



A Unitarian Universalist Camp

December 26-January 1

A virtual community with workshops, worship,
music, and
great UU people!

swimuu.org

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**There are likely to be changes and updates between now and December 26.
Please be sure to check the website and our Facebook page for current
information. www.swimuu.org**

**<https://www.facebook.com/groups/20850902623>
SWIM - Southeast Winter Institute Mid-Florida)**



Virtual SWIM

CELEBRATE was decided on as SWIM's 2020 theme not long after the close of SWIM 2019. A celebration is what SWIM is to those of us who have come to love this special week in December. But, celebration in a pandemic? you may ask. What is there to celebrate?

Well, I'm gonna tell you! We celebrate that SWIM is happening. We celebrate our joy in being together, even if it must be on our computer screens. We celebrate the amazing technology that allows us to gather even though we are unable to meet in person and even though there are many miles that separate us. We celebrate the love and caring of all the many people who are putting together a virtual SWIM. And we celebrate you, who will be joining us, perhaps for your first time, perhaps for your 40th, while never having to leave your home to do that! Oh, yes, and we celebrate the fact that SWIM 2020, usually around \$500, is FREE! Donations are gratefully accepted, but not required. Virtual events have become a part of our lives since the arrival of COVID 19. Most congregations have their Sunday service online now, and often many other events and meetings. The Unitarian Universalist General Assembly in June, the largest event of our denomination, was virtual. SUUSI in July, the Southeast UU Summer Institute, the second largest gathering of UUs was virtual. We attend meetings online. Our children go to school online. Some of us work from home online. So, it only seems right that since we are unable to come together face to face in December for SWIM, we should come together via technology for a virtual experience. We look forward to seeing you. One of our greatest drawing points for SWIM, coming to warm, sunny Florida in the midst of winter, cannot be arranged virtually. The offsite trips that have long been a part of our programming will be unavailable to us this year. But jump right into virtual SWIM anyway. This year you can delight in the fact that you won't have that long drive and there's nothing to pack! If you enjoy your experience, and we're sure you will, you'll want to join us in 2021 in that delightful Florida sunshine!

Another advantage of a virtual SWIM, is that you don't have to commit for the whole week. Holiday obligations with the family? Slip away from the busyness and attend a SWIM workshop, worship or concert. A taste of SWIM may have you wanting more, so you do another workshop, and another. This introduction may have you adjusting your schedule so you can be a part of us next year.

For those of you who are a little unsure of your technological skills, please check out the Zoom hints at the end of this catalog. And we want you to know that we have technology staff members who will guide us through any rough spots we encounter. Please remember, our goal is Connection, Not Perfection! We can do this! Welcome to Virtual SWIM! Come and join us as we **CELEBRATE!**

SWIM's MISSION

Southeast Winter Institute in Mid-Florida is a one-week Unitarian Universalist intentional community, which provides religious, inspirational, educational growth-oriented programming. SWIM was founded, and continues, to celebrate the spirit, to promote community, and to nurture connections among people of diverse ages, backgrounds, abilities, and interests. In so doing, SWIM strives to promote our Unitarian Universalist principles.

SWIM's VISION

SWIM is a gathering to form an intergenerational intentional community based on Unitarian Universalist principles and values. It nurtures open communication, inclusiveness, spirituality, and growth. It is an inspirational and safe place to play, grow, and take risks in a supportive environment, encouraging self-awareness and personal responsibility unhindered by limiting societal expectations.

SWIM is an all-volunteer organization of participants who are enthusiastic, talented, diverse, and committed to creating a joyous experience.

SWIM celebrates diversity both within and outside our community and expects all participants to demonstrate personal responsibility and respect for self and others as well as our environment.

SWIM offers a myriad of experiences and opportunities that are challenging and nourishing to mind, body, and soul. Some of our activities are workshops, trips, worship, art, dance, music, campfire, and athletics.



Stephanie Lowenhaupt
Board President
president@swimuu.org

Greetings SWIM Community, I write this as we are in quarantine due to COVID-19. A very challenging time disrupting our usual routines but also a time for reflection, connecting with friends and family in various new ways and an opportunity to slow down. As I have been reflecting more and trying to value each day; I am thinking more about what is important to me. Friends and connections are extremely valuable. We need each other to provide support, guidance and to lend a hand to those in need. We are not alone. SWIM is an important community to celebrate our valued connections and shared beliefs in Unitarian Universalism. A week to be yourself in a supportive nurturing environment. A chance to meet new friends along with having an opportunity for personal growth and to challenge yourself.

Come join us for variety of workshops, music and worship with a community of loving people. We would love to see you! We need to celebrate and come together. We need each other!



Candy Gayle
Director

This year has been like the Chinese curse – “May you live in interesting times.” Yet we’ve survived it as a community and in some ways we’ve grown stronger. I welcome you to SWIM 2020!

Our theme is “Celebrate.” There are times this year I wondered what we actually had to celebrate, this is such a time of mixed blessings. But I do celebrate the fact that we have this technology to be able to have virtual meetings and that I have an opportunity to get to see people that I’ve not seen in many years. I celebrate the wonderful staff that has pulled this year’s program together. Our program, although not able to offer offsite excursions, has more workshops than before and lots of time to connect with others!

