

# Women's Exchange 2011 Summer Programs



www.womens-exchange.org

## CALENDAR

JUNE 2011						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JULY 2011						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

May 31-Summer Wardrobe  
June 1-Meditation  
2-Jung & Myers-Briggs begins  
3-Salon: Paula McLeod  
7-Resilience begins  
7-Integrative Health begins  
8-Debunk a Myth  
8-Wed. with Wine: Juli Janovicz  
10-Salon: Harriet Porter  
13-Drawing  
15-Vision a Life You Love  
15-Wed. with Wine: Deb Boetcher  
16-Artist's Way begins  
17-Salon: Cate Wallace  
22-Wed. with Wine: Judi Geake  
24-Salon: Carol Meynen  
29-Wed. with Wine: Gina Logan

8-Salon: Jane Perisho  
& Trish Snowdon  
13-Wed. with Wine:  
Helen Gallagher  
15- *The Housekeeper and the  
Professor*

All summer registrations are  
by phone at 847-441-3406  
or e-mail at  
judi@womens-exchange.org

You may pay at the event or  
the first class.

**Note:** we have a few summer reruns, programs that were so popular or well-received that we are repeating them! Also, since there are so many wonderful one-time programs and salons this summer, it would be a great time to purchase a pre-paid 10 punch card bringing the cost of each program from \$20 to \$15! A 5 punch card brings the cost to \$18.

**Finally....Do we have your e-mail address?** We will be offering some spontaneous social events this summer such as a Ravinia Night and a Pinstripes night. If you have not been receiving program updates from us, be sure to let us know by e-mail!

Women's Exchange Newsletter Summer 2011  
Published by WEX  
Editor: Judi Geake; Layout/Desktop Publisher: Laura Lyman

Dear Friends,

It is with great joy that I introduce the new incoming director of the Women's Exchange, **Deb Guy**. Deb is very familiar with the Women's Exchange, having served on our board in the past. She also taught and attended classes for several years at WEX prior to her move to Texas. We welcome her back to Illinois and to the Women's Exchange! I encourage you to stop by the office to meet her and say 'Hi!' when you attend one of wonderful summer programs listed in this newsletter.



Leadership will officially change hands July 1<sup>st</sup> at which time I will have spent 20 years at the Women's Exchange. Please join me when I host my final program on June 22<sup>nd</sup> as part of this summer's Wednesdays With Wine series. We're calling it *The Women's Exchange Exposed; Judi Tells All!* It has been a privilege to get to know all the wonderful women I have met and worked with and I look forward to continuing my relationship with all of you... as a participant around the coffee table and, in the future, a program facilitator.

Much love,

Judi

Dear Friends,

I am thrilled to begin anew among the wise women of the Women's Exchange. As your new Director, I bring many ideas from a career in educational programming and development. Yet, I also bring a true understanding of the values of this unique organization where women have come together for over 25 years. WEX will continue to be the place to learn, to grow, and to share while women of all beliefs, ages and interests are heard, honored and encouraged.



As I begin, I will be listening carefully and invite each of you to stop in, email (deb@womens-exchange.org), or call to share your thoughts with me. At the Women's Exchange, we also like to have fun! Judi's legacy of warmth and hearty laughter will live on!

With gratitude,

Deb

*The Women's Exchange provides programs in a supportive environment for all women to share ideas and information—to learn, to grow, to build relationships, and to have fun.*

# MAY & JUNE PROGRAMS

## **Tuesday, May 31<sup>st</sup>: It's Not Too Late to Plan Your Summer Wardrobe!**

Shop your closet for the warmer months with **Suzanne Newman**, LP graduate and founder of Find Fashion Happiness. Learn how to let go of items that don't work for you and consider some of the new trends available in the stores. Make a plan for a summer wardrobe that will work for the life you lead.

**1:00-2:30 pm. \$20**

## **Wednesday, June 1<sup>st</sup>: Mediation Is More Than Just a TV Show!**

Have you seen the new show "Fairly Legal" on the USA channel about a lawyer turned mediator? Well, come learn what mediation is really all about in our own reality program. You may never need it, but odds are someone you know might! **Sally Drucker** of Drucker Mediation Services, LLC and **Diane Field** of Field Law & Mediation will reveal the three pillars of mediation. You'll learn why mediation is becoming one of the most accepted methods of resolving disputes, and how it can reduce the potential for future conflict and strengthen relationships.

**10:00-11:30 am. \$20**

## **Thursday, June 2<sup>nd</sup>: Jungian Theory and The Myers-Briggs Psychological Types begins**

Have you ever wondered about the theory underlying the development of the Myers-Briggs Personality Assessment? How do you use this information to better understand yourself and others? In this group, leader **Katy Miller** will explore the theory of Jung's Psychological Types which led to the development of the popular Myers-Briggs Type Indicator (MBTI). Katy is a Licensed Clinical Professional Counselor with over 10 years facilitating adult education/development groups. She has extensive training in Jungian Theory. Please read pages 178-192 in *The Portable Jung* by Carl G. Jung for the first class. The book is available used on Amazon.com for as little as \$2. **Prerequisite:** Knowledge of your Myers-Briggs Type. Don't know your type? Call Judi in the office at 847-441-3406.

