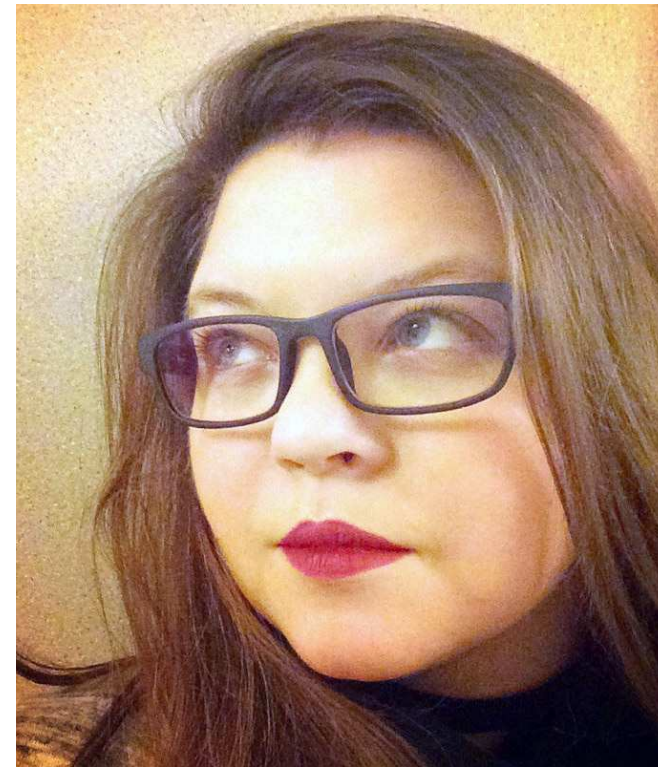




Elyssa Schaeffer

SUBMITTED PHOTOS
Meg Weber

Sara Blackthorne

Get crafty and healthy with Sou'wester workshops in September

SEAVIEW, WASH. — The Sou'wester Lodge (3728 J Place, Seaview) is hosting a series of workshops in early September that cover writing, weaving, basketmaking, nutrition and self-care.

All classes are open to the public and support the lodge's Artist In Residency program. Students should RSVP via souwesterfrontdesk@gmail.com.

Cedar and willow trays

Donna Crispin, a weaver and basketmaker from Eugene, will teach a workshop titled Cedar and Willow Tray 9:30 a.m. to 4 p.m. Saturday, Sept. 2

Students will use locally grown willow and red cedar bark. Learn twining and plaiting while creating a tray, about 9 inches by 12 inches. Beginners will do an over-under weave, while more advanced students can pick a twill pattern.

"We'll finish it with a lashed border around willow sticks from my garden," Crispin said.

Crispin's art uses traditional Japanese and Native American techniques passed down from generation to generation.

The cost is \$50, plus a \$25 material fee that goes directly to the instructor.

Students should bring scissors, awl, water bottle, old towel, and a sack lunch and/or

snack. Tea and coffee will be provided.

Open to students age 16 and up; 12 students max.

Japanese basket purses

Crispin will then teach a workshop on making "kinchaku kago" or Japanese basket purse 9:30 a.m. to 3 p.m. Sunday, Sept. 3.

Weave a bit of Japanese culture into your day by making a purse large enough to carry your phone and wallet. Participants will twine and plait with cane and reed to create this small purse, lined with handmade paper. The top portion will be a premade drawstring bag to sew onto the basket. This basket design by Crispin was featured in Belle Armoire magazine.

The cost is \$50, plus a \$25 material fee to the instructor.

Bring scissors, checkbook box (for a mold), awl, water bottle, old towel, and a sack lunch and/or snack. Tea and coffee will be provided.

The class is open to students 16 and older; 10 students max.

Ayurvedic nutrition and self-care

From 10 a.m. to 12:30 p.m. Wednesday, Sept. 6, Elyssa Schaeffer — a certified wellness coach and registered yoga teacher from Portland — will teach students to how to use

the ancient healing practices of Ayurveda and yoga to keep their body and mind balanced as they transition from summer to fall. Seasonal beverages and snacks will be provided.

Schaeffer blends her knowledge of Ayurveda, yoga and holistic nutrition to share person-centered seasonal eating and self-care practices.

The cost is \$15. Bring a yoga mat and blanket. Wear comfortable clothes. The class is capped at nine students.

Writing workshop: "Radio Muse"

Meg Weber, a writer who holds a master's degree in counseling psychology and is a therapist in private practice, will teach a class 10 a.m. to 2 p.m. Sunday, Sept. 10, that uses lyrics from singer-songwriters as writing prompts.

"We'll explore how the confluence of words, rhythm, melody and harmony affect our own words and stories," organizers said. "We will listen to songs from several musicians and read along with the lyrics. Then we'll write together and share these fledgling bits of story aloud."

Students will walk away with several short pieces of fresh writing and, hopefully, a new appreciation for how music can influence and inspire their writing.

The cost is \$40. Bring a notebook, writ-

ing instruments, photograph that represents a memorable event or age in the individual's life (suggested, not required). Bring a sack lunch and/or snack. Tea and coffee will be provided. Fifteen students max.

Writing workshop: "Topography of Self"

Sara Blackthorne — a writer, editor, creative coach, and "intuitive ritualist" — will be held 10 a.m. to 2 p.m. Saturday, Sept. 9.

"Topography of Self" is an "investigation into the way place appears in our writing. It is a road map to the places we have lived, breathed, dreamed, and suffered," organizers wrote. "Designed to infuse your work with sensation by pushing you deep into your own sense memory, this course will inspire, enlighten, and enliven your work."

Rooting into the landscape of the Pacific Northwest, students will use writing prompts, images, smells, and sounds to dig deep into their image vocabularies and discover their "internal geography."

The cost is \$40. A total of 15 students may attend. Bring a notebook, writing instruments, photograph or object representing their favorite place (suggested but not required). Students should also bring a sack lunch and/or snack. Tea and coffee will be provided.