



ECRS WINTER WORKSHOP 2011-2012

December 27, 2011 - January 1, 2012 • Watson Homestead, Painted Post, NY



About Winter Workshop

The ECRS Winter Workshop is a creative, joyous and alternative holiday experience. We offer an array of well-led classes that are conveniently scheduled, allowing for breaks and free time when participants can relax or offer their own recreational activities. Three tasty, nutritious, buffet-style meals are served daily, and a caring kitchen staff caters to individual needs. At night, we gather for singing, cooperative games, dancing and special theme nights, followed by a refreshing snack. The week culminates in our welcoming the New Year with song, dance, and ceremony. We're also ideally situated for winter sports and local attractions, including sledding, hiking, and the nearby Corning Museum of Glass.

About ECRS

Our purpose is to provide a variety of engaging activities that are fun, build community and develop leadership in an intergenerational and friendly environment. With our rich blend of creative, challenging, and non-competitive experiences, we seek to rejuvenate the spirit, promote quality relationships, develop skills, and support personal growth. We believe the benefits gained from our unique approach add a positive dimension to living not commonly found. For interested individuals working in paid or volunteer positions with groups, we encourage participation in our special brand of humanistic leadership training. Based on respect for all people, this program incorporates group dynamics, facilitation strategies, compassionate mentoring, and hands-on practice to empower our members to make vital contributions.

Facilities & Accommodations

Watson Homestead is a conference center located on 600 beautiful acres near Corning, NY. Accommodations include: 1) Main Lodge regular rooms with twin or bunk beds, shared bath, *guests must bring sheets and towels*; and 2) Main Lodge West Wing rooms with two double beds, private baths, and carpeting, all linens (blankets, sheets, towels and pillows) are supplied. Watson Homestead is wheelchair accessible.

Schedule

Room assignments will be given starting at 3:30 pm on December 27. Following the evening meal, there will be an introduction of staff, orientation, class registration and activities. The schedule of classes is included with the registration form. Classes begin on December 28 and continue through December 31. The final meal is breakfast on January 1, followed by a closing program.

From December 27 thru January 1 only, a message can be taken for you at:

Watson Homestead
9620 Dry Run Road
Painted Post, NY 14870
607-962-0541

Rates

Tuition **By 11/15** **After 11/15**

Ages 18 + \$160 \$190

Children's Discount: Registrants under the age of 18 get free tuition to this event.

Newcomer Discount: Newcomers to Winter Workshop get free tuition! (Newcomers are still responsible for room and board.) ECRS members who refer a newcomer will receive a \$50 rebate. (Member must attend to receive rebate.)

Room and Board Fees

Room Type/ Location (see descriptions below)	Adult/Teen Ages 13+	Child * Ages 3-12
REGULAR		
Single **	\$380	N/A
2 or more per room	\$305	\$175
WEST WING		
Single **	\$595	N/A
2 per room	\$530	\$305
3 per room	\$460	\$265
4 per room	\$410	\$245

* No room/board charge for ages 2 and under.

** Single Occupancy is limited availability, must be 18+.

Hillside rooms — There may also be a very limited number of rooms available in the Hillside building. Please contact the Business Manager for further information, including pricing and availability.

Pre-Registration Information

Classes are filled on a first-come, first-served basis, as registration is received. There will be an opportunity during the first evening's program to make changes to your schedule, provided that space is available. Each class is held at the same time for either 2 or 4 consecutive days. Since each day the class builds on the learning of the preceding class, regular attendance is encouraged.

Registration

Send the following to the Business Manager at the address provided below:

- A deposit of \$40 in U.S. funds (\$20 if applying for financial aid) for each person age 2+ (check payable to ECRS)
- A registration form with class registration schedule for each registrant
- A self-addressed stamped business-size envelope

Full payment is due by December 15, 2011, and **must** be made before arrival. If you cancel your registration after the full fee has been paid, all but your deposit will be refunded. Deposits are not refundable after December 1, 2011. Full-time registrations only.

DO NOT COME TO WINTER WORKSHOP WITHOUT CONFIRMATION FROM THE BUSINESS MANAGER.

Travel directions and other details will be sent by the Business Manager, who can also be contacted for questions:

Donna Miller-Small
3335 Skillman Ave.
Oceanside, NY 11572-4523
dmillersmall@optonline.net (preferred)
516-764-0153

Persons under the age of 18 unaccompanied by their parent(s) must enclose a letter written by the adult who will be responsible for them at the workshop.

Scholarships

Some scholarships are available for those who work professionally or as volunteers in the field of recreation. We also offer childcare and snack preparation work scholarships. To receive a scholarship application form, send completed registration form to the Business Manager with a \$20 deposit. Early application is a factor in the awarding process. Completed scholarship applications must be received at least two weeks prior to the event. Any scholarship aid must be confirmed prior to arrival.



