

DESIGN A LIFE WORKSHOP				
MORNING SESSIONS				
Session	Title	Session Description	Presenter Name/Organization	Bio
1	Pottery Painting Techniques	Teresa will teach basic glazing technique for low-fire pottery. She will provide each student with two bisque plates and discuss the basics of glazing pottery. Upon completion of the project, we will fire their work in our kiln and either ship their finished work, or they may pick up in our shop.	Teresa Andreani Silverthorne Gallery & Creative Art Center www.silverthornegallery.com	Silverthorne Gallery and Creative Art Center has been in business, in the heart of Rocky River, for 6 years. Begun as an outgrowth of 6 creative people looking for an outlet for their own work, we sought out like minded people who wanted a high quality environment to display and present their creations. We have represented hundreds of local artists and artisans over the years, and have expanded into teaching.
2	The Healing Power of Poetry	Simple writing exercises will become tools that allow us to move towards inner clarity. Discover the healing energy we all have inside when we allow our stories a creative free flow from heart and mind through pen to paper. You need not consider yourself a writer to grow from this experience.	Linda Goodman Robiner, M.Ed.	Linda works with individuals and groups to deepen healing. She facilitates workshops in memoir, poetry, and fiction. Her poetry chapbook was published, and hundreds of poems, articles and stories have appeared in journals and anthologies. She is an editor and has taught at Cleveland State and four other colleges.
3	Tuning into The Rhythm of Your Life	Each participant will receive a hand drum and percussion instrument (bell, guiro, shaker or clave) for the workshop session. Cindy will blend easy drum techniques with fun rhythm activities to guide the group in the creation of exciting polyrhythmic world music. Participants will get back into rhythm with their own lives through a powerful tool . . . the drum.	Cindy Hill Rhythm Culture www.rhythmculture.com	Rhythm Culture founder, Cindy Hill, B.A. has been facilitating empowering rhythm events for communities, schools and businesses since 1998. "We Sound Better Together" is her message as she facilitates groups to improve connection, communication skills and innovation through community drumming. Her son with autism benefits from art therapy at the Art Therapy Studio.

4	Hand-building with Clay	We will be working with Stoneware Clay. We will be using the Slab and Coil methods to build vessels that could have a function. People will be using plastic knives and forks and their hands.	Prof. Richard Schneider Cleveland State University Art Dept. www.csuohio.edu/art/	Assoc. Prof. of Art since 1974 at Cleveland State University. 1963 B.A. degree in Art, University of Toledo, Toledo OH. 1968 M.A. degree in Ceramics and Sculpture, Bowling Green State University, Bowling Green, OH. I have exhibited nationally and internationally. I have received many awards for my sculpture and ceramic vessels.
5	Travel through the Art of Photo-coloring with Art On Wheels	Learn the art of colorizing photos as it was done in the early 1900's! Photographs and supplies will be provided. Bring your own black & white photos to colorize with these unusual paints, if you prefer. They may be used on both matte and glossy finishes. Enjoy the creative process!	Carolina Martin Art on Wheels, Inc. www.aowinc.com	Founding Executive Director of Art On Wheels, Inc. (local traveling nonprofit art education organization, approximately 20 years old) BA in Psychology and BS in Art Education/CWRU Master of Education/CSU
6	Amazing Malleable Metal	Lose your sense of time as you explore the malleability of metal, manipulating flat sheet aluminum with wood and metal tools from both sides into two-sided shaped bas-relief cutouts. We will also experiment with matte finishing techniques and the	Catherine Butler Heights Arts www.heightsarts.org	Jewelry artist Catherine Butler's work is exhibited in local, national and international venues. She is the recipient of two Ohio Arts Council Individual Artist Fellowships. Her work is in the permanent collections of the Danner Foundation in Munich, Germany and the Ohio Craft Museum. She has

