are heavyweight 100% cotton shirts in a rich purple. WIDTH is side-to-side at 1" below the sleeves. LENGTH is shoulder seam at collar to bottom hem.



Gildan 6.1 oz cotton men's cut tee	S	M	L	XL	2XL	3XL	4XL
width	18	20	22	24	26	28	30
length	27.5	28.5	30	31	31.5	32.5	33.5
Gildan 6.1 oz cotton ladies tee	XS	S	M	L	XL	2XL	3XL
width	16	18	20	22	24	26	28
length	23.5	25	26	27	28	29	30

REFUNDS

SWUUW REFUND POLICY - to be administered by the SWUUW Board -

- Only 50% may be refunded until Jan 15
- Only 25% may be refunded until Feb 1
- No Refund after Feb 2.

This refund policy will allow us to pay deposits and fees necessary prior to conference date.

QUESTIONS?

- About registration -- Please email registrar@swuuw.org.
- About the conference -- Please email conference co-convener Carol Currie, conference@swuuw.org.



Southwest UU Women

A non-profit organization that supports women through worship, learning, leadership, community and social justice, SWUUW discusses women's issues, explores feminist theology, promotes friendships, and celebrates the diversities that make us individual women on our individual spiritual paths. SWUUW is a district-wide organization open to all UU Women's Groups and women in the Southwest Conference area.

EARLY MORNING ACTIVITY

Wake Up with Chi Gong – Gerry Veeder

Ever wondered what all those Chinese are doing in the Beijing parks early in the morning? It's Chi Gong, a series of gentle movements & breathing to move your internal energy. Chi= Energy, life force. Gong= Discipline, skill, exercise. It helps to wake you up, get the kinks out, & center you for the rest of the day. No previous experience is necessary. If you can stand up & breathe at 7:00 in the morning, you can do Chi Gong. It's done standing up, in comfortable clothes & flat shoes or barefoot.

Gerry Veeder studied Chi Gong for 5 years with Master Mai Su Chan, a Martial Arts Master from Taiwan. She has been practicing Chi Gong for 12 years, and begins every morning with these exercises.

MORNING WORKSHOPS

All workshops are appropriate for all ages unless otherwise indicated. Please be sure to write your first and second choices on the registration form.

am 1 Rev. Tamara Lebak - More about Generation Next

Theme Talk Discussion: This is your opportunity to talk with Rev. Tamara Lebak about the ideas she has presented in her theme talk. Participants will have a chance to ask questions raised in the theme talk and comment. Copies of her book will be for sale during this workshop.

Rev. Tamara Lebak is an independent consultant, executive coach and ordained Unitarian Universalist Minister with change management experience that focuses on maneuvering between multiple levels of system from the personal to the global. For more information please see SWUW.org

Lecture or Lecture with Q and A

am 2 Shams Cohen - Our Longing for Justice

What does "social justice" mean; are we doing it; how are we doing it; are the means and the ends in alignment with our UU values? What inspires you; what breaks your heart; what calls you to give thanks; and what can you envision? How can I help? Let's talk about our individual and congregational desires to show up for the world we dream about and give each other a hand over the obstacles!

Born and raised UU, Shams Cohen is currently serving our movement as the Social Justice Ministerial Intern at First Unitarian Dallas. Shams is a 4th year seminarian at Starr King School for the Ministry, which has a pedagogical focus on educating to counter oppressions and create just and sustainable communities.

am 3 Linda VanBlaricom - Earth Ministry 202

The documentary film, "Bag It" will be shown and discussion of how one UUCLR covenant group's service project for 2011 will be an Earth Ministry using a monthly film and supper program to educate and connect the larger community.

Linda VanBlaricom is the current SWUW president and a long time member of UUCLR. She is a lover of documentary films and planet earth and wants everyone to come see this fabulous film.

Multimedia Presentation

am 4 Shari Withey - Attainable Sustainability

Practical applications of a more sustainable life style. Including home improvements, energy efficiency, gardening ideas, wildscaping, living more simply and frugally. Living lighter on the earth and sharing real ways to reduce your carbon foot print. Sharing everyday life ways. Using Scott and Helen Nearing as our models.

Shari Withey is a Health Education Professional, and Soul proprietor at Willow Bend Garden. Living the simple life, from Coop organizer to solo world traveler, she is a Grower, student, mother, teacher, daughter, dancer of life.

Hands on, Participatory Workshop

am 5 Kay Fuselier - Acting As A Spiritual Practice

Theater games will provide opportunities for deepening our spirits by practicing living in each moment, beyond our words, into integrating our minds, bodies, and emotions.

From improvised games of childhood, through college and regional performances in five states, I continue to enjoy the fun of expressing and sharing joyful PLAYING that transforms into REALITY.

