



Reaching Out Reaching In

Celebrating 22 Years Volume 22 Issue 1 April 2019



Molly Elliott

C a l e n d a r

Mindfulness for Autistics Oregon Ki Society

Thursday, April 18th 7 pm

Free Introduction class for Autistics to learn meditation and Ki principles. Open to all. *See page 6 for details.*

Autism Rocks' Festival of Art for All

Sunday, May 19th, 1-5pm

See page 8 for details

KindTree-Autism Rocks' Spring Benefit concert

Sunday, June 2nd 5-8pm

Join us for an intimate night of music at Whirled Pies downtown, when KindTree-Autism Rocks brings you Keith Greeninger, Dayan Kai, and David Jacobs Strain and Friends for a full night of acoustic Folk, Rock, and Blues to support the Autism Rocks' Friends and Family Camp and Veterans Suicide Prevention.

Letter From The President

KindTree – Autism Rocks conducts elections in March of every year for our Board of Directors members, each of whom is elected to a 2-year term, with half being elected each year. KindTree's Board is more than just an advisory board or policy making board; board members do most of the work managing the day-to-day operations, including producing and staffing the Autism Rock's Friends & Family Camp and other events, maintaining our database and web presence, and otherwise keeping our community vibrant and loving. People come and go, but the heart of KindTree endures.

New to the board this year are Luca Kline and Corey Coloma, young men on the spectrum with exciting and unique skills.

During the past year, Lisa Kline, Stephanie Beeck, Megan & Zoe Turner, and Julia Green have left our Board of Directors. These amazing women shared their energy and expertise in our team effort to serve and celebrate people on the autism spectrum. We are sad to see them go and grateful for their service.

Our Vice-President, Molly Elliott, has also left our Board. She is continuing as the ad hoc STiLE Director—keeping a steady hand on the intricacies and details involved in organizing classes and groups, finding meeting locations, writing successful

grants, reaching out to the community and making it all work. Her effort has resulted in STiLE's great success, not only in providing KindTree's unique approach to assisting people with intellectual disabilities improve their lives through skill building, but also in meeting our goal of providing a source of income for KindTree-Autism Rocks that balances our need to fundraise; take for example her recent success in securing a \$12,000 grant from Spirit Mountain! Her dedication to people experiencing disabilities went all out for KindTree, where she served in many capacities.

She is the very first recipient of KindTree's "Thanks to You" award, in 2004. The award was presented at one of KindTree's art openings, and more than 20 of her co-workers were there to cheer on her tearful acceptance, demonstrating both her humility and their admiration and respect. She is also a recipient of the Arc's Lisl Waechter Award.

Molly has had a celebrated and lengthy career serving people with disabilities, beginning more than 38 years ago. Throughout it all she remains dedicated to seeing all people as just people, a life affirming attitude that is often in short supply. Thank you, Molly, from all of us.

Brian Rands,

President, KindTree-Autism Rocks

KindTree News

Treasurer Needed

KindTree-Autism Rocks is recruiting nominees for our Treasurer. This is an immediate need for the organization. If you or someone you know has a financial background or experience in bookkeeping, accounting or fiscal management and is interested in serving on the board of directors either on a temporary basis or a two-year-term of office, please contact Tim Mueller or Stephanie Dahl: email volunteer@kindtree.org, call 541-780-6950, or visit our website. The Board Treasurer is responsible for reviewing our bookkeeping records and bank deposits monthly, presenting financial reports at board meetings and providing budget oversight for the organization. A complete list of duties and responsibilities is available upon request.

Learning For Success

KindTree-Autism Rocks has received a \$12,000 grant from Spirit Mountain Community Foundation to expand STiLE trainings to youth ages 14-22. Learning For Success will add 5-6 new trainings over the next 12 months. Training principles include creating safe and welcoming

learning environments, providing respectful accommodations, encouraging healthy and responsible relationships, providing systematic outcome based instruction, and using person-centered principles and a strength based approach. We are currently soliciting ideas from students, parents, and teachers for new trainings, as well as recruiting new students, instructors and volunteers. If you have ideas for trainings, are interested in being an instructor or know of someone who would like to teach and/or volunteer with the STiLE program, please contact Molly Elliott @ MElliott@kindtree.org STiLE is endorsed as a Medicaid provider. Students can use K-Plan funding, or attend through private pay. Full and partial scholarships are also available through an application process. For more information or to register for STiLE trainings please visit our website at www.kindtree.org

Autism House

Autism House, located at 530 C Street in Springfield, is a new program designed for individuals on the autism spectrum. Autism House is not a house but a collective where people who have autism and other differences come together and support each other. Their mission is

create a positive, safe, secure and nurturing environment for adults and children on the autism spectrum where they can develop their unique abilities into a meaningful life while building friendships, independence and a sense of belonging and purpose. It is a collaboration between many, including documentary filmmaker and autism specialist William Davenport; the wonderful local non-profit KindTree-Autism Rocks, and many others.