		addition of color using permanent markers. Designs can be figurative or abstract. The resulting ornaments can be hung on a chandelier, wall, tree, or in your garden, car or window!		taught art, jewelry and metalsmithing at all levels and to all ages. Butler is also the Studio Program Coordinator at Heights Arts.
7	Collage	Each participant will complete a collage using a variety of inspiring materials.	Gretchen Bierbaum National Collage Society www.nationalcollage.com	Gretchen Bierbaum, BA, MA, is the Founder of the National Collage Society. She teaches collage workshops in many different locations around the USA and locally in Akron, Peninsula and Hudson.
8	Using Images to Inspire Storytelling	We create meaning in our lives through the stories we tell. Using a series of photographs as inspiration, we will explore the story telling process through the combination of free writing and simple theatre exercises. By studying, "context, juxtaposition, and dynamics" within a visual symbol, our imaginations are sparked. Using photos as a point of inspiration, often the words and the stories we personally need to tell come tumbling	Becky Cummings Art House, Inc. www.arthouseinc.org	Becky Cummings is the Program and Volunteer Coordinator at Art House Inc. She received her MFA in Directing and Writing from the University of Montana in 1999. She has taught Theatre, English, Writing and Speech instruction to both children and adults in a variety of non-profit art and educational venues for over ten years including; Tri-C Community College, The College of Notre Dame, Cleveland Public Theatre and The White Mountain School. Becky is interested in the role of storytelling in the creation of personal and cultural meaning. Becky knows that story leads to

		out. Please bring a notebook, a pen or pencil, your imagination and sense of adventure.		connection inspires collaboration which creates healthy communities.
9	Fiber Knitting	We will cover the basics of knitting so that students may create a small but decorative bangle bag. Kits will be provided.	Erika Gadomski River Colors Studio www.rivercolors.com	Erika Gadomski is the owner and founder of River Colors Studio. She has been knitting, crocheting and working with fiber arts for over 40 yrs. She has a Masters in Library Science and a Masters in HealthCare Administration.
10	Kicking Chemical Dependency in the Garden	30 minutes lecture on common chemicals used on lawns and the landscape and their effects. Hands on experiments to follow. Attendees will view the effects on jarred (viewable) microbial life in soil treated with chemicals and synthetic fertilizers, organic fertilizers/sprays, and a control. An in house soil test will also be performed on the three jars. Attendees may also have the option of bringing in a soil sample to test it for excess nitrates, etc. An additional experiment may follow as well. This will be followed by a	Andrew Pratt and Larry Giblock Cleveland Botanical Garden www.cbgarden.org	Andrew Pratt: At 27 years of age, Pratt has spent half his life in the "Green Industry" He acquired his B.S. in Horticulture from The Ohio State University and has maintained a Pesticide Applicator License for 10 years. Prior to working as Grounds Manager/Horticulturist for Cleveland Botanical Garden, Pratt was seasonally employed by the Cleveland Metroparks and The Holden Arboretum. Larry Giblock: With a background in art, Giblock has served as in-house designer for many of the Garden's horticulture shows. He has worked with native plants for 25+ years and is a founding member of the Native Plant Society

		Q&A session discussing simple steps you can do to reduce chemical usage in your garden. A handout of the least toxic pesticides will be issued as well.		of NE Ohio. Giblock is also knowledgeable in natural and contrived garden styles, as well as ecogardening.
11	Bringing Out Your Inner Actor	Through simple acting exercises and games, participants will break through self consciousness to allow the inner actor to emerge. After many years of suppressing the inner child, this is an effective way to access the imagination and creativity we were born with. Participants will also begin to communicate with others in a deep way through playacting familiar situations and creating and sharing stories in a new way.	Holly Holsinger CSU Dramatic Arts Program http://www.csuohio.edu/theater/	Holly Holsinger is an Assistant Professor of Theatre at Cleveland State University, specializing in acting, voice, and movement, as well experimental theatre techniques. She has been a Cleveland theatre artist for the past thirteen years and is a member and co-founder of Wishhounds, a group which researches and creates performance. As a local theatre artist, she has created/performed in over ten original plays including Blue Sky Transmission and her solo piece Frankenstein's Wake, both of which toured Off-Broadway. She has taught acting and theatre at several Ohio universities and is pleased to now serve full-time at CSU.
12	Tabletop Topiary	Topiary is the art of training plants into ornamental shapes. Using wire and creativity, everyone will create topiary frames in fun,	Karen L. Kennedy, HTR The Holden Arboretum www.holdenarb.org	Karen L. Kennedy, HTR is the Manager of Wellness Programs for The Holden Arboretum. As the horticultural therapist, she provides HT services both at

