

SESSION IV - 9:00-10:30 AM

F3 Geocaching
Michele Widdel, Ken Wallace
and Ron Sitler

Location: Asbury Dock
Limit: Open

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates, then attempt to find the geocache (container) hidden at that location. This workshop will provide the basic skills necessary to find geocaches. Participants will be provided a GPS unit to find hidden geocaches that have been placed throughout the Institute. This is a family friendly workshop. (Children must be accompanied by an adult.)

F4 "Leaving a Legacy"
Barbara Bruce

Location: Willmott
Limit: 40 People

Steven Covey says, "The most important things in life are to live, love, learn and leave a legacy." We all have the opportunity to live our lives so that we have made a difference--whether it is to raise a healthy child, to teach someone to sew, to create a great family recipe, or to touch someone's life in ways that make this world a better place because we have lived. Come and discover the basic concepts of leaving a legacy and learn how you can leave a positive mark on God's creation.

F5 Simple Sterling Silver Wire Ring
Heather Knapp

Location: Willmott
Limit: 20 People

Isn't it rewarding to learn a new skill and appreciate the ability to envision and create a thing of beauty? In this session we will explore the use of wire to create simple rings, beginning with a knot. We will go step by step through the process from beginning, through soldering, to polishing. In the remaining time you will be encouraged to create rings of your own design.

F6 "The HOWs and WHYs of Hunger: Why Now Is the Time for the Food Justice Movement: Location: Epworth Hall
Jen Chapin, WhyHunger Limit: Open

WHY do we tolerate hunger in a world of plenty? What innovative solutions to hunger and poverty are being implemented and what alliances are being built across the country and the world? How does the fight against hunger and poverty connect to the movements for a sustainable climate, a just immigration system, better schools, healthy eating, human rights and economic and social justice? How does being part of these efforts enrich our own lives as individuals?

F7 "A Christian Perspective on the Syrian Conflict"
Rev. Dr. Roula Alkhouri, Pastor Location: Koinonia
First Presbyterian Church, Batavia, NY Limit: 75 People

The conflict in Syria is six years old with no end in sight. The cost of the conflict has been staggering for the people of Syria. Syria has become the most dangerous place in the world because of its current civil war which started in March of 2011. How are Christians of Syria dealing with this crisis? What do we need to know? How can we respond? The Rev. Dr. Alkhouri will help us explore these questions and how God is calling us to respond.

F8 "Mental Health: Overcoming Barriers--A Grass Roots Approach"
Patricia Baron Mills, Active Program Dir. Location: The Manor
Wyoming County Mental Health Clinic Limit: 30 People

The stigma of persons who are challenged with mental health problems creates barriers in seeking help and living fuller more productive lives. This presentation will examine our own and society's perception of mental health, identifying barriers to accessing treatment and the power of our individual's efforts to eliminate the stigma of mental health. Join Patricia in this important discussion.

F9 "Approaching Elderhood--The Gift of Peace of Mind for You and Your Family"
Rev. Dr. Don Weaver

Location: Stooddy Hall
Limit: 40 People

In this workshop, a guide for legal, financial and health care preparation will be presented. This guide will help you cover material that your family/survivors will need in case you become disabled or otherwise unable to manage your affairs. This is not intended to take the place of Legal, Financial, and Health Management Professionals but is intended to be a preparation tool to get you ready for this kind of professional help.

F10 The Photographic History of Silver Lake
Bob Murphy, SLI Historian

Location: Hoag Gallery
Limit: 40 People

Come participate in an informal chat about the History of the Silver Lake Institute and the surrounding Silver Lake area. The conversation will be supplemented with historical photographs from the era of 1880-1940.

SESSION V- 11:00 AM-12:30 PM

F11 "Sustainable Living Tips: How to Save Our Earth and Our Pockets With Our Lifestyle Choices"
Chinomnso Awazie

Location: Willmott
Limit: 40 People

Our Earth needs saving. So do our pockets. But the often overlooked truth is that they are not mutually exclusive. As opposed to a popularly held opinion that "living green" is expensive, it is actually an economically sensible way to live, one that ensures we embrace current technoeconomical realities. This seminar is all about practical, affordable tips to live sustainably while saving our planet.