SWIM is not the camp, the buildings or the land. SWIM is the people. But it’s not just the people we see this year on Zoom. It’s the people who came before, who started SWIM out of nothing. It’s those who followed them and all of our own past efforts to build ourselves a place to be. And it’s also our future selves and the people who will come next year, next decade, and beyond.

Right now, we and the country are going through a harder, more uncertain time than most of us have ever seen. We’ll need a strong community to help us get through it.

We host a SWIM Town Hall zoom meetings every Tuesday at <https://uso2web.zoom.us/j/89777317062?pwd=SoJqQXIyUC9EQTRtVVFQcVdEdHJsUT09> for everybody. We know that for some people this is not a time when monetary giving is possible. We understand, and we need you to remain part of our community. If you can, however, please be generous to our musicians, our chaplain, and our SWIM fund to keep our program strong in the coming years!

We’re learning we can cope with extraordinary circumstances. We all know it will be a difficult year, but we will survive it and prosper – together. So... Let’s CELEBRATE!

My first SWIM was SWIM's second, in 1974. That was over 40 years ago, and I've been coming back almost every year since then. I must have found something I liked, something that has been meaningful and that has nurtured me!

Yes, SWIM has been a part of my life for a very long time. By far the majority of my closest friends are people I've grown to know through our time together at SWIM over the years.

Something wonderful happens to us at SWIM, something I cannot explain. Now with Virtual SWIM, we still have an opportunity to connect. The connections will not have the hugs and physical presence we value so much. But Virtual SWIM will have much for us to enjoy. We have more workshops than ever before. Some offer creativity, some mental stimulation, some are just fun! We offer music, crafts, and knowledge. It's the same variety, just in a different format.

For me, SWIM has long been a time for spending time with the people I love. I'll be doing that this year, too, just in a different way. I invite you to come and join us at Virtual SWIM.

Mary Ann Somervill
Associate Director



BOARD OF TRUSTEES

SWIM By-Laws provide for a Board of Trustees. There will be an election for new board members. **Nominations for board members are due to Stephanie at president@swimuu.org by noon on Day 2**, and the election will be held on Day 4. Board members are compensated for their hard work only through our appreciation and their love of SWIM, and we would love to have you on BOARD!!



Stephanie Lowenhaupt
President



Candy Gale, Mary Ann Somervill
Director Associate Director



Carolyn Baker
Secretary



Doug Hughes
Treasurer Emeritus



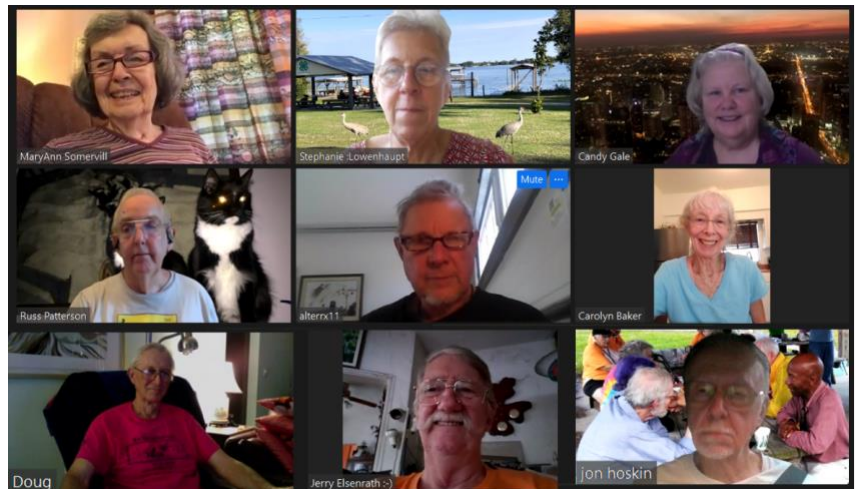
Steve Baker
Treasurer



Jerry Elsenrath
At Large



Russ Patterson
At Large



Typical Board Meeting

BOARD ELECTIONS

SWIM is virtual this year, but our traditional aspects will continue as always. Our by-laws require us to have a board election on Day 4. You may submit names by email, no later than Day 2 to Stephanie Lowenhaupt at president@swimuu.org.

Carolyn Baker has volunteered to run for reelection to the board and we would be glad to have her, but we also welcome other nominees. Information will be provided to registrants regarding how to vote, and the new board members will be announced.

STAFF

Staff members do not receive remuneration for their efforts. SWIM is our labor of love, and our goal is to help us all on our way to finding joy and meaning in life.



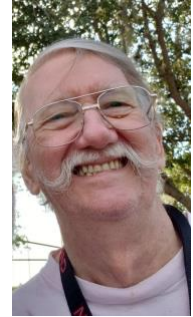
Candy Gale
Director



Mary Ann Somervill
Associate Director,
Catalog, Ms. Information



Paula Heusinkveld
Workshops



Jerry Elsenrath
Registration



Carolyn Adler
Workshops, Tech.



Barbara Perlik
Technology

PICTURE YOURSELF HERE!

There are a few staff positions still available, so, if you are interested, please contact Candy Gale at director@swimuu.org. Plan ahead for next year if you'd like a staff position to help us envision and create SWIM2021!