		fanciful or meaningful shapes. Participants will learn about the different types of topiary, those easiest to grow and plant their own tabletop topiary to take home.		Holden and health care facilities in the community. She also coordinates Holden's wellness programs which focus on the role plants, nature and the environment play in improving health and wellness.
13	Life Sketches & Observation	Through a series of exercises we will explore observation through drawing using the tools of framing and perspective in order to look closer at the world and look differently. We will work with paper, pencil or ink, and anything else you care to draw with.	Troy Richards The Cleveland Institute of Art www.cia.edu	Troy Richards is the Head of the Drawing Department at the Cleveland Institute of Art and a working artist. His most recent exhibition, Nowheresville, was at the Thomas Robertello Gallery in Chicago. He has exhibited at various venues in New York City and throughout the country.
14	Felt: Color & Form Work (ALL DAY)	In the morning, we will focus on the properties of felt and on basic dye techniques for unfelted wool. We'll dye a length of wool to be felted in the afternoon. After lunch we'll go through the process of felting, learning first how to make a basic flat piece, then how to form the piece three-dimensionally.	Beth Whalley The Cleveland Institute of Art www.cia.edu	Beth received a BFA from the Cleveland Institute of Art in the Fiber and Material Studies program, focusing on natural dye techniques and sustainable materials. Themes in her work include patterns and systems found in nature. Beth also works at the Cleveland Museum of Natural History.
15	Jewelry: Basic Wire & Bead Work (All DAY)	Using wire and beads the class will learn how to wire	Denise Newman The Cleveland Institute of Art	Denise Newman has been involved with beads and beadwork

		wrap both top drill and center drill beads to create pendants that can be used in both earrings and necklaces. Further use of the technique will allow creation of a "rosary" type chain bracelet.	www.cia.edu	professionally for over thirty years. A BFA and teaching certification from Ohio University morphed into establishing the Isle Of Beads seventeen years ago creating a full service bead store which includes teaching the history and techniques of beads and beading.
16	Jewelry: Enameling (ALL DAY)	Students will learn the fundamentals of enameling through the techniques of sifting, stenciling, scrafito, and painting. The first half of the workshop Students will begin to explore these techniques and the second half Students will master them! Be ready to learn create and explore!	Emily Embrescia The Cleveland Institute of Art www.cia.edu	Emily Embrescia is a 2007 graduate of the Cleveland Institute of Art with a degree in Enameling. She has just finished her Masters degree in Art Education. Emily loves teaching and exploring new ways of creating art.
17	Digital: Creative Image & Printwork (ALL DAY)	Within the workshop we will work with basic organizational tactics using Adobe Bridge, and then move into image manipulation. Enhancements will be demonstrated to participants who will be asked to follow along. Once the manipulations have been demonstrated and completed an introduction to	Adam LaPorta The Cleveland Institute of Art www.cia.edu	As a 2006 graduate in Photography from the Cleveland Institute of Art, Adam LaPorta has gone on to continue his digital imaging career at the Cleveland Museum of Art. Still continuing on with his passion for photography he has turned his interests to teaching by helping others to develop and apply their photography skills digitally.

		proper printing procedures will be demoed.		
18	Basic Digital Drawing for Animation (ALL DAY)	For teaching drawing for animation, I will instruct the students/participants in Adobe Flash vector-based animation while giving extensive details on the process of animation and how to make animation look realistic and believable. They will be instructed to animate a character engaging in a form of exercise that can be looped repeatedly. Examples: someone running, doing yoga, sit ups, jumping jacks, etc.	Ashley Gerst The Cleveland Institute of Art www.cia.edu	I am a graduate of Cleveland Institute of Art with a BFA in T.I.M.E. Digital Arts (emphasis in animation and motion graphics) and a minor in Photography and Art History. I am a Cleveland local artist who has a strong passion for every form of animation, especially stop-motion animation and 2-dimensional animation.
19	Basic Papermaking and Collage	This workshop will introduce you to the art and craft of Papermaking. Handouts and activities will inform and engage you in using Papermaking as a creative outlet. Each participant will leave with a basic knowledge of Papermaking and their own individual artwork.	Scott Robertson The Cleveland Institute of Art www.cia.edu	Scott Robertson graduated from CIA in 2007 with a BFA in Printmaking. His prints and drawings were shown at the Gallery West in the fall '07 exhibition "Recent Works" at Cuyahoga Community College. He has been a visiting artist in papermaking at CIA in 2007-2008.
20	Introduction to Watercolor	In the morning session, Elinore will	Elinore Korow The Cleveland Institute of Art	Elinore Korow, a nationally known portrait

