

VET ART PROJECT
FEBRUARY 2009 SCHEDULE OF EVENTS

All CREATIVE ARTS PROGRAMMING is open to veterans, artists, & people who work with veterans and artists with advance registration. RSVP TO 773.301.5366 OR 708.715.5488 or visit us on FACEBOOK @ the Vet Art Project page. COMMUNITY DISCUSSIONS are open to everyone. There is no charge to attend any event. Details: www.vetartproject.com.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 NO PROGRAM TODAY	3 7-10 p.m. Artists Training Workshop Collaboration, Resources, & the Needs of Military Personnel, Veterans, & their Families	4 7-10 p.m. Community building workshop. Lisa Rosenthal	5 7-8 p.m. Talk with Veterans Lisa Rosenthal 8-10 p.m. Picture Stories of War. Christina Reddington	6 6-9 p.m. Inside Out: Crafting a Healing Memoire, PART I. Kathleen C. Nesbitt	7 12a.m.-4 p.m. Inside Out: Crafting a Healing Memoir, PART II. Kathleen C. Nesbitt 4-6 p.m.: Diving into the Well: Yoga, Breath, and the Creative Process. Angela Dancy 6-8 p.m. Discussing the needs and interests of veterans. Lisa Rosenthal 8-10 p.m. rehearsal	8 1-4 p.m. Calming Practices: Art and Meditation. Suellen Semekoski, Anna Pate Richards, & Jamie Peterson
9 7-9:30 p.m. Loving Soldiers: The Costs of Offering Up Loved Ones to War. Nancy Ronquillo & Lisa Rosenthal	10 6-9 p.m. meet-n-greet between veterans and artists. Sharing stories & making connections. Lisa Rosenthal	11 7-9 p.m. Storytelling with Abstract Art. Christine Krumsee	12 CCC CLOSED	13 7-10 p.m. Renaissance by Fire: Returning Veterans, Society, & Forging a New Enlightenment. Ilona Meagher	14 12-4 p.m. Archetypes And Myths In Our Own Lives: A Writing Workshop. Margaret Lewis 4-6 p.m. Art Therapy with Children in War. Hans Buwalda 6-10 p.m. rehearsal	15 12-3 p.m. Healing PTSD through Prayer & Craft. Veteran John Zemler. And We All Serve: The Effect of PTSD on Families. Lin Daley & Nancy Ronquillo
16 CCC CLOSED	17 6-10 p.m. rehearsals	18 6-10 p.m. rehearsals	19 6-10 p.m. rehearsals	20 6-10 p.m. rehearsals	21 12-6 p.m. rehearsal 6-10 p.m. meeting for all participants and possible tech rehearsal	22 11 a.m.-5 p.m.: tech rehearsal with Alternative Health Care available
23 7:30 p.m. NEW ART ABOUT WAR PERFORMANCE & SHOW 6-10 p.m. Alt. Health Care	24 6-10 p.m. War and the Soul. John Fisher 6-10 p.m. Alternative Health Care	25 6-10 p.m. post-pjt digestion & discussion with veterans and artists	26	27	28 ALL PROGRAMS HELD IN THE STUDIO THEATER CHICAGO CULTURAL CENTER 77 E. RANDOLPH STREET CHICAGO	

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CREATIVE ARTS PROGRAMMING (These programs are open to veterans, their family members, artists, and practitioners who work with veterans only. Each requires advance registration. RSVP to 773-301-5366 or 708-715-5488.)

