

**WELCOME BACK TO THE CSA
AND TO THE WOMEN'S ASSOCIATION'S 2023 PROGRAMS**
"Summer Wellness for Your Mind, Body and Spirit!"

Greetings! The CSA Women's Association invites ALL CSA community members to participate in our planned activities this summer for fun, for health and to meet people at the CSA. There are no memberships, sign-ups or fees involved. Just come. We are happy to sponsor this programming and hope to see you soon *and* often! Contact csawomensassociation@gmail.com if you have any questions.

MARK YOUR CALENDAR NOW FOR THE BIG EVENT!
THE 2023 ARTS AND CRAFTS FAIR
with Cottage Treasures and Silent Auction
Wednesday, JULY 26

Arts and Crafts Fair	9:30am to 3pm	Ballfield
Cottage Treasures	9am to 1pm	Assembly Building
Donation Drop Off Times:	Fri., July 21, 9a-3p Sun., July 23, 12p-4p	Sat., July 22, 12p-4p Mon., July 24, 9a-3p
Cottage Treasures Pre-Sale	5:00-6:30pm	Tues. July 25
Assembly Building-CSA members only		

Silent Auction **9am-1pm** **Assembly Building**
The Silent Auction features creative, beautiful, themed baskets with gift items, and retailer gift cards from restaurants and shops. Bidding will run from 9a-1p. All items must be picked up by 2:00 pm the day of the auction.

Watch for volunteer sign ups at the Assembly Building to help with these fun events!

Please join the Women's Association in giving a HUGE shout out to Margie Finley and Lisa Gates for coordinating these major fundraising events for the last two years and again this year. This is their last year and they have been rock stars! Thank you Margie and Lisa!



Margie Finley Lisa Stroben Gates

FITNESS CLASSES - June 19 through August 19

Bring your own mat and a towel for under your mat. Some classes may use blocks and straps.

PiYo Fusion w/ Beth Tarkington Mon. 9:00am-10:15am Lake Michigan Tennis Court

Beth T. brings over 35 years of experience teaching in the Atlanta GA fitness industry. Her PiYo Fusion class is a creative & effective combination of elements from yoga, Pilates and traditional fitness. It's a fun and versatile workout challenging flexibility, balance, controlled movements, core work, strength, and functional movement in endless combinations – and it lets Beth geek out explaining how it all works so well together!

Yoga w/ Beth Sieloff Wed. 9:00am-10:15am Lake Michigan Tennis Court

Beth S. is a skilled yoga teacher who ensures the benefits of yoga are accessible to everyone. She will support you in a guided practice for both your body and your mind. Each class begins with breathwork and transitions to easy-to-understand yoga postures for both beginning and advanced yoga practitioners. Beth's classes provide the framework for core strengthening, balance, and confidence to embrace the benefits of your personal yoga practice. Each class will close with a guided meditation embracing our surroundings along the shoreline of Lake Michigan.

Yoga w/ Jenn Swetland Fri. 9:00am-10:15am Lake Michigan Tennis Court

Jenn is thrilled to be teaching this Vinyasa Yoga class at the CSA this summer! She is a Certified Baptiste Teacher and has been teaching yoga since completing her yoga training in 2012. In this class, students of all levels will move through a sequence of poses and focus on being present through breath, alignment, strength and flexibility. The class will include a brief meditation and end with a sweet savasana. Off her mat, Jenn is a middle school ESL teacher. She lives outside of Philadelphia with her husband, Jeff and daughters Callan and Maggie.

Movement/Balance w/ Deb Cenneme Tue/Thur 9:00am-10:00am Assembly Building

Deb has been teaching a form of Movement and Balance Classes for almost 20 years. Movement and Balance is a class that can include all clients, including those with physical limitations, is taught in a SAFE, friendly environment, and is fun! The class includes balance exercises, posture improvement work, cardio and weights, core strengthening, stretching and proper movement instruction.