SPECIAL STAFF MEMBERS

This year the modern-folk duo **Friction Farm** returns as SWIM's **Artists in Residence**. They are known to both SWIM and SUUSI goers and we are delighted to welcome them back to SWIM for their fourth year. Friction Farm is a husband and wife team of traveling troubadours. Aidan Quinn and Christine Stay combine storytelling, social commentary and humor to create songs of everyday life, local heroes, and quirky observations. They have a big garden and a small orchard at the sustainable home they designed and built. Despite a busy international touring schedule, they make time to visit peculiar roadside attractions. They have been Kerrville New Folk Finalists, Falcon

Ridge Emerging Artists, and South Florida Folk Festival Songwriter winners. From ballads to anthems each song is filled with harmony, hope, and often humor. We delight in having them as part of the SWIM family. See frictionfarm.com or [Friction Farm | Modern Folk Music Duo - TEDxGreenville](#)



This year for our Virtual SWIM, we are also fortunate to have another musician known to many UUs. **Jim Scott**, from Shrewsbury, MA, is a singer, songwriter in the UU tradition. He hasn't been to SWIM since the year Hurricane Andrew decimated Camp Owaissa Bauer in 1992. Welcome back, Jim!! For more than three decades, Jim Scott has made it his business to create and perform music that celebrates the earth. His songs and poetry have inspired and educated audiences around the world. See <https://jimscottmusic.com> and <https://www.youtube.com/watch?v=LpppGJlYeLs>



Pat and Dave from Atlanta will entertain us at our virtual campfire one evening. Pat Harris & Dave Smith met in the choir at the Atlanta UU 7 years ago and soon found their voices worked well together. They have performed in open mics around Atlanta. Known to many of us, this year they played at Concert Hour at SUUSI. They tell us that they'd rather have your donation for them got to SWIM! Thanks!



Jone Johnson Lewis

Another returnee with us for her fourth year is **Jone Johnson Lewis**, a minister in the UU tradition and the Ethical Culture Society. She is a former minister of the Berrien, Michigan, UU Fellowship. Jone has a B.A. in Management from Mundelein College, and a M.Div. from Meadville/Lombard Theological School, where she studied humanism, social reform, the Transcendentalists and the history of women in the world's religions. Her experience includes serving as an adjunct faculty member at Meadville/Lombard Theological School, as a faculty member of the Humanist Institute, and as a training instructor and executive in the private sector. She taught about women in liberal religious history. She has participated in the women's movement and other social justice movements since the late 1960s.

This year not only is Jone our chaplain, she is also a valuable technology advisor!

SCHEDULES

Christmas Day ~ Tentatively, depending on COVID, UUCTampa will hold their traditional holiday dinner at the Embassy Suites by Hilton Tampa USF/Near Busch Gardens. Cocktails and social at 5:00 PM and Dinner at 6:00 PM. In past years, SWIM folks who were flying into Tampa to be transported to SWIM would join the congregation for dinner. The plan this year is for there to be a computer set up at the dinner. SWIM participants who wish to attend the dinner virtually will be welcome.

Register for free event: www.facebook.com/events/2219384174871751

Link: <https://us02web.zoom.us/j/78049993600?pwd=dkZvQ1RDVUFZUG5sbW81WGtoRnFVZz09>

Registration Day Schedule ~ December 26

| | |
|---------------|---|
| 4:00-5:00 PM | Zoom Tutorial for those who feel the need |
| 6:00-7:00 PM | Ingathering: Important Information for the upcoming week. |
| 7:00-7:45 PM | Welcome Worship Service |
| 8:00-9:00 PM | Dinner and Conversation, Salmon Saturday |
| 9:00-11:00 PM | Games and Puzzles |

SWIM Daily Schedule

| | |
|---------------|----------------|
| 9:30-10:00 AM | Opening Circle |
|---------------|----------------|



| | |
|----------------|--|
| 10:00-11:15 AM | Kinda Early Morning Workshops |
| 11:30AM-12:45 | Late Morning Workshops |
| 1:00-1:45 PM | Lunch and Conversation which includes Touch Groups, Same people all week Happy Chat, Glad we could get together! Grumble Chat, Yep, there's a lot to grumble about! |
| 2:00-3:15 PM | Afternoon Workshops |
| 3:30-4:45 PM | Community Time |

| | |
|----------------|---|
| 5:00-5:45 PM | SWIM's Cocktail Hour |
| 5:00-5:45 PM | 12 Step Meeting |
| 6:00-7:00 PM | Dinner and Conversation |
| 7:00-7:45 PM | Worship |
| 8:00-9:00 PM | Day 1 Concert by Friction Farm, Artist in Residence |
| 9:00-10:00 PM | Day 1 Young Adult Meet Up |
| 10:00-12:00 PM | Day 1 Serendipity |
| 8:00-9:00 PM | Day 2 Concert by Jim Scott |
| 9:00-11:00 PM | Day 2 Puzzles |
| 8:00-9:00 PM | Day 3 Campfire with Pat and Dave |
| 9:00-11:00 PM | Day 3 Games |
| 8:00 – 9:30 PM | Day 4 Games |
| 9:30-11:00 PM | Day 4 Puzzles |
| 10:00-2:00 PM | Day 5 NYE Extravaganza |

Schedule for January 1

Annual Meeting of the Board 12:30- 12:55 AM (yep-AM!)

9:15-9:30 AM **Closing Circle!** Come say goodbye and fare thee well!

We'll see you next year at SWIM! (Up close and personal!)