**4 Thurs. until June 23. 1:00-2:30 pm. \$60**

## **Friday, June 3<sup>rd</sup>: Salon - Summer Fun In and Around Chicago**

Looking for fun things to do this summer? Need some new ideas? **Paula McLeod** is back to share the latest in what's happening around Chicago this summer. Paula loves the thrill of discovering new places and experiences. She says, "It's like traveling without leaving home." Bring your ideas and tips to share over a glass of wine!

**4:00-5:30 pm. \$20**

## **Tuesday, June 7<sup>th</sup>: Resilience - Your Key to a More Contented Life begins**

How resilient are you? How can you become more resilient in the face of today's complexities and challenges? The key to a happier and more contented life will be explored by examining the nature of resilience and the critical role it plays in your life and your personal happiness. This four-week interactive program will feature the latest information about this life-enriching skill, along with assessment/feedback and strategies to help you develop more resilient behaviors. Join us for what promises to be an informative and lively program that will enhance your ability to navigate today's personal and professional challenges. **Maureen Gold** spent 25 years counseling thousands of transitioning employees through downsizings to find new direction before she retired from corporate life and launched M. Gold & Associates, Career Coaching and Development. She was an early facilitator of the WEX Life Planning Class.

**4 Tuesdays until June 28, 1:00-2:30 pm. \$60**

## **Tuesday, June 7<sup>th</sup>: Integrative Health Coaching Group begins**

Join other members in a five week journey to a better understanding of what you need, want, desire, and deserve to start to achieve and live a better and healthier life. Come discover something about yourself and others in a supportive, non-judgmental environment. Learn tools that you'll use the rest of your life. Trained at Duke University, **Stephanie Pearce** is a pioneer in this life-changing field that integrates all the areas of your life into a healthy whole.

**5 Tues., 7:30-9:00 pm. 6/7, 6/14, 6/21, 7/5, 7/19. \$75**

## **Wednesday, June 8<sup>th</sup>: Help Dee Kane Debunk a Myth...or Not!**

**Dee Kane**, who teaches Life Planning at WEX, says, "Would you please help me debunk a myth about numerology? Sue Frederick, author of the book *I see Your Dream Job* claims that numerology can help you find your dream job. I didn't believe it. So I tried it out on my friends and family, and so far, it has been (to my dismay) extremely accurate! Please join me in the experiment. You will either get wonderful guidance about your career/life or the satisfaction of debunking a myth!"

**10:00-11:30 am. \$20**

## **Wednesday With Wine - June 8<sup>th</sup>: Scintillating Summer Reading!**

At the beginning of each summer, librarian (and voracious reader) **Juli Janovicz** brings an outline and mini-review of the hottest new reads for the season. Whether you are a beach reader or you are finally able to find time in the summer for some serious reading, you will treasure the list of books she brings and go home with several new titles to add to your reading list.

**7:00-8:30 pm. \$20**

# JUNE PROGRAMS

## Friday, June 10<sup>th</sup>: Salon - Does Birth Order Matter?

Harriet Porter has been a popular program leader at WEX for many years. Whether she is new to you or you are a long-time fan, join her for a discussion of some of the latest findings about birth order. Bring your own input and stories.

4:00-5:30 pm. \$20

## Monday, June 13<sup>th</sup>: Drawing for Those Who Don't Think They Can

Technique, composition, and design in a non-traditional way; learn to see and not just look. If you can't see it you can't draw it. We will be drawing a composition of vegetables. Marla Snyder teaches at The Art Center of Highland Park and Chicagoland Jewish High School.

10:00 am-12:00 noon. \$20 plus \$5 materials fee

## Wednesday, June 15<sup>th</sup>: Vision a Life You Love by Creating a Vision Board (Summer Re-Run)

The women who created their vision boards this spring using only magazines, scissors and glue, have been talking about the experience ever since! If you missed this...or if you want to vision a new area of your life, come join Patti Baron Schreiber, owner of The Spirited Path. With the correct technique, attendees have manifested new jobs, love, houses, and overall abundance. If you'd like, bring a bag lunch and stay as long as you want to work on your vision.

10:00-11:30. \$20 plus \$8 material fee

## Wednesday With Wine - June 15<sup>th</sup>: They're Not Children Any More...How to Communicate So They'll Respond

The unique transition from teen to young adulthood creates a wide range of emotion and reflection for parents. Whether your child is college bound or already a young adult, there are communication strategies that allow you to stay connected with them, but not go with them. Deb Boetcher of Boetcher Life Coaching will lead a group discussion focusing on ways to communicate and get your young adults to respond. How does it work for you? How does it work for them? How can it work for all of you?