Hands on, Participatory Workshop

am 6 Gretchen Ohmann - Try A Piece of "Cakes"

The "Cakes for the Queen of Heaven" curriculum examines, "How would your life have been different if, when growing up, the divine had been imaged as female?" This workshop will present an overview of the recently revised curriculum and a sample interactive session.

A past member of the Central Midwest District Women and Religion, Gretchen was active in retreat organization, and helped present Cakes Train-the-Trainer sessions with CMwD W&R and CMwD Women's Connection (formerly UUWF). She is a Continental UUW&R co-convener.

Presentation with Small Group Discussion

am 7 Melissa Magdaleno – Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Melissa Magdaleno is public school Alternative Academics classroom teacher originally from CA. She has a background in Theatre Arts from Cal State University Long Beach and earned her first teaching credential from Sonoma State University. At one time she was a Kindermusik Educator. Melissa wants women everywhere to love their bodies for who they are and to know that they are beautiful; she has found that Zumba is a way to tap into that primal joy of moving.

Arts-based Experience (music, visual art, dance, crafts)

am 8 Lynn Lawrance - Family Love Letter

Completing a family love letter is a way to pass along treasures—memories and mementoes as well as financial assets. Learn how to personalize and ease the difficult process of decision making. We'll make it easy for you by giving you one.

Lynn Lawrance is a CERTIFIED FINANCIAL PLANNER™ specializing in retirement planning and investment management. A 4th generation Unitarian, she has been a member of First Unitarian Church in Dallas for more than 25 years.

Lecture or Lecture with Q and A

EARLY AFTERNOON WORKSHOPS

ea 1 Paula Rose - Understanding Yourself Inside and Out

Utilizing collage, guided meditation and music, participants will gain a better understanding of who they present themselves to be and who they are in their deepest selves. Please bring \$1 for materials.

Paula Rose is a longtime UU and teacher. She continues to refer to the insights gained after attending this workshop years ago at the Oklahoma City SWUW Conference.

Arts-based Experience (music, visual art, dance, crafts)

ea 2 Susie McGee and Erin McGee - Passing on our Gifts to the Next Generation

Erin and Susie will share the goals and work of Heifer International. They will share their experience in the Global Village that helped clarify that we already have what we need.

Susie and Erin attend Horizon UU church in Carrollton. They have been involved in raising money and awareness for Heifer International for several years. This past summer they had the opportunity to participate in the Global Village at Heifer Ranch in Arkansas.

Multimedia Presentation

ea 3 Rebecca Crystal - Journal Writing Sources

Round Robin of resources for the journaler, followed by a group activity, led by a woman with 40 years of experience.

Journaling for over 40 years, Rebecca Crystal is a Neo-Pagan Feminist UU Seminarian published poet/writer who, as a psychotherapist, encourages clients to write.

Hands on, Participatory Workshop

ea 4 Paula Gribble and Gretchen Ohmann - Facebook and Twitters and Skypes, Oh My!

Trying your best to communicate but feeling left in the dust with the dinosaurs? An overview of the online crazes, with a slide presentation full of information that you can take home. Part of the session will be a forum for asking questions and sharing tips to help you function on the World Wide Web.

Paula Gribble is currently the Coordinator of Lay Ministry and Music Director for the UU Church in Little Rock, Arkansas. She previously served as co-convener of the SWUUC Spring conference in 2007 and the SWUW Conference in 2008. Paula is a graduate of SWUUC's Dwight Brown Leadership School and has been a UU for 11 years. Gretchen Ohmann didn't jump into computers until adulthood, but can swim pretty well anyway. She does web design and communications but admits to not being able to program her VCR. She is Communications Coordinator for Central Midwest District.

Lecture or Lecture with Q and A

ea 5 MarySue Foster - Appreciative Inquiry: Never Meet a Stranger

Appreciative Inquiry (AI) is a powerful and proven organizational development tool that is easy to learn and practice. After a few moments of theory, we'll launch into small group interviews and partner exercises to develop irresistible questions -- questions that will light up your life and spark memorable conversations.

MarySue Foster is a graduate of Starr King School for the Ministry with an MA in Religious Leadership for Social Change. She has led AI workshops for more than 20 years and founded three organizations based on AI as an intergenerational community-building tool.

Hands on, Participatory Workshop

ea 6 Mary Kay Hamilton – Interplay

InterPlay helps us celebrate our uniqueness, reduces stress, gets us in touch with our body wisdom, and creates enchanting connections with others! And it is FUN! We will use movement, dance, storytelling, music and stillness in easy incremental steps to inform both playful and significant interactions. Delight becomes infectious as we easily overcome the “speed bumps” of self-consciousness to access self-awareness and creativity. Appropriate for all ages and abilities.