DAILY EVENTS

Opening Circle 9:30-10:00 AM

Our days begin with this brief time to come together and share a moment of inspiration, reconnect with each other, sing a song or two (on Mute, of course), and hear the announcements of the day.



Worship

Registration Day: 7:45-8:30 PM Welcoming Service when we will worship together for the first time during our special week.

Daily Worship 7:00-7:45 PM, led by our Chaplain, Jone Lewis, SWIM staff, and others.

Evening worship presents an opportunity for our entire community to draw together and focus on the spiritual elements of being at virtual camp together. On our last evening, Day 5, New Year's Eve, the worship service will be a Wiccan Ritual of Transition led by Mary Ann Somervill and Jone Lewis.

Jone will also post times when she will be available for conversation. Contact her: chaplain@swimuu.org



SINGLE DAY/EVENING EVENTS

Concert, Day 1, 8-9 PM Our artists in residence, **Friction Farm**, will sing and play their songs for us. We know them from previous SWIMs and SUUSIs and Elevenses on Facebook, and are delighted that they are back with us for our Virtual SWIM. This is sure to be a memorable event!

Concert, Day 2, 8-9 PM A welcome addition to any UU event, **Jim Scott**, entertains us on Day 2. One of the advantages of being virtual is that our musicians can join us from their homes, giving SWIM goers the benefit of two concerts during the week. We look forward to hearing Jim.

Campfire with Pat and Dave, Day 3, 8-9 PM **Pat Harris and Dave Smith** have been entertaining the folks in Atlanta for several years. This year we will get to hear them sing around the virtual campfire at SWIM.

New Year's Eve Gala, Day 5, 10 PM-12:30

Decking the hall will be your job at home. Whether to ring in the New Year in fancy dress, in costume, toga, or in shorts and t-shirt will be your call. Dress for the party in your own home. What's important is that you be there and enjoy our last evening together at SWIM and the last evening of 2020. (And I think we'll all be ready to see this year go!) This will be our big dance party event! At SWIM we always bring in the New Year most joyously with great inspiration and expectation! And we expect to do that virtually as well!



Workshop Schedule

SWIM is fortunate to have more workshops than ever this year. We are grateful to our all-volunteer workshop leaders! We have three workshop times in our schedule, plus Community Time during which events have been planned. We do ask that you **register for workshops and other events** in advance. The leaders need to know how many to expect. Please be considerate in this regard.

Some workshops do have a limit. That is indicated by a *** and it tells the limit. For those workshops, please register early to assure yourself of a place. If no limit is indicated, there is none, however Zoom limits us to 100. Workshops, like all of SWIM, are free, but some do have a slight materials charge, and materials will be mailed to you.

Day One, Sunday, December 27

1. Kinda Early Morning, 10-11:15 AM

1. Creative Writing with Ellé

In this writers' empowerment workshop, we will inspire each other and enjoy writing together. Experience and expertise are definitely not requirements! Simply bring a writing utensil, blank paper, and a smile. **Ellé Long** has been leading workshops at SWIM for many years, and this is one of her favorites. You may attend either of her writing workshops, but participating in both of them is recommended.



1. Speed Socializing

It's a great way to meet a lot of people in a short time. We'll be divided into small groups with a discussion topic. Then back to the larger group. Then a different small group with a different topic, and back. Repeat and repeat till the time is gone. **Carolyn Adler** was in a speed socializing workshop at SUUSI. She liked it so much she wanted to bring it to SWIM.

1.Late Morning, 11:30 AM-12:45

1.Getting Acquainted - Newcomers

First time at SWIM? Get together with other first timers to create a network of friends and to explore all the activities. This SWIM is indeed different, but this is a good way to start. **Cay Cahalin** was a newcomer many long years ago. She will delight in welcoming you all to SWIM. Old timers are invited to come help welcome our newcomers!

1.“Oh, you’re not old!”

Is a frequent greeting for seniors. In our youth-focused culture, old age is viewed as unmentionable! Let’s talk about societal issues regarding aging, and how to bring acknowledgement and joy to our senior years. **Mary Ann Somervill** had her 80th birthday in July. She accepts her age with grace and dignity. She has been a part of SWIM almost since its inception and has led many workshops on a variety of topics.

1.Lunch and Conversation, 1-1:45 PM



These are not workshops in the traditional sense. They are three types of conversations, times for you to chat with friends, old and new. Please register for “Lunch.” You’ll be able to select your preference at SWIM.

Touch Groups- This is an opportunity to gather with the **same group** of people at this time throughout the week. You may join with those you’ve known for years or you may connect with people you’ve never met. You will choose your own topics for discussion.

Happy Chat - As the name implies, conversations will be positive. If you choose not to be positive, there’s another group just for you! These will be Zoom assigned groups and will differ throughout the week. It’s a great chance to meet lots of new people as you chat. Each day you will decide on the topic of conversation for the session the following day.

Grumble Chat - Well, yes, unfortunately there’s a lot to grumble about. 2020 has been a year full of grumble! And if you want to grumble, go for it. We’ve kept you separate from the happy chatters so they can be happy and you can complain. These will be Zoom assigned groups and will differ throughout the week. It’s a great chance to meet lots of

new people as you chat. Each day you will decide on the topic of conversation for the session the following day.