7:00-8:30 pm. \$20

## Thursday, June 16<sup>th</sup>: The Artist's Way (note unusual time!)

Let's unleash the creative spirit within us. This course is based on *The Artist's Way* by Julia Cameron, a book with a program to reinvigorate your creativity. It includes weekly readings, a few activities, and an opportunity to discuss your thoughts and discoveries with others. You will need a copy of the book (also available used at amazon.com) and a journal for this class. Amy Mahoney has been a teacher and women's discussion leader for 15 years. She first discovered *The Artist's Way* at the Women's Exchange!

6 Thursdays, 3:00-5:00 pm. \$90

## Friday, June 17<sup>th</sup>: Salon - CATE RETURNS! Questioning Conscience

We are thrilled to have author and teacher Cate Wallace return to share part of her latest work in progress. In her salon she will invite us to consider questions like these: Why do we have trouble trusting our own moral intuitions? Why are we suspicious of others' intuitions? When or why are we right to be cautious about such things? The working title of her book is *Beyond Celestial Mechanics; Rescuing Christian Wisdom from Fundamentalist Misunderstanding...* or as she says, how Cate Wallace really is determined to be burned at the stake!

4:00-5:30 pm. \$20

## Wednesday With Wine - June 22<sup>nd</sup>: The Women's Exchange Exposed! Judi Tells All!

Join us for a final chance to share a glass of wine with Judi Geake during her last week as director of WEX. Judi will tell stories of her early years at WEX and share her triumphs as well her embarrassing and comical miss-steps along the way. She promises to name names and show pictures...so don't miss the fun!

7:00-9:00 pm...or whenever the laughter ends or the wine runs out. \$20

## Friday, June 24<sup>th</sup>: Salon - Into Africa...On a Wing and a Prayer

What do you do when the Spirit calls you somewhere you never wanted to go in order to do something you don't know how to do? You go, of course, on a Wing and a Prayer. Since 2004, North Shore gynecologist Dr. Carol Meynen has been taking American volunteers to rural Africa to train African medical personnel and teach public health to Muslim men and women who feel the call to minister to their people. Come hear about her experiences and see her slide show...sure to open your eyes and tug at your heart.

4:00-5:30 pm. \$20

## Wednesday with Wine - June 29<sup>th</sup>: Still Doing It: The Intimate Lives of Women Over 65 (summer re-run)

The first time we showed this video we had women from their 30s to their 80s in attendance, resulting in a very provocative discussion. We all intend to be 65 some day if we haven't already reached that milestone! After viewing *Still Doing It*, a groundbreaking documentary that challenges the taboo around older women and sexuality, we anticipate another lively discussion about age and sex, and society's reactions to sexuality in late adulthood. Gina Logan, Ph.D., is a Research Assistant Professor at Northwestern University who also conducts research on gender issues and midlife.

7:00-9:00 pm. \$20

The Women's Exchange  
725 Pine Street  
Winnetka, IL 60093  
(847) 441-3406  
www.womens-exchange.org

**Director**  
Deb Guy, M.S.

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Please use the 620 Lincoln Avenue entrance pictured below to enter the Women's Exchange in Harkness Hall.



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## JULY PROGRAMS

### **Friday, July 8th: Salon: *Bag It...Documentary Screening & Discussion.***

This truly compelling, yet amusing film explores the use and misuse of the single-use plastic bags and containers and their effect on the environment. WEX president **Jane Perisho** and Go Green Wilmette member **Trish Snowdon** will lead a brief discussion following the film. What a great way to spend a late summer afternoon...a glass of wine, a fascinating documentary, and a great discussion with the interesting, intelligent women of WEX!

**4:00-5:30 pm. \$20**

### **Wednesday With Wine - July 13<sup>th</sup>: You Have No Idea What's Out There On The Internet!**

By now you know about Facebook, YouTube, Fandango, and LinkedIn. But do you know what TED is? How about StumbleUpon, Rotten Tomatoes, Reddit, Broadcast? Join us for an introduction to some of the hottest, most interesting and useful sites on the internet. Learn how to round up all your top sites into a personal page online. From shopping comparison sites to product reviews, gadgets and the big world of blogs, you'll finally see past the clutter, and make the web work for you. Computer guru **Helen Gallagher** of Computer Clarity will explain what's new and cool online!

**7:00-8:30 pm. \$20**

### **Friday, July 15<sup>th</sup>: *The Housekeeper and the Professor...A Charming Summer Read***

Gather for a summer book discussion with **Holly Marihugh** of WomenReadTogether, and share your opinions about the novel *The Housekeeper and the Professor*. A brilliant math professor has only 80 minutes of short-term memory, but still retains his long-term appreciation of what he calls elegant math equations. This lonely professor's life takes a dramatic turn when he develops a beautiful relationship with his housekeeper and her young son. Holly calls this a charming summer read. Join us for coffee and conversation about the book.

**10:00-11:30 am. \$20**