Mary Kay Hamilton, LPC-S, NCC is a licensed therapist and Certified InterPlay Leader, trained by InterPlay founders Cynthia Winton-Henry and Phil Porter. Mary Kay is also Senior Women's Therapist at Genesis Women's Shelter in Dallas. Mary Kay has used InterPlay in her work with recovering trauma victims and has led InterPlay in many venues including a Texas women's prison to the slums and villages in India. She has been a member of Horizon UU Church for the past 22 years.

Arts-based Experience (music, visual art, dance, crafts)

ea 7 Charlise Hill-Larson - Writing Down Your Life: Using Journaling to Deepen Your Spirituality and Relationships

A workshop designed to help participants explore their spirituality, practice and relationships. To enter into depth writing, we'll utilize sitting meditation/contemplative prayer, walking practice and timed writing. Participants will be asked to bring a journal or notebook with art supplies to share in order to embellish each woman's journal. This is a great introduction to timed and depth writing.

Charlise Hill-Larson holds a M.Div. degree from SMU, and she is a clinically trained pastor. She is the Director of Pastoral Care at First UU Dallas. Through her experience as a woman and a pastor, she has come to value journaling and timed writing as a tool to reach one's inner depths.

Spiritual Practice

ea 8 Susan Hamilton - Conscious Leadership

The strength of our ability to lead others depends on self awareness and the courage to tap the power of our experience.

Susan Hamilton is steeped in adult learning, leadership development, and nonprofit program development. She has a love for hiking solo, composting and reading.

Presentation with Small Group Discussion – young adults and adults

LATE AFTERNOON EVENT

Big Bad Gina: Renée Janski, Jori Costello and Melodie Griffis - We Are Each Other's Muses

Big Bad Gina is ready to play with YOU as together we get our vocal groove on!! Participants, whether you think you can sing or not, are encouraged to an open heart and voice as we create meaningful music together thru vocalizing, harmonizing, mesmerizing rhythm and vocal creations!

Big Bad Gina is a high-energy, womyn empowering trio full of knee buckling 3-part harmonies and instrumental bliss. With a mix of styles and genres, award-winning Big Bad Gina delivers a power-house performance you won't want to miss!

DURING FREE TIME

Linda VanBlaricom, Paula Gribble and Kathy Calhoun - SWUW Strategy

Let us report to you where we have been, what we have accomplished in the past year and let us hear from you about where we will go in the future. *This will be a Town Hall Meeting with a Forum for Comments*

Linda is currently pres of SWUW, Paula is nominated to become pres of SWUW next, and Kathy has been at every SWUW conference except for one.

Becky Warren - Water Aerobics

How about some movement in the “deliciously warm” pool before dinner and dancing? Experienced class leader will help you use up some of the energy you've been collecting while sitting in workshops all day!

SWUUWCon 2011 Registration Form -- ONE PERSON PER FORM PLEASE

NAME	
ADDRESS	
CITY, STATE, ZIP	
DAY PHONE / OTHER PHONE	
EMAIL	
CONGREGATION NAME AND CITY (if applicable)	
EMERGENCY CONTACT (NAME AND PHONE #)	
Please list any accessibility or special needs	
Saturday Evening Meal Preference <input type="checkbox"/> Roast Pork <input type="checkbox"/> Chicken Wellington <input type="checkbox"/> vegan Cassoulet All other meals are buffet with vegan options	
Allergies or Dietary Restrictions	
WORKSHOP CHOICES: Morning Session 1st _____ 2nd _____ Early Afternoon Session 1st _____ 2nd _____	
To apply for a partial scholarship, please fill out this area with your reasons. We will let you know if you will be receiving a scholarship. BE SURE TO APPLY BY FEBRUARY 9 th !	
AGE (IF UNDER 18): Sponsor Name: (Must attend the conference)	Sponsor cell phone # Sponsor Relationship <input type="checkbox"/> Mother <input type="checkbox"/> Grandmother <input type="checkbox"/> Other

Payment Instructions - You may pay online using a credit card at www.swuuw.org
 To pay by check, please mail check (made out to SWUUW with 2011 CONFERENCE in the memo line) to:
 Registrar, Paula Rose, 9511 Liptonshire Dr., Dallas, TX 75238.

PRICING:

- _____ \$175 early registration received by FEBRUARY 1, 2011
- _____ \$195 registration received after February 1, 2011 -- **FINAL DEADLINE IS FEBRUARY 26!**
- _____ Donation to conference scholarship fund
- _____ \$13 Men's T-shirt(s) circle size: small medium large xlarge 2XL 3XL 4XL
- _____ \$13 Ladies' T-shirt(s) circle size: x-small small medium large xlarge 2XL 3XL
- _____ (add \$3 to t-shirt price if ordered after Feb 5)
- _____ **TOTAL** (each person must use a separate form and payment) check # _____



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Paula Rose
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