F12 "The Life and Work of Legendary Kodak Photographer Neil Montanus"
Jim Montanus

Location: Willmott
Limit: 40 People

During his epic career with Kodak, which began in the 1950s, Neil traveled the globe, shooting in some of the world's most exotic locations and more than 32 countries. His resume includes the "best portrait ever" of Walt Disney (still in use today), the official presidential portrait of Gerald Ford, and his pioneering work as a Kodak Colorama photographer. Now 90 years old, Neil became one of Kodak's top photographers during the golden age of advertising and arguably its most celebrated. His world travels were covered by local, national and international media and his work featured in Vanity Fair and on CBS Sunday Morning. Delivering the presentation will be Neil's son Jim Montanus, a well-known and highly regarded Rochester photographer himself. Jim will share Neil's story, showcase his work, and discuss his techniques. Jim will also talk about his own career and techniques and how he left the corporate world three years ago and became a highly successful photographer.

F13 "Music and Social Action: Can a Song Make a Difference?"

Jen Chapin

performer, activist, philanthropist

Location: Epworth Hall

Limit: Open

Examining a variety of significant songs from different styles and time periods as well as some of Jen's work, this workshop asks the question: Can a song affect social change? If so, how? A closer look at songs from major social movements reveals how irony, metaphor, humor and confrontation in words and in music have been used to make powerful statements about working people, civil/human rights, war, and other compelling issues. After looking to songs from our past, the workshop goes on to ask: Can music still make a difference? Depending on participant interest, we may do some lyric and songwriting of our own. Do you have your own social justice song to share or create?

F14 "Helping Honeybees and Other Pollinators"

Deb Welch, Cornell Cooperative Ext.
Warsaw, NY

Location: Koinonia

Limit: 40 People

Learn about the fascinating lives of Honeybees. Why are all pollinators so important? How do we help them survive? Taste some local honey

and make a beeswax project. This is a family friendly, educational presentation.

F15 "Posture and Balance"

Christine Bailor, RN, LMT, NCBTMB, CSI
Body Essential Holistic Wellness Center

Location: The Manor

Limit: 30 People

Grandma always said, "Sit up straight". While she was sure you would look better, she was also helping you feel better, too! Join Christine, a certified massage therapist and owner of The Body Essential Holistic Fusion Center, to learn how your posture and positioning can help improve your well being as you move through everyday life.

F16 "William Pryor Letchworth, His Legacy"
Leonora Letchworth

Location: Stooddy Hall

Limit: 40 People

William Pryor Letchworth is known as the man who gave Letchworth State Park to the People of the State of New York in 1907. Little did he know at the time that his park would be enjoyed by visitors from all over the world. But Mr. Letchworth's contribution was much more than the park (which was an act to save the park from becoming an industrial site). He was a self-made man: an industrialist, conservationist, humanitarian and known to the Seneca as Hai-wa-ye-is-tah ("the man who always does it right"). It may be that it is the example of how William Pryor Letchworth lived his life that is his greatest gift of all. This is a family friendly, educational presentation.

F17 "Essential Oils 101"

Ashley Milhollen

Location: Hoag Gallery

Limit: 20 People

Learn how to create a lifestyle of health and wellness without all the chemicals. Participants will go over the basics of essential oils including usage, safety, DIY recipes and tips. Learn how to use essential oils on a daily basis to support all of our body systems including digestive, immune, respiratory, and emotional support. Make and take kits will be available for a minimal cost.

F18 "Silver Lake through the Generations:
Six Generations, Six Cottages"
Nancy Sellar

Location: Hoag Gallery
Limit: 15 People

This walking tour will explore some of the history surrounding SLI through six generations of a single family and the (exteriors of) six cottages they have occupied over time. Your guide, Nancy Sellar, is a fifth generation Silver Laker.

12:30-1:30 GROUP LUNCH AT KOINONIA (no extra charge)

SESSION VI - 2:00-3:30 PM

F19 Kayaking on Silver Lake
Asbury Staff

Location: Asbury Lakefront
Limit: 10 People

Have you ever wanted to learn how to kayak? Or maybe you want to take some time to relax on the water. Participants will meet with the Asbury Camp staff for a brief lesson on kayaking, then will glide out onto the lake in an Ocean Kayak. Ages 10 and up.

F20 "Discover Silver Lake: 150 Years of Historic Architecture"
Cynthia Howk
Architectural Research Coordinator
Landmark Society of Western New York

Location: Epworth Hall
Limit: Open

One of western New York's best kept secrets, the historic Silver Lake/Perry Community features 150 years of historic architecture that includes elegant Greek Revival buildings, elaborately detailed 19th century houses, and a picturesque chautauqua summer colony, Silver Lake Institute, with whimsical Victorian architecture and a fascinating history. Come on this illustrated "armchair tour" and discover the distinctive architecture in this historic Wyoming County community at the western door of the Finger Lakes.

