



# Healthy Youth & Community Fair

**Saturday, May 10<sup>th</sup>, 2008**

**Langley Middle School**

**10:00 a.m. – 4:00 p.m.**

**Registration begins at 9:30 a.m.**

Open to all Ages All Workshops Free

Free Lunch CHILD CARE Provided

<b>9:30 a.m. -10:30 a.m.</b>	<b>Registration</b>
<b>10:00 a.m.</b>	<b>Welcome, Speakers, Dance Performance, Marimba Song</b>
<b>10:40-11:40 a.m.</b>  <b>Workshop Session 1</b>	<ol style="list-style-type: none"> <li>1. Body Mapping- <b>Katie Woodzick</b></li> <li>2. Healthy Relationships- <b>Deputy Laura Price</b></li> <li>3. Hip Hop Dance -<b>Graham Vanderwood</b></li> <li>4. Eating Healthy with the Seasons- <b>Chef Patti Howard</b></li> <li>5. Making and Playing the Australian Didgeridoo – <b>Bob Effertz</b></li> <li>6. Introduction to Marimba – <b>Dana Moffett</b></li> <li>7. Off the Cuff Play – <b>Mary Long</b></li> <li>8. Human Trafficking – <b>Det. Harvey Sloan</b></li> <li>9. Reducing Toxics in Your Home – <b>Nancy Snow</b></li> <li>10. Teen Yoga - <b>Anne Mauk</b></li> </ol>
<b>11:50 a.m.-12:50 p.m.</b>	<b>Lunch (Mexican food, vegetarian option)</b>
<b>1:00 p.m.-2:00 p.m.</b>  <b>Workshop Session 2</b>	<ol style="list-style-type: none"> <li>1. Bomba Drumming Workshop: Music of Puerto Rico – <b>Arturo Rodriguez</b></li> <li>2. Healthy Relationships – <b>Deputy Laura Price</b></li> <li>3. Hip Hop Dance - <b>Graham Vanderwood</b></li> <li>4. Eating Healthy with the Seasons – <b>Chef Patti Howard</b></li> <li>5. Nature Paper Quilts – <b>Sarri Gilman</b></li> <li>6. Teen Yoga – <b>Anne Mauk</b></li> <li>7. Improvisation – <b>Eric Mulholland</b></li> <li>8. Learning to Feel and Releasing Limitations – <b>Annapoorne Colangelo</b></li> <li>9. Healthy Inside and Out – <b>Ann Johnson and Michele Sakaguchi</b></li> <li>10. Chalk Art – <b>Carol Way</b></li> </ol>
<b>2:10-3:10 p.m.</b>  <b>Workshop Session 3</b>	<ol style="list-style-type: none"> <li>1. Body Mapping – <b>Katie Woodzick</b></li> <li>2. Living Healthy and Drug-Free – <b>Dr. Craig Weinston</b></li> <li>3. Healthy Relationships – <b>Deputy Laura Price</b></li> <li>4. Hip Hop Dance – <b>Graham Vanderwood</b></li> <li>5. Kickin’ Cardio - <b>Jane Gerlach</b></li> <li>6. Nature Paper Quilts – <b>Sarri Gilman</b></li> <li>7. Off the Cuff Play – <b>Mary Long</b></li> <li>8. Healthy Inside and Out – <b>Ann Johnson and Michele Sakaguchi</b></li> <li>9. Balloon Creations and Face Painting – <b>Nellie Philipsen and Sharon Knight</b></li> <li>10. Bomba Drumming Workshop: Music from Puerto Rico – <b>Arturo Rodriguez</b></li> </ol>
<b>3:20-4:00 p.m.</b>	<b>Special Closing Performance – Musician Arturo Rodriguez and Guest</b>

**Register by mail to ensure your spot! Workshop Descriptions and Registration Form inside.**

**Sponsored by:** *Island County Underage Drinking Action Committee, Learning and Community Engagement Program (LACEP), AmeriCorps, Learn and Serve, Community Mobilization, South Whidbey Youth Connection, South Whidbey Community Engagement Center*

# Workshop Descriptions and Presenter Bios

## 10:40 a.m. - 11:40 a.m. Workshop session 1

### **A1. Body Mapping**

Body Mapping: An introduction to *Somatics* (the holistic relationship of the body and mind). Participants will work with a partner to create a body map on butcher paper, drawing every bone in their body, then adorning the map with drawings, poems, etc.