1.Afternoon, 2-3:15 PM

1.Yoga and Meditation

This class will introduce the basic elements of meditation and Hatha yoga. No previous experience is necessary. We will begin with 10 minutes of warm-up exercises, followed by 10 minutes of meditation. Next will come 45 – 50 minutes of basic Hatha yoga (chair yoga, floor yoga, and standing positions). We will close with 10 more minutes of meditation. **Grant Wilson** has successfully taught all levels of yoga for several decades, including virtual classes on Zoom.

1.All about Succulents

This workshop will begin with a slideshow presenting about 20 succulents and includes facts about growing them, arrangements and tips for success. **Chris MacCormack** planned to retire and be an artist but when she retired as director of Project Light in 2019 she suddenly started collecting succulents. Now she has a registered nursery and holds monthly carport sales to sell art and succulents.

1.Community Time – Late Afternoon, 3:30-4:45 PM

1.Sing Along

Got a favorite song to sing? A poem to read or recite? A request to make? SWIM provides a virtual Song Swap where you can sing a song, contribute a poem, or ask someone else in the group to sing a particular song, or just listen. Lyrics will be provided for songs if available. **Barbara and Fred Seidl** have led virtual biweekly song swaps for Barbara's church in Boston and are SWIM veterans.



1.Jackbox Party Hour - Young Adults

Do you kick butt at Quplash? Or would you rather let your drawing skills take the lead during a round of Drawful or Tee K.O.? Does your random assorted knowledge serve you well during Trivia Murder Party? Then come join us for a few rounds of Jackbox games! Whether you're an old hand at these or you've never played one in

your life, feel free to pop in if you love laughter, mayhem, jokes, trivia, and so much more. We recommend you have access to both a computer (for Zoom) and a phone (for game play), but this can be played completely on a computer! **Victoria Woodard** attended most SWIMs through her childhood & teen years. She now has a 7-year-old son, and works as an editor & writer for a publishing company. Vic is looking forward to reconnecting with SWIM friends.

1.Cocktail Hour 5:00-5:45 PM

Cocktail Hour is not a workshop, but none the less it's included in our schedule. It's a time for us to get together informally each day for conversation and a beverage of your choice. We'll have casual conversation and participants may choose a topic or not each day. There will be a workshop only on Day 1.

1.Cocktail Hour Workshop, Day 1 5:00-5:45 PM



Margarita Making

In this workshop you will learn how to make the best Margarita you've ever tasted. We will use only 4 ingredients to make a 72 oz pitcher of the best Margaritas ever. You can also pour it into small plastic bottles and freeze them to make frozen Margaritas that are very portable. **Jerry Elsenrath** has led this workshop at SWIM a few times (before the New Year's Eve Party) and a good time was had by all.

1.12 Step Program 5:00-5:45 PM This gathering will be available daily for those who are interested. We'll get together for mutual support and enjoyment.

1.Evening 9-10PM

1.Young Adult Meet Up (ages 18-37)

Come hang out and make friends close to your own age. We will play games, chat, and get to know each other a little bit better. First time attending SWIM? This is a great place to start! Been attending SWIM your whole life? This is a great place for you to come home. **Victoria Woodard** attended most SWIMs through her childhood & teen years. She now has a 7-year-old son, and works as an editor & writer for a publishing company. Vic is looking forward to reconnecting with SWIM friends.

Day Two, Monday, December 28

2.Kinda Early Morning, 10-11:15 AM

2.Drug Development and the High Cost of Medication

Ever wonder about why newly developed drugs cost so much? Come learn about the process of new drug development and how individuals can participate in clinical trials. There will be a chance for discussion and questions. **Stephanie Lowenhaupt** has extensive experience in clinical trials and would like to share her knowledge to benefit patients and society.

2.Illustrated History of Submarines

Patrick Leedom served on 23 different submarines, including the Nautilus, the first nuclear submarine in the U.S. Navy. As quartermaster, he navigated his submarine on a historic voyage under the polar ice cap. Come hear Patrick's fascinating stories.

2.Late Morning, 11:30 AM-12:45



2.Make a Beaded Lanyard***

Learn to make a beaded lanyard. Your kit will include everything you need to make a name tag lanyard of typical length. You will need a needle nose pliers and a small wire cutter in order to finish your project. Each kit will include a couple of lamp work beads, some "fancy" beads, and enough small beads to complete the project. You may specify a color that you don't want. Registration is required no later than December 6th (or earlier if our postal system has been seriously compromised). Free. **Limit 10.** **Dee Medley** is a crafter with many skills. Beading is one of them. If you know Dee, you've seen the lovely jewelry she makes.

2. Introduction to Pilates

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates classes sometimes use equipment (the reformer & other props). This workshop will focus on mat Pilates with no equipment needed. **Liz Meyer** is a Tampa based certified Pilates instructor and a licensed physical therapy assistant. She focuses on rehabilitation, as well as strength and fitness. On an unrelated note, Liz used to be a blackjack dealer.

2.Lunch and Conversation 1:00-1:45 PM

See Day 1 for details.

2.Afternoon, 2-3:15 PM

2.Novel Circle - Leader **Christine Stay** of Friction Farm has led the Novel Circle for past SWIMs. This year she has selected [Hotel on the Corner of Bitter and Sweet](#) by Jamie Ford. Read it and come share your thoughts and ideas.