Visit our website at www.ecrs.org

Descriptions of "full" classes given for four days

Folk Dancing (w/PT)

with Patricia Williams

Experience the magic of dances from all over the world. Come for fun, for exercise, for the connection to other cultures, for beautiful music, for a sense of community, for an antidote for stress—for all of the above! All are welcome, from new dancers to those who want to practice teaching a dance. (Ages 11+)

Crafts

with Teri Wilkinson

Early cave painters' hand prints, kids' inked thumb-print animals, cut cardboard figures, and carved "linoleum" blocks; we will experience print making with various materials and techniques. Come and enjoy yourselves!!! Class size limited. (Ages 11+)

Of Play & Mindfulness

with Howard Moody & Tom Bassarear

We are called to be deeply connected to each other, to ourselves and to the world. Through simple mindfulness practices and through a gentle, loving and creative exploration in play we will explore this dynamic connection to ourselves, each other and the world. When we connect deeply within we can then deeply connect with each other in play. (Ages 16+)

Small Scenes

with Glenn Lebowohl-Steiner

If you have seen a play or a movie and imagined yourself as one of the characters here is your chance! Comedy, drama, we have it all. Using scripts, scenes will be rehearsed, performed and discussed. Explore, discover, create and become a character different from yourself. Participants may be required to direct one of the scenes. Class size limited to 16 participants. (ages 15+ or check with instructor)

Sing the Song (w/PT)

with Barb Siftar

Singing together is fun and helps you live longer. We'll sing familiar and new songs of many countries and in many styles: rounds and songs, unison and with harmonies, silly and sublime. We might even make up our own songs! There will be opportunities for song sharing and practice teaching. Participants are invited to contact the instructor in advance if practice teaching is a goal. (bsiftar@partners.org) No experience necessary. (Ages 11+)

Simple Living In A Complex World

with Za McDonnell

How do we simplify our lives in a world that demands so much from us? We will look at ways to reduce the stress that so many of us feel in our lives. Then we'll develop simple strategies for letting go of the clutter, both physical and metaphorical, that keeps us from living in a more relaxed and grounded way. This class will be a blend of experiential activities, questions and discussion. (Ages 18+)

Once Upon A Memoir

with Yvette Yeager

This expressive writing workshop will draw upon a variety of media including music, movement and collage to trigger stories and/or passages from our lives. Individually, we will then write about what's been stimulated from within, allowing ourselves license to extend what our memory recalls and share our creation with others in a safe, non-judgmental environment. Class size limited. (Ages 16+)

Adventure Game Theater

with Howard Moody & Isaac Lebowohl-Steiner

A live interactive role-playing experience! Come learn the components of crafting and playing in an improvisational story as we enter into a live immersive role-playing game complete with mystery, magic, monsters, and more. Fantasy comes alive as we interact at times with the whole ECRS community. (Ages 11+)

Children's Program

with Linda Paul-Elm

Children ages 5-11 are invited to play together, make new friends and have tons of fun. Let it snow for extra fun -- sledding, building igloos and making snow ice cream. Children's Program will be offered in two class periods, and a Preschool program for ages 2-4 will be available if we have two or more in this age group.

A Cooperative Children's Program, organized by parents and volunteers, will be available during the third class period.

Evening Program and Evening Sing

with Patricia Williams & Barb Siftar

We'll come together as an intergenerational community with a mix of games, dances, music-making, informal dramatics, crafts, sing-alongs, good conversation, unique talents, and special hi-jinks. And if that's not enough, join "night owl" activities into the wee hours!

Staff Coordinator

Martha Woods

Descriptions of "mini" classes given for two days

Mah Jongg for Fun

with Donna Miller-Small

Three Bam, Seven Dot, Flower, Red Dragon... no this isn't a secret alien code - it's the language of an ancient Chinese game, currently surging in popularity. In this introductory class, through brief explanations and interactive small group activities, we'll learn Mah Jongg's basic skills and concepts. We'll focus on having fun, challenging our minds and helping each other learn. (Ages 12+)

BrainTrain

with Frank Miller-Small

Ever scratch your head trying to recall the name of that fascinating stranger you met at last night's party? Fret no more! Banish those blank-spot blues by learning visual imagery and simple storytelling to remember names and faces, shopping lists, numbers, etc.. Plus, gear-up for "mental aerobics" - brain-teasers and other mental conditioners, guaranteed to keep that noggin in tip-top shape (Ages 15+)

Dramatic Improv Games

with Isaac Lebowohl-Steiner & Tim Siftar

We will learn the basics of improvisational theater by playing dramatic games drawn from a few different techniques. Learn to set the scene and establish your character, create a great scene, and make your partner(s) look great! Discover possible paths between fantasy and reality. Most of all, learn to have fun with nothing more than a couple of friends and your imagination! (Ages 11+)