**Presenter: Katie Woodzick**, a 2007 graduate of Luther College in Theatre/Dance, presented her abstract “Performing Poetry with Authentic Movement” at the National Conference for Undergraduate Research. A South Whidbey AmeriCorps member, she is passionate about exploring connection between arts and service.

### **A2. Healthy Relationships**

Learn about dating relationships and peer pressure; Identify the causes of domestic violence and clarify what does not cause domestic violence; Identify power and control tactics used by the batterer against the victims; Identify the barriers to safety

**Presenter: Deputy Laura Price**, Island County Sheriff’s Office. A police officer for 9 years, the last 7 on South Whidbey, Laura is a Federal Law Enforcement Trainer for Domestic Violence and has handled hundreds of domestic violence related calls. Laura serves as an Explorer Post Advisor for the sheriff’s office.

### **A3. Hip Hop Dance**

Learn to Dance Hip Hop in a fun atmosphere. We will practice isolations, stretching and a beginners level combination. No experience necessary. Come and learn some moves!

**Presenter: Graham Vanderwood**, award-winning choreographer. Graham has studied dance forms including hip hop, tap, jazz, modern and contemporary. He has performed widely and is a member of three hip hop performing groups. His choreography won highest divisional score at “Hollywood Vibe” nationals in CA.

### **A4. Eating Healthy with the Seasons**

Chef Patti will lead this interactive session, a discussion of our bodies’ yearning to honor seasonal, organic foods. With discussion of our own local seasonal selections, we will also prepare together two delicious salad dishes to welcome our spring/summer seasons. Nutritional discussion will be encouraged as well!

**Presenter: Patti Howard**, has been owner/chef in a Whidbey catering business, Casual Gourmet, since 2000. Her passion for creating good, wholesome, soulful food is what led her to nutrition studies at Clayton College of Natural Health, where she earned her B.S. and is currently studying for her Masters in Holistic Nutrition.

### **A5. Making and Playing the Australian Didgeridoo**

Learn to play this Aboriginal Australian instrument. In the workshop, you’ll make your own didgeridoo, learn basic sounds and rhythms as well as the cry of the kookaburra, and other primordial calls. We’ll touch on circular breathing, a controlled breathing pattern which researchers report has health-enhancing effects. We’ll discuss how playing the didgeridoo promotes healthy lungs and also how smoking affects your lungs.

**Presenter: Bob Effertz**, school psychologist and counselor, has played, performed, and taught didgeridoo for over 15 years. He spent 2 months traveling through the outback of Australia and has studied didgeridoo with a variety of teachers. Bob co-authored a travel book with Rick Steves called *Asia Through the Back Door*.



## 1:00 p.m. -2:00 p.m. Workshop session 2

### **B1. Bomba Drumming Workshop: Music from Puerto Rico**

A fun and exciting class! Bomba is one of Puerto Rico's most famous musical styles. The main instruments are hand drums, along with palitos or cuas, sticks struck against a surface. A large maraca (or sometimes a guiro) completes the sound. These last two instruments have origins in the extinct Taino culture of the Caribbean.

**Presenter: Arturo Rodriguez.** Coming from a musically infused childhood, Arturo Rodriguez shares his passion for percussion with the Pacific Northwest and beyond. An accomplished musician, author, and teacher, Rodriguez has performed worldwide, sharing the stage with music legends like Tito Puente and Paul Horn.

**B2. Healthy Relationships** See description on page 2.

**B3. Hip Hop Dance** See description on page 2.

**B4. Eating Healthy with the Seasons** See description on page 2.

**B5. Nature Paper Quilts** (Maximum 8 kids per session, any age)

Getting our design inspirations from nature, we will draw and use water color to make unique one-of-a-kind miniature paper quilts. Discover how relaxing it is to paint with water. No art skills needed.