2.Rooting Out Racism: Racial Literacy and Understanding Our Actions

As someone who first became conscious of racism during the Civil Rights era, I've had to learn and grow a lot as those committed to rooting out racism have learned more about how racism really works in the USA. We've made progress in some ways, but we've lost ground in others. We are in the middle of a powerful surge of resistance to change from those who want to make it clear that "white" people are at the top of the racial pyramid (i.e. white supremacy). This is not the first-time opponents to racial justice have worked to block and reverse movement towards racial inclusion and equity. I'll touch on history, psychology, and social understandings to explore how we might work more effectively towards a vision: a society that celebrates difference without making it into a hierarchy of power and advantage, in which equity and inclusion are embodied. I'll pay particular attention to things our local congregations might consider doing. Chaplain **Jone Lewis** will share her knowledge and experience on this important topic.

2.Community Time – Late Afternoon, 3:30-4:45 PM

2.The Mountain Retreat and Learning Center



Our beautiful UU camp, created in 1979, in Highlands, North Carolina, is going strong, even during this pandemic. Come and hear **Phil Sterner** present a show-and-tell about this amazing facility and what it has to offer us.

2.Speed Socializing

See Day 1, 10:00-11:15

Day Three, Tuesday, December 29

3.Kinda Early Morning, 10-11:15 AM

3.Creative Writing

Ellé will continue with more writing in her workshop. See Day 1, 10:00-11:15

3. Volunteering in Thailand

Chris McCormack, formerly on SWIM youth staff, will share her extensive experiences in Thailand. She volunteered to teach monks in Chiang Mai, and worked for 3 months in Wat Suan Dok teaching English to university students from many Asian countries. She traveled with a young student teacher from Austria to Krabi on the southern coast. During the second month long trip, she spent the holiday teaching in a middle school. She had plenty of time to explore with Thai friends and took cooking classes and art classes. She will present slide show and have a Q/A session.

3. Late Morning, 11:30 AM-12:45

3. Name that Classical Tune

Whether you love Classical music, hate it, or simply ignore it, you will leave this workshop with new insights and a new appreciation of how music – classical music in particular – can enrich our lives. If you thought that you never listened to Classical music, you're in for a surprise. Have you never watched cartoons? Modern-day producers of cartoons, television shows, and movies turn to the classics for theme songs, commercials and more. We will listen to brief portions of Classical works that elicit various emotions: excitement, nostalgia, love, anger, melancholy fear, hope.

Paula Heusinkveld has enjoyed classical music since earliest childhood, when her parents played it on 78-rpm records. Paula started playing piano at the age of five and continues to enjoy her avocation for music.



3. English Paper Piecing***

It has been a quilt piecing method around since the 1800's. It is a method to put together small irregularly shaped pieces, done by hand, a soothing task in these times. A piece of cardstock is wrapped with fabric, basted on and then the pieces are sewn together using small stitches, fine needles and thread. It is not a fast project. Nancy will send you a kit with paper and fabric for \$5.00 or you can use your own fabric. **Limit 40.** Register by the end of November to allow time for mailing materials. **Nancy Stigaard** tells us: This is something I really enjoy and would like to share with you.

3. Lunch and Conversation 1:00-1:45 PM

See Day 1 for details.

3. Afternoon, 2-3:15 PM

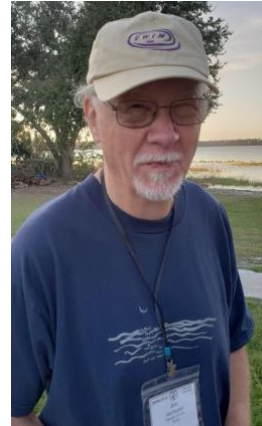
3. Growing Food with Hydroponics

It is easy to get started with hydroponics. Chris will show you how it can be done, economically & in a small space, with seedlings, small containers and a few materials from Amazon. He will tell you how to avoid all the mistakes he made so you don't have

to make them too! **Chris Woodard** is a long-time SWIMmer who picked up hydroponic gardening as a pandemic pastime and is starting to get reasonably good at it.

3. Living Longer, Losing Weight and the Eminent Healthcare Tsunami

Knowledge and recommendations concerning diet continue to be tweaked or change, albeit not always in the right direction. Many maladies or illnesses occur primarily because the body has unknown or unappreciated metabolic issues. Curing the underlying problem of insulin resistance or pre-diabetes via diet is the road to recovery which often makes pharmaceuticals unnecessary. Contributing factors include insufficient sleep, uncontrollable stress, emotional trauma and other lifestyle issues. Treat the problems, not the symptoms. **Jon Hoskin**, PhD (Food Science) has read over 40 books on the subject and given talks about it at SWIM, SUUSI, UU Churches and Universities.



3. Community Time – Late Afternoon, 3:30-4:45 PM

3. Angkor Wat, Cambodia - Russell Patterson and Candy Gale visited Siem Reap, the town by Angkor Wat, in February this year before the pandemic became really bad. They went because at the last SWIM, Elle Long asked if anyone would like to join her in Cambodia. And they did! They will show you and tell you of their experiences such as Candy being treated by a magic healer, and Russell being blessed by a village shaman. They saw many temples, and got to enjoy seeing them at sunrise and sunset. They got to eat Cambodian delicacies (including bugs) and learned that the Cambodian people are exceptionally friendly to Americans even though we pretty much carpet bombed the country at the end of the Viet Nam war. They could show you 5000 pictures, but have decided to limit the show to 37.