		offer a watercolor demonstration, followed in the afternoon by a lecture on color fundamentals, values (How to Get Vibrant Colors), shadows and reflections, etc. Participants should bring a favorite photo as well as examples of their previous work.	www.cia.edu	artist, is a graduate of CIA. She was a designer for American Greetings and has had her own portrait studio since 1973. She has been in numerous major national and international exhibitions and is a charter member of the Ohio Watercolor Society.
41	Recycled Art/Luminaries	In this class we will be making luminaries from recycled pop cans, paper clips, wire and beads. Holes will be punched into the can to create a silhouette effect when lit. When not lit the luminary will look completely different. They can hang or sit, will be adorned with beads and illuminated from the inside with a candle.	Debbie Apple-Presser Cleveland Museum of Art www.clevelandart.org	Debbie Apple-Presser lives and works in Cleveland Heights. She is currently working on luminaries, sculptural pieces that incorporate the use of natural light and candlelight. They completely change in appearance when viewed from day to night. The materials used are mostly wire, paper, and recycled pop cans and come in all shapes and sizes.
AFTERNOON SESSIONS				
Session	Title	Session Descriptions	Presenter Name/Organization	Bio
21	The ART of Rubber Stamping	Participants will complete 5 beautiful hand-made layered greeting cards. Techniques incorporate rubber stamping with a variety of inks and heat embossing.	Deena Baenen Cuyahoga Community College www.tri-c.cc.oh.us/home	Deena Baenen holds a Master's Degree in Counseling in addition to being credentialed as a Certified Occupational Therapy Assistant and Licensed Social Worker. Her clinical experience includes physical

		<p>Materials used include rubber stamps, water color pencils, decorative art papers, brads, eyelets, punches, ribbon and other artistic embellishments. This session is about artistic creation--NOT about rubber stamping smiley faces. Beginner to intermediate</p>		<p>rehabilitation and mental health. She has been teaching in the Occupational Therapy Assistant Program at Cuyahoga Community College since 1990. Deena's artistic pursuits include creating greeting cards, whimsical art dolls, fabric arts, needle work, beading and metalsmithing. Some of her work has been featured in Somerset Studio magazine.</p>
22	Basket Weaving for Beginners	<p>Participants will weave a small basket, suitable for a novice weaver, using a start-stop weave and several materials, including natural & smoked or dyed reed. Participants should bring a bucket or dish pan (to soak the reed), old towel, kitchen shears (for cutting reed) and an awl or small flat head screwdriver.</p>	<p>Paulla Williamson, OTR/L Barrie Galvin & Associates www.ot4children.com</p>	<p>Paulla Williamson is a pediatric occupational therapist with Barrie Galvin & Assoc. She is an active member of the Dreamweavers Basket Guild NEO and has taught a basket weaving segment for CSU's Designing Creative Occupations course. She engages in a variety of other crafts when time allows.</p>
23	Journaling for Health	<p>Participants will learn the evidence-based health benefits of reflective journaling, and then create an individualized creative fabric-covered journal to take home. Participants will have the opportunity to try out several</p>	<p>Sarah G. Sieradzki, OTR/L University Hospitals, Case Medical Center www.uhhospitals.org/case</p>	<p>Sarah G. Sieradzki, OTR/L attended DePauw University, and graduated from Indiana University. She has worked in mental health for most of her 32 year OT career, and truly enjoys being a clinical supervisor. She is a clinical specialist at Case Medical Center. She also has studied horticultural</p>