**Presenter: Sarri Gilman** is a counselor in the Learning and Community Engagement Program (LACEP) at Langley Middle School. She is also a water color student, writer and knitter. Sarri enjoys working with youth to create art that is personally meaningful and expresses thought and feelings.

**B6. Teen Yoga Class** See description on page 3.

**B7. Improvisation – Think on your feet!**

Learn the art of improvisation through theatre games and acting exercises. No experience necessary.

**Presenter: Eric Mulholland** is an actor and teacher who has been working with youth for over 20 years. Eric directed and acted in the Imagination Machine, a regional touring children's theatre company, and appeared in over 50 plays in the LA area. Eric has taught drama in schools to youth of all ages.

**B8. Learning to Feel and Releasing Limitations** - (9<sup>th</sup> grade-adult. Maximum 15 participants)

What does it mean to truly feel and how does one get to that state? Where are true feelings held in the body? Exercises and meditations will be shared to assist in understanding and coming to true feeling and to begin the release of limitations.

**Presenter: Annapoorne Colangelo** is an intuitive reader/healer, certified Integral yoga instructor and mentor in personal growth.

**B9. Healthy Inside and Out**

This workshop will support you in your quest to be healthy both inside and out! We will practice stretching and relaxation techniques, brainstorm wise ways to stay well in mind and in spirit, and mix up concoctions that show how nutritious ingredients from your kitchen or garden can go on your body as well as in your belly! Workshop participants will sample some healthy treats and make and take home their very own “bath fizz”!

**Presenters: Ann M. Johnson and Michele Sakaguchi.** Ann has worked more than 10 years (3 in South Whidbey) as a teacher and mentor of middle and high-school aged youth. Michele, a Certified Science Teacher and mentor, advocates for youth as Bayview Program Leader of the Leadership & Resiliency Program. Michele is interested in teaching with a focus on perspectives of creative change.



**The Healthy Youth and Community Fair Coordinating Committee is: Dan Bond, Mike Diamanti, Kristi Etzell, Ann Johnson, Kathy Habel, Candice Holdridge, Jessica Minder, Michele Sakaguchi, Victoria Santos, Diana Shirley.**

## **Informational Booths**

**4-H Youth Development.** The 4-H Booth highlights club and non-club opportunities, including cooking and gardening through the Food For Thought Program, the MediaSmart course during Summer Fun, and service learning projects to support senior portfolios and general community engagement.

**Chiropractic Zone.** Posture and scoliosis screening will be available at the booth. Dr. Craig Weinston's passion is to make a difference in people's health and lives by inspiring them to live purposefully and to create healing in their own bodies and lives.

**Citizens Against Domestic Abuse (CADA).** Island County's domestic violence and sexual assault agency provides free, confidential assistance. Services include crisis intervention, counseling, legal advocacy, support groups and therapy, children's programs community education and prevention. Representatives will share information and hand out pamphlets.

**Good Cheer.** Good Cheer is South Whidbey's only food bank, first community charity and has been helping people since 1962. The agency is currently run by 11 staff members and 142 volunteers, representing our diverse community.

**Impaired Driving Impact Panel of Island County (IDIPIC).** IDIPIC works to deter driving under the influence and underage drinking in our communities through education and awareness. Booth will include: Display Table with freebies; Guess the Answer, Win a Prize! quiz; and for those 12 and above, Fatal Vision Walk-The-Line with visual impairment goggles.

**Island County Children's Commission.** This commission is made up of 20 Island County citizens, both adult and youth. Our mission is to improve the quality of life for all Island County children and youth through informed advocacy and inclusive collaboration. We want to hear from children and youth.

**Island County Public Health - Tobacco Prevention Program.** This program coordinates education and prevention activities to support healthy and tobacco-free living, and to provide resources for quitting, in Island County.

**Melaleuca Inc.** Melaleuca is an award-winning manufacturer of personal and household wellness products that are superior, ecological, affordable alternatives to nationally advertised brands. We will provide brochures, information and samples.