3. Artistic Deception (Optical Illusions and Mazes)

This fascinating, but neglected field of art dates back to the early Greek where the Parthenon's columns are bowed to make them look straight. We shall talk about hedge mazes (Hampton court), glass, wood, paper, corn (the latter are profitable a designer told me, since you need a new one every year!) and so on. Optical illusions are quite another matter. We shall view old and modern illusions some of which are stereoscopic, and others such as anamorphic art and Escher's prints which involve transformations. **Ron Edge** is familiar to those who have attended SWIM over the years, and we're glad to have him back through the marvels of technology. He is a Distinguished Professor of Physics Emeritus at the University of South Carolina and Past President of the American Association of Physics Teachers.

3.Evening 9-10 PM

Young Adult Meet Up (ages 18-37)

See Day One Evening for details.

Day Four, Wednesday, December 30

4.Kinda Early Morning, 10-11:15 AM

4.Ethics in the Time of COVID-19: What We've Learned

While we may long for "going back to normal," this pandemic has highlighted that there were un-faced problems with what was "normal." What have we learned about both interpersonal and social ethics* from this pandemic and reactions to it? What learnings help us understand what changes we need to make going forward? And let's not focus on "those people" we may think of as a problem "out there" -- let's focus on how each of us can "be the change." (*Ethics here just means how we treat others and ourselves, to create less harm and more good.) **Jone Lewis** has been our chaplain for several years. Her wisdom and gentle demeanor combine to make her an outstanding workshop leader.

4.Cohousing - Living in Community

Cohousing communities are intentional, collaborative neighborhoods that offer a fantastic lifestyle. Come hear what cohousing is all about - community, sustainability, fun, nurturing - and how you can consider for yourself or your family. Fun fact: there are far more UU's living in cohousing as a percentage than in the general population. **Alice Alexander**, a regular participant in SUUSI and often in SWIM, is a cofounder of [Durham Central Park Cohousing](#). She has been living in a cohousing community for 6 years and as cofounder, planning the community for 5 years.

4.Late Morning, 11:30 AM-12:45

Introduction to the Enneagram

We're familiar with the phrase "If only we came with Operating Instructions." Well, maybe our distinct personality might be a clue to the way we interact and form connections. **Pat Harris** tells us, over 35 years ago, I became part of a group who learned the Enneagram from a renown psychotherapist who uses it in their practice. We practice it as a group to this day. The Enneagram is used in business and in spirituality for greater insight. Along with using it in my life, I have also had the fun of leading the Enneagram workshop for a couple of years at SUUSI as people searched for self-understanding, more depth in relationships or at work. It was revealing and often folks got some good take-home help. You will need to be a bit fearless and very self-accepting to learn about yourself in a new way. Join me for this most exciting journey.

4.State of the Universe

What happened last year? How did the universe begin? (Inflation: 22 hours of magnitude all at once!) How will it end? (The big split!) The Templeton Prize, the Nobel Prizes (and the Nobel prizes!). Nanotechnology. Graphene. Dark Matter, and Dark Energy. Yucca Mountain. Vanishing mu neutrinos. Science and Religion (the Da Vinci Code). Some scientific toys – and much, much more. **Ron Edge** is a Distinguished Professor of Physics Emeritus at the University of South Carolina and Past President of the American Association of Physics Teachers. He also rings tower and hand bells and plays the accordion, though not all at the same time.

4.Lunch and Conversation 1:00-1:45 PM

See Day 1 for details.

4.Afternoon, 2-3:15 PM

4.Wildflower Foray Along the Blue Ridge Parkway Near Sylva, NC

In this program run at SUUSI for several years we will look at 21 wildflowers growing along the parkway, learn their common and scientific names and learn some interesting facts about each one. **Ernie Wilson** is well known to those who have attended either SWIM or SUUSI. He has led many trips involving exploration of nature. He has a masterful knowledge in many areas.



4.Living Longer, Losing Weight and the Eminent Healthcare Tsunami - Part 2 See Day 1 Afternoon for details.

4.Community Time – Late Afternoon, 3:30-4:45 PM

4.The Mountain

See Day 1 Community Time for details.

4.Paula and Jorge Present...

This program will showcase a variety of rhythms and musical styles ranging from the Brazilian samba and bossa nova to Cuban dance rhythms, Mexican boleros, and New Orleans blues. **Paula and Jorge** first met in 1990 at a sidewalk cafe in Xalapa, Veracruz, Mexico. Their rich musical collaboration continues today.



Day Five, Thursday, December 31

5. Kinda Early Morning, 10:00-11:15 AM

5.Non-fiction book discussion – Our book is The Great Influenza by John M. Barry. 2004. The updated version from 2009 includes afterward on H1N1 otherwise known as swine flu. It's "the story of the deadliest pandemic in history" when so many people perished worldwide. **Limit 20.** **Jon Hoskin**, PhD, and former SWIM director, will lead the discussion.

5.Active Isolated Stretching (AIS)

AIS is a form of Dynamic Stretching that works with connective tissue. When we work with connective tissue, we are able to increase range of motion. This technique incorporates the principles of yoga and massage, gravity and body weight resulting in tension release, creating a taller lengthened torso and experiencing more space in the body. **Emily Stein** is a Tampa Bay area personal trainer who works with men and women, including individuals who enjoy low impact exercise, anyone looking for post-exercise stretching, individuals experiencing pain and physical stress as well as competitive athletes.