Active Games (w/PT)

with Jacquie Adain

Get ready to play some active games! Wear safe shoes and be prepared to move. We will play mostly active games; some old, some new, all will be inclusive, cooperative and fun. There will, of course, be opportunities for less active participation or lower energy levels but mostly the emphasis will be on energetic fun. (Ages 11+)

Social Dance

with David Sherman

Come learn and enjoy some of those social dances we encounter out in the world in one or both of these social dance minis. Mini 1 is open to all, and will include Swing, Latin, polka and waltz - all the basics you need to do those late night untaught dances. Mini 2 will focus on Swing and Latin. Participants will need to take the first Mini or have some prior dance experience. No partners are necessary for either, and we will alternate couple dancing with non-partner dancing. (Ages 11+)

Free Time Activities

If you would like to lead an activity during free time, please give this some advance thought and come prepared to sign up to lead in one of the free periods.

("w/PT" indicates practice teaching opportunities)



Eastern Cooperative Recreation School Winter Workshop 12/27/11-1/1/12

Class Registration: Please indicate 1st and 2nd choices for each time slot. All classes have a limit on enrollment. 2nd choices will be assigned only if 1st choices are filled. Class schedule may be changed, depending upon registration. Submit one class registration page for each attendee along with deposit.

Name _____ **Age (if under 15)** _____

Schedule of Classes

	Dining Room	Chapel A	Library	Crafts Room	Rec Hall	Elm Room
8:00 am	Breakfast – Dining Room					
9:00-10:40	Folk Dancing 4 days Patricia (w/PT) ___ 1 st ___ 2 nd			Crafts 4 days Teri ___ 1 st ___ 2 nd	Of Play & Mindfulness 4 days Howard & Tom ___ 1 st ___ 2 nd	Children's Program (5-11) 4 days Linda Preschool (2-4) TBD
10:50-12:30	Social Dance 1 Wed/Thurs David ___ 1 st ___ 2 nd Social Dance 2 Fri/Sat David ___ 1 st ___ 2 nd	Small Scenes 4 days Glenn ___ 1 st ___ 2 nd	Mah Jongg Wed/Thurs Donna ___ 1 st ___ 2 nd BrainTrain Fri/Sat Frank ___ 1 st ___ 2 nd		Improv Games Wed/Thurs Isaac & Tim ___ 1 st ___ 2 nd Active Games Fri/Sat Jacquie (w/PT) ___ 1 st ___ 2 nd	Children's Program (5-11) 4 days Linda Preschool (2-4) TBD
12:45 pm	Lunch – Dining Room					
1:45-2:45 2:50-3:50	Free Time Activities NOTE: The pool will <u>not</u> be available.					
4:00-5:45	Sing the Song 4 days Barb (w/PT) ___ 1 st ___ 2 nd	Simple Living 4 days Za ___ 1 st ___ 2 nd	Once Upon A Memoir 4 days Yvette ___ 1 st ___ 2 nd		Adventure Game Theater 4 days Howard & Isaac ___ 1 st ___ 2 nd	Cooperative Children's Program 4 days Volunteers
6:00pm	Dinner – Dining Room					
7:30-10:00	Evening Program and Evening Sing (Patricia & Barb)					
10:00	Snacks (followed by bedtime for some)					
10:15 - ?	Night Owl Activities					

REGISTRATION FORM Please enroll me for ECRS Winter Workshop, 12/27/11 thru 1/1/12. Enclosed is my check (payable to ECRS) for \$40 (\$20 if applying for scholarship) in US FUNDS ONLY for each person age 2 and over. The balance of my payment is due by December 15, 2011. Send payment, this form, class registration form(s) and a self-addressed stamped business-size envelope to **Donna Miller-Small, 3335 Skillman Ave., Oceanside, NY 11572-4523**

Name	Age	Sex	Total Tuition	\$
Street Address			Discounts (if applicable) minus	\$
City	State/Prov	Zip/Postal	Room & Board	\$
Phone Day	Eve	Email	Year 2012 Membership Dues	\$
Name	Age	Sex	Contribution	\$
Name	Age	Sex	TOTAL	\$

Housing Choice: Main Lodge - West Wing Main Lodge - Regular Hillside preferred roommate _____ single room
 new address new to ECRS member dues enclosed (\$25;\$15) vegetarian applying for scholarship: _____
 I can offer a ride to ___ people I need a ride. Attendees are responsible for their own transportation, but drivers will contact those needing rides at their own discretion.
Save a stamp -- include your 2012 membership dues with your registration. (\$25/person/year; \$15 for additional adults in household)

Eastern Cooperative Recreation School does not discriminate on the basis of race, color, age, national or ethnic origin in administration of its admission policies, scholarship programs, or other administered programs. We are an open community that welcomes people of all colors, ages, sexualities, and religious backgrounds, and expects our participants to do the same. ECRS events are drug and alcohol-free.

Need additional registration forms? Visit our website at www.ecrs.org/events