**Sno-Isle Libraries.** Sno-Isle Libraries provide library services to more than half a million residents of Snohomish and Island Counties, Washington. The booth will have Dance, Dance Revolution and/or Guitar Hero games available for youth.

**South Whidbey Youth Connection.** We provide youth with essential social, academic, individual and environmental supports, and we invite youth to engage in challenging, enriching and creative activities. Services include The Hub After-School Program, Youth Leadership Council, Tutor/Mentor Program and Seeds of Change for a Drug-Free Community.

**Soroptimist Club of South Whidbey.** Soroptimist is an international organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. The South Whidbey Club coordinates the South Whidbey Soroptimists' Girls' Camp for girls of middle-school age.

**Tiger Martial Arts.** Guided by Sensei Wendi Barker, both youth and adults study a traditional Okinawan style of karate called Uechi Ryu. Our children's classes promote character education. Our adult program works on physical fitness and self defense. It is a great way to reduce stress!

**United Way of Island County.** United Way is an organization that brings volunteers, individuals and companies together throughout Island County to mobilize community resources to measurably improve people's lives. With an annual campaign each fall, United Way of Island County is able to fund twenty partner agencies.

**Whidbey Animals' Improvement Foundation (WAIF).** WAIF is a non-profit organization dedicated to provide food, shelter, veterinary care, and nurturing to displaced pets until loving homes can be found for them.

# Healthy Youth and Community Registration Form

*Advance registration helps to ensure your spot!*

Please remove this form, complete, and mail to: Victoria Santos, LMS, PO Box 370, Langley, WA, 98260.  
Make extra copies of blank form for multiple registrations.

Name:	Age (if under 18):
Mailing Address:	Phone:
	Email:
Childcare Requested: Number of children: Ages:	If possible, I'd like to attend workshops with (name of friend or family member):

	Workshop Session 1 (10:40 a.m.-11:40 a.m.)	Workshop Session 2 (1:00 p.m. – 2:00 p.m.)	Workshop Session 3 (2:10 p.m.-3:10 p.m.)	For each of the 3 sessions, list your 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup> choices in the boxes to the left, using the code below.
1 <sup>st</sup> choice				
2 <sup>nd</sup> choice				
3 <sup>rd</sup> choice				

Code	Session 1 (10:40)	Code	Session 2 (1:00 p.m.)	Code	Session 3 (2:10 p.m.)
A1	Body Mapping	B1	Bomba Drumming: Music from Puerto Rico	C1	Body Mapping
A2	Healthy Relationships	B2	Healthy Relationships	C2	Living Healthy and Drug-Free
A3	Hip Hop Dance	B3	Hip Hop Dance	C3	Healthy Relationships
A4	Eating Healthy with the Seasons	B4	Eating Healthy with the Seasons	C4	Hip Hop Dance
A5	Making and Playing the Australian Didgeridoo	B5	Nature Paper Quilts	C5	Kickin' Cardio
A6	Introduction to Marimba	B6	Teen Yoga	C6	Nature Paper Quilts
A7	Off the Cuff Play	B7	Improvisation	C7	Off the Cuff Play
A8	Human Trafficking	B8	Learning to Feel and Releasing Limitations	C8	Healthy Inside and Out
A9	Reducing Toxics in Your Home	B9	Healthy Inside and Out	C9	Balloon Creations and Face Painting
A10	Teen Yoga	B10	Chalk Art	C10	Bomba Drumming: Music from Puerto Rico

**Be sure to come and enjoy our special Closing Performance by master musician Arturo Rodriguez and guest! At 3:20 p.m. after the last workshop.**

# Healthy Youth & Community Fair

**Saturday, May 10<sup>th</sup>, 2008**

**Langley Middle School**

**10:00 a.m. – 4:00 p.m.**

**Registration begins at 9:30 a.m.**

Open to all Ages

All Workshops Free

Free Lunch

Child Care Provided

**Thanks to all our volunteers!!!!**

**For more information or to volunteer, please contact Victoria Santos at 360-221-6808, x3402, or by email at [vsantos@sw.wednet.edu](mailto:vsantos@sw.wednet.edu). More info also at [www.swceec.com](http://www.swceec.com).**

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