PICTURE STORIES OF WAR

Using collage, visually represent the experience of veterans. Focusing on the emotions, sights, sounds, & the transition home, the collage aims to express what veterans' experience. Program will begin with examples & discussion of the process. Christina Reddington, RN, BSN

INSIDE OUT: CRAFTING A HEALING MEMOIRE

This program seeks to introduce personal writing as a form of self-reflection and as a healing modality to veterans and artists, and demonstrate through experience the power of sharing and witnessing personal yet universal stories. Kathleen C. Nesbitt, MFA, personal writing mentor, principal artist at Writing Across the River

DIVING INTO THE WELL: YOGA, BREATH AND THE CREATIVE PROCESS

Combining gentle yoga poses, breathing techniques (pranayama), and journal writing to stimulate creativity, heighten awareness, and manage anxiety. Previous yoga or journaling experience not required; poses accessible to all. Wear loose-fitting, comfortable clothing. Angela Dancey, MFA, PhD

CALMING PRACTICES: ART AND MEDITATION

Learn how the qualities of art material can be used for various kinds of creative visual expression and simple meditation techniques can be used to calm the mind and body. In combination, these can improve concentration by bringing us back to the awareness of the here and now, and offer refreshment in the present moment. This introductory workshop does not require any previous art or meditation experience. Suellen Semekoski, ATR, BC, LCPC, Andersonville Living Arts Center, Adjunct Associate Professor, Art Therapy Program, School of the Art Institute of Chicago; Jaimie Peterson, MAAT; & Anna Pate Richards, MAAT Graduate Student

STORYTELLING WITH ABSTRACT ART

Creating non-realistic visual art frees you from the pressure to *accurate or articulate* work, instead connecting to the feelings or meaning of an event. Using shapes, colors, participants can express internal thoughts and ideas, some just discovered. Turn your mind off and let your instincts do the work. After completion, artists may share their story with the group. Christine Krumsee, Creative Arts Therapist

ARCHETYPES AND MYTHS IN OUR OWN LIVES: A WRITING WORKSHOP

We will explore archetypes and myths, examining how these ancient symbols still resonate through our culture and society. In the second segment of the program, participants will choose the archetype/myth most potent for them and reshape the myth to tell their own stories, through writing and/or drawing. In the final segment, participants will share and discuss their reworked personal myths. Margaret Lewis, award-winning playwright

COMMUNITY DISCUSSIONS (Open to the Public):

Thursday, February 5, 7-8 p.m.: TALK WITH VETERANS about their journeys through life and art.

Monday, February 9, 7-9:30 p.m.: LOVING SOLDIERS: THE COSTS OF OFFERING UP LOVED ONES TO WAR

Nancy Ronquillo talks about her family's healing journey and how our community responds to war. Free-writing exercises, too, to help participants process ideas and relate them to their own lives by Lisa Rosenthal.

Friday, February 13, 7-10 p.m.: RENAISSANCE BY FIRE: RETURNING VETERANS, SOCIETY, & FORGING A NEW ENLIGHTENMENT

A discussion of how combat veterans are leading us to a stronger awareness and consciousness of the pervasive connections that unite our community on issues such as conflict, love, honor, violence, and more—a program on the eve of the first anniversary of the NIU shootings. Led Ilona Meagher, author of *Moving a Nation to Care: PTSD and America's Returning Troops*, and recipient of NIU's 2008 Illinois Journalist of the Year Student Scholarship Award with NIU Veterans Club members

Saturday, February 14, 4-6 p.m.: ART THERAPY WITH CHILDREN OF WAR

Sharing images of the development of situationally & culturally appropriate art therapy for children living in a war zone in the Phillipines. Discussing the challenges of bringing art therapy into a war zone & how art can be used to support children growing up there. Johanna (Hans) Buwalda, MEd, MA, LCPC

Sunday, February 15, 12-3 p.m. : HEALING PTSD THROUGH PRAYER AND CRAFT

John Zemler, visiting Assistant Professor, Department of Theology, Marquette University

WITH WE ALL SERVE: THE EFFECT OF PTSD ON FAMILIES

Lin Daley, MEP, BSW, Licensed Clinical Social Worker in Wisconsin, with Nancy Ronquillo, mother, wife, daughter, and granddaughter of soldiers.

Tuesday, February 24, 6-10 p.m. : WAR AND THE SOUL

An introduction to war and how it touches us all—veterans, families, and community members—plus 10 things you should know about a returning Iraq veteran, what PTSD is and isn't, reviewing the seven steps to warriorhood, and the functions of the soul. John Fisher, Vietnam Veteran and Soldiers Heart Advisory Board Member and Speaker