Beth Tarkington



Beth Sieloff



Jenn Swetland



Deb Cenneme

PROGRAMS

“Tuning In” with Erin Winter Jones & Shannon Winter Wise

Wednesday, July 12, 11:00 am – 1:00

Assembly Building

(light snack provided)

Join long time CSA sisters Erin Winter Jones and Shannon Winter Wise for a delightful workshop that will help participants enhance self-awareness, identify core values, and leverage innate strengths in navigating life’s ever-changing seasons.

Growing up in a household with parents who were musicians, Shannon and Erin always shared a love of communicating and connecting with others through music. That shared passion evolved into their respective but complimentary career paths based on a fundamental value of helping others unlock their potential and find their unique voice. From a lifetime of tuning into the various emotions involved in singing, Shannon and Erin have discovered the power of women tuning-in to their mind, body, and spirit in the search for purpose and wellbeing, and they will share tools, tips and processes to help you do the same.

About Erin Winter Jones: Erin is a Human Resources Professional who has spent the past 20 years learning and applying tools and skills to optimize human interactions, especially during times of change. Whether as facilitator, trainer, business partner, employee relations specialist, Clifton Strengths coach, or culture agent, Erin strives to help others build self-awareness and skills to realize their full potential. Erin is the owner of T3 Potential Consulting and currently works as Safety Culture Specialist at the Federal Aviation Administration.

About Shannon Winter Wise: Shannon is a singer, voice teacher, and choral conductor whose love of music and psychology has led her to pursue a variety of professional outlets for connection, expression, and advocacy. Holding a MEd in Vocal Performance and a MS Degree in Pastoral Counseling she uses a holistic approach to coaching and directing that focuses on the physical, mental, and spiritual aspects of singing. Shannon is passionate about helping others discover and share their authentic voice in ways that promote resilience, well-being and positive social change, especially around the topic of mental health advocacy. She is the owner of WiseWorks Voice Studio and is the Assistant Director of Music Ministries at Herndon UMC., where she directs youth and adult choirs and oversees music and mental health community outreach programs.



Shannon

Erin

Women's Association Annual Meeting & Book and Author Talk with Ginanne Brownell

Wednesday, July 19 (*new date*) ~ Assembly Building

Annual Meeting: 11:00-11:30am

Author Talk: 11:30am-12:30 pm

“Ghetto Classics - How a Youth Orchestra Changed a Nairobi Slum” is a newly released non-fiction book written by international journalist, author, and CSA Member Ginanne Brownell. Ginanne will talk about her inspirational experiences and seven-year journey that led to this book. The talk will be moderated by Katharine Laidlaw. Light refreshments will be served.



About Ginanne ~ Ginanne is a London-based American journalist who has written extensively on education, development, travel, and the arts. She has worked for CNN, Newsweek, Financial Times, The Wall Street Journal, and UNICEF. Ginanne's work has been published in outlets including The New York Times, The Washington Post, Foreign Policy, Scientific American, Condé Nast Traveller, and National Public Radio. Born and raised in Michigan, she has a BA from Albion College and MSc in history from London School of Economics. See “About Me” at <https://ginannebrownell.com> for Ginanne's full and fascinating bio!

“The Pace of Guidance vs. The Speed of Life”

Tuesday, August 1 ~ Assembly Building

Session #1: 11am-12:30 pm.

Session #2: 2 pm - 3:30 pm



Learn about labyrinths and actually take a labyrinth walk to live meditative music. Center yourself in this practice of meditation and deeper prayer with guidance from certified labyrinth facilitator, Marilyn Zimmerman. There will be two sessions for this program. Each program will be limited to 20 people. Sign up for only one of the two sessions. Please bring a pair of clean socks to wear to help keep Marilyn's portable labyrinth clean. Thank you!

About Marilyn Zimmerman ~ In 2019 Marilyn received her training as a labyrinth facilitator from the Rev. Canon Lauren Artress at Grace Episcopal Cathedral in San Francisco, California. She received her certification from Veriditas in 2022 and currently facilitates labyrinth walks and meditations both online and in person. A former school teacher and retired attorney, Marilyn loves sharing the psychological and spiritual benefits of labyrinth walking with others. Marilyn lives in Northport, Michigan for the summer season and lives the rest of the year in Palm Desert, CA.