		methods of journaling including creative writing and use of visual imagery		therapy extensively.
24	Awesome Acrylics	“Awesome Acrylics” is a fun and creative acrylic painting experience. Whether you have used acrylics or not you will have fun in this class.	Martha C. Stitt, ATR-BC, LPCC, LICDC Art Therapy Studio www.arttherapystudio.org	Martha Stitt has extensive experience as an art therapist, counselor and chemical dependency counselor. She is currently working as the Clinical Program Coordinator for the Art Therapy Studio and teaches four “Discover the Artist Within You” classes.
25	Fused Glass and Mosaic Glass Tiles	Learn the fundamentals of cutting glass to better execute design. Random glass shapes will be available and you will complete three multiple layer projects. Kiln firing demonstration and techniques discussed using Olympic kilns and kiln demo will be presented. Tiles will be fired and prepared for pickup or for a small fee, mailed to your address.	Alfred G. Brickel M.A., Cleveland Art Glass Center in conjunction with Neue Daisterre Glas www.clevelandartglasscenter.com	Founder: Neue Daisterre Glas Inc. 1969 to Present: 40 years experience in art glass, glass fusing, slumping, glass blowing, silvering, bevels, stone wheel engraving, woodworking, restoration, and 35 years teaching. Co-founder: Cleveland Art Glass Center, 2006.
26	Doodling	Session will include many aspects of doodling. Our goals will be: to understand visual art as a wordless language, to “lose	Linda Hutchinson Cuyahoga Valley Art Center www.cvartcenter.org	Linda Hutchinson's works include drawings, watercolors and oils. Recently, she received first place in “Kaleidoscope 2007” at Summit ArtSpace in

		<p>ourselves” in mark-making, and to understand doodling as the very basis for all art forms. I would like to spark individuals into incorporating some form of art into everyday life as a means of joy, relaxation and centering.</p>		<p>Akron and was named First Night Akron 2007 button artist. She teaches drawing and painting through continuing education programs at The Cuyahogus Valley Art Center and Kent City Schools.</p>
27	Unlocking Your Creativity	<p>This session will explore ways to unlock your creativity. With hands on experience you will discover how your imagination can become a catalyst to living a more creative life. Learn tools that can help you move through blocks and put your ideas into action!</p>	<p>Mary Senechal Valley Art Center www.valleyartcenter.org</p>	<p>Born in Texas, Mary grew up in Maine. An art career was not seen as a viable option so she dropped art to pick up chemistry. She studied nursing and has practiced full and part time until 2004. In 1993 she began taking art classes again. Through the Rhode Island School of Design she was able to take classes exploring drawing, painting and design. Since moving to Ohio she has taught drawing, painting with pastels and classes focused on the creative process through local art centers and community education.</p>
28	Printmaking as a Creative Process	<p>Printmaking will be explored using a variety of easily accessible materials, many which can be found in your kitchen and junk/desk drawers. The</p>	<p>Denise Cooper, MA, ATR-BC Art Therapy Studio www.arttherapystudio.org</p>	<p>Denise Cooper is an art therapist working in the greater Cleveland area. She has worked with all age clients from four-month old infants to older seniors in a variety of settings that include</p>

		printmaking process will be used to guide the participant to think in a fresh, new and creative way that can carry over into everyday life.		day care, senior outreach, nursing homes, community programs and sheltered workshops.
29	Meditative Drawings: Mandalas (Sacred Circles)	We will be creating a mandala (Sacred Circle). Mandalas offer themselves as mystical and enlightening objects for meditation and reflection. Contemplation on mandalas allows the mind to become quiet. We will be creating our own design in a circle form. Bring creativity.	Stephanie Sibits Brecksville Center for the Arts www.brecksvillearts.org	Expressing myself is something I am compelled to do. I can get lost while creating a painting or drawing. Your unconscious mind comes through and it's a whole different world through art. Currently, I take pleasure in teaching after school art classes (grades 1-3) through Brecksville Center for the Arts. You can apply creativity to everyday life and many careers not only in the art field.
30	Not Your Ordinary Self-Portrait	Have a great time recreating yourself or your alter ego! Using acrylic paints, papers and other unique materials, students will complete a 12'x12' canvas of their likeness. Color, line and proportion will be instructed as well as collage techniques. This is a fun class. Be prepared to have a good time and either create a masterpiece or a conversation piece!	Linda Goir Local Girl Gallery www.localgirlgallery.com	Linda Goik is the owner of Local Girl Gallery in Lakewood, Ohio. She is also a fiber artist who enjoys hand painting on silk. Her themes are often inspired for her love and respect of the natural world, and her desire is to share a colorful and cheerful spirit throughout her artwork. She enjoys teaching workshops at the primary and secondary levels, at art organizations and providing private lessons in a group or individual setting always encouraging self