5.Late Morning, 11:30 AM-12:45

5.Poncho's Never-Ending Workshop

Poncho Heavener, from the Miami UU congregation, has been leading this personal growth workshop at SWIM every year since 1976 and has changed many lives for the better. Folks, that is 44 years and counting! What is amazing is that each year is a little different, and we keep coming back for more. Come see what the magic is all about!



Gentle Yoga

5.Come share an hour with Joy for Gentle Yoga. This 60-minute Gentle Yoga class is for all levels of ability with no prior experience necessary. Bring a yoga mat or beach towel, another towel, two yoga blocks or plastic wrapped paper towels, and a neck tie, robe sash or yoga strap. We'll work on meditation, breath, strengthening, flexibility, and balance. **Joy Kniskern-Murphy** is a yoga instructor from Atlanta. She has done Zoom yoga sessions regularly since the pandemic began.

5.Lunch and Conversation 1:00-1:45 PM

See Day 1 for details.

5.Afternoon, 2-3:15 PM

5.Novel Circle

A continuation of **Christine Stay's** book discussion. See Day 2, 2:00.

5.Introduction to the Identification of Mushrooms

In this program **Ernie Wilson** will show what to look for when one wishes to identify mushrooms.

5.Community Time – Late Afternoon, 3:30-4:45 PM

5.Stereotypes Work Both Ways

In the past four years, we have heard many unflattering stereotypes about Mexico. Where do all those stereotypes come from, anyway? Which ones may be attributed to Hollywood hype, and which ones may have emerged from genuine cultural differences? What are the Mexicans' stereotypes of people from the USA? As we learn more about Mexican perspectives on life, we gain new insights into our own culture. **Paula Heusinkveld** has been observing and interpreting Mexican culture for over fifty years. She has conducted numerous workshops on cross-cultural awareness in Mexico as well as the USA.

5.Individual Tarot Readings***

The tarot deck is rich with universal symbols that date back for centuries. The last day of 2020 is a good time to look at the cards to see what may be in store as you move into 2021.

Limit 9. Mary Ann Somervill has years of experience with tarot. She is often amazed at the insights that people gain from these pretty little cards. **Please sign up for a specific time slot** of 15 to 20 minutes.



Families

SWIM has traditionally had programs for children and teens. However, this being a Virtual SWIM, such programming will not take place. The board gave these programs much consideration when planning our Virtual SWIM. Our conclusion was that since most children and teens are involved in online schooling, an online SWIM would be more of a burden than an opportunity. In addition, there may not be multiple devices in homes, and adults would be given priority for their use. For those reasons, we concluded that there will be no programming for children and teens. If you have young people who would be interested in some sort of programming, please contact us, and we will attempt to meet those needs.

Registration

Please register by going to our website swimuu.org Find and click on the Registration Form. It will take you through the registration process. After submitting the form, you will receive an email showing the form you submitted. You will be able to edit your choices until Dec 20th, 2020.

Donations

Yes, Virtual SWIM is **free** to all who choose to participate. We are happy to be able to create this online version of SWIM for you. Please know that there are numerous volunteers who are making this happen. In addition to the board and staff who are pictured on pages 6-10 of this catalog, there are workshop leaders, musicians, Zoom hosts, and others who are also giving of their time and talents to create a meaningful SWIM experience. While it certainly is not required, we would encourage you to make a donation to SWIM or to some of the others who have helped make it such a significant experience. You may do that through this link: <https://secure.myvanco.com/YGMK/home> We thank you for any amount you are able to donate.

Zoom Hints

There will be a Zoom instruction workshop at 4:00 PM on Registration Day, Saturday, December 26. This will be a great opportunity to learn and practice prior to the actual events of SWIM.

Meanwhile, here are a few tips. A link will be provided for each activity. There will also be a passcode provided. Sometimes you can get into the group with just the link, but often the passcode will be needed, so best jot it down just in case. Once you get to the meeting, you may be placed in a Waiting Room until the session actually starts. Please be patient!

When you get into the meeting, you'll be looking at a screen that's kinda like the old Hollywood Squares TV show--a bunch of small pictures of the people in the workshop or event. Look around the edges of the screen while moving your cursor. You should see pictures of 1) a microphone. Use that to mute yourself by clicking on it when you are not speaking. Your home may seem quiet, but Zoom picks up even the slightest sounds and they can be distracting to the speaker. There will be a red line / through that microphone when you're on mute, and no line when you can be heard by the group. 2) Right beside the microphone will be a camera. Be sure there is not a red line through that. We all want to be able to see you. 3) Somewhere else on the edge of the screen will be two pictures together: a largish square identified as "speaker view," and a square composed of a cluster of tiny squares identified as "gallery view." Click on the single square for a large picture of the person speaking, and click on the cluster of squares to see rows of pictures of everyone in the group. If it's a large group, you may need to scroll

to the right to see a second screen or even more of others in the meeting. There may be discussion after or even during the workshop presentation. The participants can unmute themselves to ask their questions, but try to be on mute at all times during the program unless you're speaking. The host may break the group up into what's called Break Out Groups. That gives you all a chance to chat about the subject in a small group. You need not be on mute for that.

Relax and enjoy. Connection not perfection. All will be well!

SWIM 2021

It will be a new year with a new SWIM! Watch for information about it. We will be looking forward to seeing you there in warm, sunny Florida!