Welcome Tea for New Members and Associate Members
Wednesday, August 2, 4:00-5:30
Assembly Building ~ Lounge

Are you a new CSA Member or a new Associate Member in the CSA community? The CSA Women's Association and the Membership Committee invite you to tea to welcome you to this amazing community and help answer your questions about our wonderful, and sometimes quirky CSA ways. We plan to contact you, but just in case we miss you, don't hesitate - just come! We can't wait to meet you and get acquainted.

"Do Your Part ~ Be Septic Smart"
Monday, August 14, 10:30 am –11:30 am,
Congregational Summer Assembly, Assembly Building
2128, Pilgrim Highway, Frankfort, Michigan.

Sponsored by The Crystal Lake Watershed Association and co-hosted by the CSA Ecology Committee and the Women's Association. This program will educate us all about Septic Systems' function and maintenance and their impact on our community – just in time for the annual, national Septic Smart week in the September. Presenter: Michigan State University Extension Educator, Beth Clawson. ***This program is open to residents of the Crystal Lake/ Benzie County area.***



About Beth Clawson ~ Beth is a Michigan State University Extension Educator since 2001 and consults in natural resources and water quality. She coordinates the Michigan Master Naturalist program; and educates in the areas of natural resources, water quality, shoreline landscaping, and septic system maintenance. Beth received her Bachelors of Science in Natural Resources from Grand Valley State and her Masters in Business Administration from Central Michigan University.

...and one more thing...

CSA MERCHANDISE FOR SALE AT THE CRYSTAL VIEW

The Women's Association will once again be selling fun CSA merchandise this summer at the Crystal View, thanks to managers Fritz and Susan. Sales will run from opening day (June 19th) until merchandise is gone. All proceeds will go back to the CSA for Summer 2024 programming.

THANK YOU, CSA COMMUNITY, ~ and best regards for a great summer, from the CSA Women's Association Board

Thanks to donations of time, service and/or funds by *many* CSA members and volunteers last summer, the Women's Association (WA) is able to give back a record of over \$18,000 to support the 2023 Summer season. See below for a list of how these funds will be used. On behalf of the CSA, the Women's Association Board is so very grateful.

Board Members:

President, Ann Whelpton; Vice President, Erin Winter Jones; Treasurer, Jan Lauerman; Secretary, Lisa Dunphey; Art Fair Chair, Margie Finley; Members At Large: Jen Potter, Kate Kirkwood, Beth Seaton, Claire Perry, and Joni Leete. The Women's Association Board welcomes ideas and feedback on any of our activities. Please feel free to email csawomensassociation@gmail.com or contact any Board member directly.

Women's Association Funding Designations for 2023

Classes, Programs, Supplies and Materials

- * Book replacements for the children's library
- * D.J. for the "Young At Heart" Dance (ages 18+)
- * Ecology/Forest Restoration (trees) and maintenance of Butterfly Gardens at Assembly Building
- * Flower baskets for the Assembly Building
- * Honorariums for fitness class instructors
- * Honorariums for guest speakers
- * Materials for adult and children's art classes, the Arts and Artisans Fair, and Ecology Classes
- * Materials and refreshments for Kids Night Out
- * Materials, supplies and plants for the Pollinator Flower gardens at the Crystal View
- * Pizza for the youth and teen programs
- * Refreshments for Lemonade Sundays, Welcome Tea, and Speaker's Programs

Special Purchases

- * Art drying rack for children's Arts classes
- * New Air Hockey Table for Assembly Building
- * Two new picnic tables for the firepit area (one wheel-chair accessible)

Administrative Expenses

- * Annual meeting hotel expenses
- * Publicity - posters and flyers for events, programs and speakers
- * Signs and sun/rain canopy for the Art Fair
- * White Board for Women's Association Announcements

Charitable Donations

Each year the WA donates \$3,000 (in stipends of \$500 each) to six different Benzie Area non-profit organizations benefitting residents of the Frankfort/Benzie County area. We are currently taking suggestions for our 2023 donations. Suggestions may be turned in at WA mailbox in the office or by emailing csawomensassociation@gmail.com. Thank you.