				expression. www.localgirlgallery.com
31	Mask Making	Participants will be creating masks using paints and variety of mix media to decorate inside/outside of their masks. The participant will have an opportunity to create the mask as a personal representation of self if they so desire. The instructor will provide participants with materials and instructions in creating their personal mask. Pre-form masks, paints and variety of mix media will be provided.	Mary Sender, MA, ATR, CRC Cuyahoga Community College/Art Therapy Program www.tri-c.edu/art/docs/index_announcements.htm	Mary Sender has over 20 years of professional experience in academia, public, and private organizations. Mary is currently a Professor and Program Manager of the Art Therapy Program at Cuyahoga Community College. She teaches Art therapy courses and assisted in creating an articulation agreement between Ursuline College and Tri-C. Through her program, students obtain a pre-art therapy certificate and follow a psychiatric or art track at Tri-C to lead eventually to the Masters program at Ursuline College
32	Exploring Music Therapy	Come join us as students from the Cleveland State University Department of Music and members of the Cleveland Music Therapy Consortium demonstrate the varied methods in which music can act as therapy and healer.	Lalene Kay, Director - Cleveland Music Therapy Consortium & Baldwin Wallace College; Dr. Eric Ziolek, Chair – Cleveland State University Music Department; Ronna Kaplan, Director – Music Therapy Program at Cleveland Music School Settlement www.bw.edu/academics/conservatory/people/Therapy www.csuohio.edu/music/facultyandstaff/therapy.html www.thecmss.org/mt.shtml	
33	Life Sketches & Observation	Repeat: See description #13	Troy Richards The Cleveland Institute of Art www.cia.edu	Repeat: See description #13
34	Felt: Color & Form Work	AM/PM Workshop	Beth Whalley	AM/PM Workshop (See

		(See description #14.)	The Cleveland Institute of Art www.cia.edu	bio #14.)
35	Jewelry: Basic Wire & Bead Work	AM/PM Workshop (See description #15.)	Denise Newman The Cleveland Institute of Art www.cia.edu	AM/PM Workshop (See bio #15.)
36	Jewelry: Enameling	AM/PM Workshop (See description #16.)	Emily Embrescia The Cleveland Institute of Art www.cia.edu	AM/PM Workshop (See bio #16.)
37	Creative Image & Printwork	AM/PM Workshop (See description #17.)	Adam LaPorta The Cleveland Institute of Art www.cia.edu	AM/PM Workshop (See bio #17.)
38	Basic Digital Drawing for Animation	AM/PM Workshop (See description #18.)	Ashley Gerst The Cleveland Institute of Art www.cia.edu	AM/PM Workshop (See bio #18.)
39	Papermaking	AM/PM Workshop (See description #19.)	Scott Robertson The Cleveland Institute of Art www.cia.edu	AM/PM Workshop (See bio #19.)
40	Introduction to Watercolor	AM/PM Workshop (See description #20.)	Elinore Korow The Cleveland Institute of Art www.cia.edu	AM/PM Workshop (See bio #20.)
42	Introduction to Swing Dance		Andy Lammers, Ph.D CSU Health Science www.csuohio.edu	Andy Lammers has been swing dancing for nearly ten years, and has been teaching for most of that time. He played a key role in creating a thriving swing dance community in Athens, Ohio, and now teaches with Get Hep Swing in Cleveland.