

Workshops

SWIM is fortunate to have more workshops than ever this year. We are grateful to our all-volunteer workshop leaders! It is necessary to **register for workshops and other events** in advance through a Google form on the website.

Workshops are free, but some do have a materials charge, and materials will be mailed to you. Some workshops are limited in number of attendees, so register early! Once you have registered you will receive an email confirmation from Google forms. Closer to the date, you will receive an email from SWIM containing a calendar with Zoom links to the SWIM events. Make sure you are using the latest version of Zoom for the best experience.

Day One, Sunday, December 27

Kinda Early Morning, 10-11:15

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.



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.

Late Morning, 11:45-1:00

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.

“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.

Lunch and Conversation, 1-1:45



You will be able to move between breakout rooms to chat with small groups of people to discover common interests and make new friends. Use the zoom chat to exchange contact information. You may be happy, want to grumble or just touch base with old friends. This is a place to do that.

Afternoon, 2-3:15

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.

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.

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

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



Jackbox Party Hour - 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.

Cocktail Hour 5:00-5:45

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.

Cocktail Hour Workshop, Day 1



Margarita Making

In this 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.

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

Day Two, Monday, December 28

Kinda Early Morning, 10-11:15

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.

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.

Late Morning, 11:30-12:45



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.

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.

Lunch and Conversation 1:00-1:45

See Day 1 for details.

Afternoon, 2-3:15

Novel Circle - Leader **Christine Stay** of Friction Farm has led the Novel Circle for past SWIMs. The book for this year is “Hotel on the Corner of Bitter and Sweet” by Jamie Ford.

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.

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

The Mountain Retreat and Learning Center



A place. An experience.
A way forward for all ages.

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.

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.

Day Three, Tuesday, December 29

Kinda Early Morning, 10-11:15

Creative Writing

Ellé will continue with more writing in her workshop.

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.

Late Morning, 11:30-12:45

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.



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.

Lunch and Conversation 1:00-1:45

See Day 1 for details.

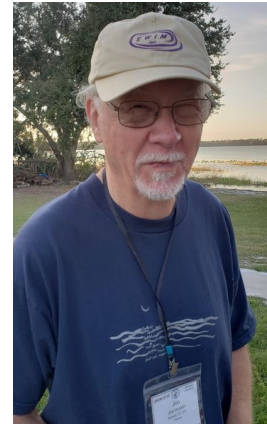
Afternoon, 2-3:15

Hydroponics Made Easy

During the pandemic isolation, **Chris Woodard** started experimenting with hydroponics for growing vegetables. He will show you some of his successes, a lot of his failures and tell you what he learned along the way. As part of the workshop, Chris will show you how to set up a simple set-and-forget hydroponic basil container. If you get the materials you can work along. Registrants will receive a materials list.

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.



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

Angkor Wat, Cambodia - Russell Patterson and Candy Gale visited Siem Riep, 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.

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.

Day Four, Wednesday, December 30

Kinda Early Morning, 10-11:15

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 a few years. Her wisdom and gentle demeanor combine to make her an outstanding workshop leader.

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.

Late Morning, 11:30-12:45

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.

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.

Lunch and Conversation 1:00-1:45

See Day 3 Afternoon for details.

Afternoon, 2-3:15

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.



Living Longer, Losing Weight and the Eminent Healthcare Tsunami - Part 2

See Day 1 Afternoon for details.

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

The Mountain

See Day 1 Community Time for details.

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***

Kinda Early Morning, 10:00-11:15

Active Isolated Stretching

This workshop will introduce this stretching technique. **Emily Stein**, a Tampa Bay area personal trainer, helps people with stretching that works with connective tissue. The Yamuna Method incorporates the principles of yoga, massage, gravity and body weight for tension release. She will demonstrate, as well as lead us in some stretching moves.

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.

Late Morning, 11:30 - 12:45

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

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.

Lunch and Conversation 1:00-2:00

See Day 1 for details.

Afternoon, 2-3:15

Novel Circle

A continuation of **Christine Stay's** book discussion.

Introduction to the Identification of Mushrooms

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

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

Introduction to Yoga Therapy

This interactive presentation will walk the group through some of the tools and techniques used in yoga therapy. Unlike a traditional yoga class, yoga therapy generally targets a particular issue or condition. Yoga therapy works with chakras, doshas for diet and lifestyle, postures, mudras, breath practices and meditation. **Tish Ganey** is a certified yoga therapist from Tampa, Florida, teaching yoga since 2013, and now on zoom since March 2019. Her unique blend of east-meets-west philosophy helps clarify ancient practices of therapeutic yoga for our modern times.

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.