F21 "Singing in the Rain: Weathering the Storm of Dementia through Humor, Love, and Patience" Location: Willmott
Authors Vicky Hupert and Ann Henderberg Limit: 40 People

Vicky and Ann's presentation is about dementia based on their personal journeys. They not only define it and list the most common causes of dementia, but they also discuss a hereditary form of Alzheimer's and give a description of Lewy-body disease. They give tips for caregivers from what they have learned in traveling their journeys with their husbands' dementias, give some Teepa Snow pointers, and offer some comical descriptions of their content with real life examples. Vicky and Ann know the best way to take this dementia journey is with another caregiver being one's primary emotional support. Their book will be available at the end of the presentation at a minimal cost.

F22 "The Bad Girls of The Bible" Location: Stody Hall
Barb Weaver Limit: 40 People

You are cordially invited to come and meet me and some of my dear friends of The Bible. We were often called The Bad Girls of The Bible, but that was not always true. We have some interesting tales to tell you. See you Friday morning! Your new friend, Jezebel

F23 "Mindful Bread Making: Finding the Calm You Knead"
Chet Fery, The Breadman Location: The Manor
Breadtime Stories and More Limit: 20 People

Learn the art of breadmaking with a focus on creating a calm and meditative state of mind. Participants will share bread stories, explore how to live a fulfilled and enriched life and leave with recipes and a loaf of homemade bread.

F24 Photo Tour of Silver Lake Institute Location: Hoag Gallery
Guide: Bob Murphy Limit: 20 People

Take a good walk around the Silver Lake Institute and Asbury Camp with SLI Historian Bob Murphy. Listen to the stories and history of the past along with viewing historical photos. Bring your cameras!

SESSION VII - 4:00 PM-5:00 PM

F25 "Introduction to Haiku"
Sharon Pratt & Nancy Wilson

Location: Willmott
Limit: 20 People

This experience, led by Sharon Pratt and Nancy Wilson, will include both reading and beginning writing of three line poetry. Haiku writing is a way of reflecting with words an insightful moment in which you have quieted your mind and listened to your heart speak. Writing a Haiku poem is a way of giving your soul an opportunity to reveal itself. Exercises will be provided to help get you started on this inspiring path.

F26 "Three To See"--Cottage Walking Tour
facilitated by Sharon Pratt

Location Burt Park
Limit: 10 People

Early campers at Camp Wesley (1870's-90's) stayed in tents which were gradually replaced with cottages. The cottages range from original rustic to somewhat contemporary. These tours offer a walk through several cottages. ("Three To See" = 3 cottages - different from Thursday's tour)

F27 Porch Chat: Travel Talk
Dick Lee

Location: Dr. Lee's Porch
Limit: 20 People

So often we travel to wonderful places only to return, maybe make a photo album, and rarely get a chance to share the experiences with others. Now we have the opportunity to listen to and share travel experiences. Join Dick Lee on his cottage porch to listen to Dick and others share their travel experiences. You might just be encouraged to take a trip!

F28 Porch Chat with Jen Chapin

Location: Manor
Limit: 20 People

F29 Preserving Family Photos
Linda Franke

Location: Hoag Gallery
Limit: 20 People

When Linda was a little girl, her grandmother had suitcases full of photos...with no labels! Family photos are a great treasure, and cared for correctly can tell our stories for generations. Spend an hour learning the ways to preserve and protect those stories using several methods. We will cover scanning, labeling, photo albums and boxes, light damage, copies and making a system to find the photo you want in your "suitcase!"

F30 Boat Tour of Silver Lake
Asbury Camp Staff & Ken Hennig

Location: Asbury Waterfront
Limit: 11 People

Enjoy the sights of Silver Lake from a cushioned seat on the Asbury's pontoon boat. Sit back and relax as you listen to the legend of the sea serpent and other tall (or short) tales.

F31 Open Swim
Asbury Camp Staff

Location: Asbury Camp Pool
Limit: Open

Cool off in the beautiful Asbury Camp Pool...lots of room for swimming and relaxing. Lifeguard will be on duty.

5:00-6:45 PM - DINNER ON YOUR OWN
(Local restaurants and Asbury Retreat Center options are available)

7:00-8:30 PM - FRIDAY EVENING PERFORMANCE
THE JEN CHAPIN TRIO
LOCATION: EPWORTH HALL

"With songs delivered in a style that ranges from tender fragility to unexpected steeliness, Chapin brings a jazzy edge to the folk form. Sometimes she explores a fleeting emotion, sometimes she weaves a solid narrative—not at all surprising from the daughter of Harry Chapin, a master musical storyteller." ***The New Yorker***