



## April 19<sup>th</sup> A Women's Conference Workshops

### Morning Workshops – 10:20-11:40 am

#### **A) 19<sup>th</sup> Century Feminist Haven – Women of Ocean Grove**

*Lyndell O'Hara, PhD, historian*

At a time when women had few civil and economic rights, Ocean Grove was rich with stories of impressive accomplishments. Discover portraits of female doctors, hotel owners, authors, temperance workers and evangelists who pursued their passions and talents.

#### **B) Brigid: Pagan Goddess or Christian Saint?**

*Maureen Dunphy Brady, MA, Irish historian*

The origin story of Brigid, rooted in Celtic Ireland, has survived through the ages as an enduring inspiration for strong women. Is she two women – one a goddess, one a saint or one persona with two identities? Who is Brigid? Pagan or Christian? Mythic or historic? Hear Brigid's remarkable story and decide for yourself.

#### **C) Falling in Love with Trees: Women & Bonsai**

*Laura McCullough, MA, poet, English professor*

Bonsai is a practice – horticulture meets art meets meditation. Discover the history of keeping miniature “trees in pots” along with why, in the U.S., this avocation has been dominated by men. An exploration of craft, technique, and types of plants will accompany a live demonstration of wiring and pruning. The number one Bonsai dictum: patience. Harder to do than say!

#### **D) Music of a Woman's Soul & Spirit**

*Ellen Williams, singer and educator, Mike Sukhdeo, musician and educator*

The songs resonating with us as women are those reflecting the values and influences, we hold most dear. Explore how women's music mirrors their life themes – resiliency, compassion, activism and more in this interactive presentation.

#### **E) Anne Bradstreet, America's First Poet**

*Carl Calendar, PhD*

Arriving with the “Great Migration” of English Puritans after 1630, Anne Bradstreet defied the convention that poets were male, and became the second author from Massachusetts to be published in England where her work became a best seller. Her later poems focus on the everyday lives of Puritan women, fear

of childbirth, absent husbands, house fires, and the joys of grandchildren. Dr. Calendar will discuss her life and note how she subtly uses her poems to undermine male attitudes of her society.

### **F) Arm Knitting: Infinity Scarf**

*Katie Poss, craft enthusiast, educator*

No needles needed – easy, fun, and rewarding. Whether for you or someone special, create a cozy gift and learn a new way to enjoy a timeless craft. Come try your hand at this new technique and be amazed at your creation.

### **G) Writing as a Spiritual Practice**

*Nancy Bryan, writer, teacher*

Nancy has been in the writing “business” for over twenty years. She will share her own experiences and explore themes including *art, permission, health* and *time*, as they relate to women. Through listening, discussion, and writing, find inspiration for your own creative practice.

## **AFTERNOON WORKSHOPS – 1:25-2:40 pm**

### **H) Pink is for Girls; Blue is for Boys - Says Who?**

*Cheryl Bartholomew, PhD*

Explore the concept of gender role conformity and its implications for personal identity, relationships, and societal norms. Understand how culture creates and reinforces limiting gender stereotypes through music, movies, clothing, toys, religion, and advertising. The more we know about gender identity and stereotypes the freer we will be to express ourselves in authentic ways and realize our full potential.

### **I) The Nectar of the God(esses) – Sip with Confidence**

*Gerard M. Saint-Cyr, author of My Wine Guide (Made Simple)*

Have you ever felt overwhelmed by the variety of options at a wine store or intimidated when ordering wine at a fancy restaurant? Fear the grape no more, guided by a certified wine professional gain an understanding of the basics of wine.

### **J) Jewish Women Artists**

*Rachael Goldman PhD*

Jewish women artists have served many different roles in the artistic community including gallery owner, collector, curator, art critic, art historian, appraiser, auction specialist and patron. It is challenging to trace artists based solely on their religion. Instead, we'll consider the themes, artistic training, specific genre and the very places where their works were included in exhibitions.

### **K) Color Your World – Feng Shui**

*Franca Giuliani, consulting professional*

Learn the meaning of colors the Feng Shui way, and how they can best be used to create balance and beauty in your world. See things differently - discover colorful ways to create a positive energy flow.

### **L) "Hello Girls" of WWI Get the Message Through**

*Melissa Ziobro Specialist professor of Public History, Monmouth University*

Discover the story of the female US Army Signal Corp switchboard operators of WWII. The "Hello Girls" worked long hours to ensure battlefield communications and their chief operator, Grace Banker, hailed from NJ. Following the war the women fought for veteran status and are now being considered for a Congressional Gold Medal.

### **M) Venus and the Light of the Moon**

*Alice Loffredo, author, astrologist*

The portrait of your unique expression of the Divine Feminine is right there in the symbolism of your totally unique astrological birth chart. Come join me in the Astro-Gallery to see what she looks like!

### **N) Confessions of a Recovering Empath: Understanding Emotions & Emotional Hygiene**

*Laura McCullough, MA, poet, writer, scholar*

Have you ever been told your feelings are "too much"? Or maybe you've been told you're too shut down? Do you feel other people's pain? Or does the whole talk about "feeling the feels" just confuse you? Explore many of the current terms in psycho-emotional health—empathy, narcissism, vulnerability, anxiety, attachment theory, and more in easy to understand, everyday language. What does it all mean, and why does it matter?

### **O) Ignite Your Intuition: Intro to Oracle Cards**

*Lisa Levart, author of Goddess on Earth ORACLE: A Divination Deck & Guidebook with Spirited Wisdom from your Sisters*

Explore the language of images and symbols, the power of stories, and stimulate your intuition gaining new perspectives on your personal journey. We'll jump into individual readings ...with each other as partners. Even perfect strangers and novice readers will find themselves opening up to new ways of communicating!