Lane Arts Council

We received a \$1,800 grant that allows us to provide year-round art and culture opportunities for artists on the autism spectrum. This includes scholarships to pay registration fees for individuals to attend the Lane Arts Council Artists Workshops, publicity for the Friday Art Walk Shows and Sales, and funding for our FREE Autism Rocks' Festival of Visual and Performance Arts happening on May 19th from 1-5p at the Very Little Theater (*see page 8*). This event will feature a gallery show of jewelry, paintings, and photographs, movies, music, Improv, and a talent show. There will also be food carts and an "Arts for All" group activity. More details to come.

Friends & Family Camp Registration Now Open
Don't miss out - register today!

Reaching In, Reaching Out is produced by KindTree-Autism Rocks. Published 3 times a year. Editor: Mary-Minn Sirag
Production: Alisa McLaughlin, Lisa Kline, Saul Paul Sirag
Contributors: Mary-Minn Sirag, Molly Elliott, Brian Rands.
Contact KindTree 541 780 6950 www.kindtree.org
admin@kindtree.org

KindTree-Autism Rocks is a grassroots non-profit located in Eugene since 1997 that enhances and celebrates lives in the autism community. KindTree-Autism Rocks: celebrating autism, changing perceptions and creating community.

December's Holiday Dance & Ugly Sweater Contest

KindTree-Autism Rocks danced and pranced and celebrated the season with music, food, and holiday fun at the Mac's Nightclub and Restaurant. We raised a total of \$1,600 in contest prizes and raffle basket items and another \$1,000 in profit. We also honored three of our partners. We hope you will stop by and say thanks to these businesses for their ongoing support: Mac's Nightclub and Restaurant, Mona's Beads, and Raven's.

I Am Autism

Perils of the phone

by Mary -Minn Sirag

My heart thumps whenever the phone rings, especially when I'm in the middle of something frustrating. I fear that if I interrupt my precarious flow, I will lose my momentum.

If I don't pick up the phone and I let them leave a message, I am only adding to my phone burden. Who knows how hard it will be to reach them or where they will be when I return the call? If I leave a message, they will likely call me back at an equally disruptive time. Not leaving a message tacitly gives them permission to be flaky. And procrastination only adds urgency to a task. I have found that rushing can be hazardous for me.

If I can get away with texting, maybe we won't have to catch each other in mid air like trapeze artists. If it's more complicated than a few sentences, I'm relegated to the phone and its land mines, or email, about which more and more people feel too overwhelmed to answer in a timely manner.

My friends are shocked when I tell them that I dread the phone. It's more that I'm ambivalent, which is another shade of dread because it confuses my black-and-white thinking. Part of me enjoys whiling away precious eternity gabbling with a friend, but it requires too great presence of mind to know when to stop or to discipline myself to do so, and discipline is not my strong suit. If I indulge myself, my friend may take unintentional revenge by avoiding my phone calls or putting them off until they have all the time in the world, which they never do.

Conversely, it can be difficult to cut short another long-winded person. Because I empathize with their prolixity, it's all the harder for me to end the conversation. If I've told them several times that I need to leave and

they're not hearing it, I ring the doorbell to feign company.

When I get off the phone after a prolonged conversation, I feel like I do when I've binged on an entire jar of lemon curd. The cavernous sleepiness from a sugar crash or a looming procrastinated project takes its 2-hour toll on my time and energy.

Phone conversations bring out the worst in my flawed conversational skills: my pressured need to get out my musings of the moment before I forget whatever profound thing I am saying or the conversation careens into something newly irrelevant to my insights, my difficulty knowing when to interject without derailing what my friend is saying, my shaggy dog stories and digressions.

I have figured out some strategies and cues for navigating the phone more effectively. Would that I remember and follow my advice:

Leave concise messages, including your name and phone number, and a concisely worded purpose of your call. A script can be helpful. Don't leave a message if you are going to be out for more than a few hours.

*If your house is on fire
because you forgot to turn off
the skillet, just hang up and
call 911*

Ask them if it's a good time to call. This one can be hard for me, desperate as I am to dispatch my conversational errand.

Ask them how they're doing. That shows caring and, even more importantly, gives you a better sense of where they're at.

Get business out of the way first. That way, you won't have to call them back, in the maddening event that one of you has to end the conversation before your mission is accomplished.

If you absolutely cannot resist doing something else while on the

phone, spare your interlocutor the details. If your house is on fire because you forgot to turn off the skillet, just hang up and call 911.

Talking about what they're doing in the moment or having a conversation with someone else indicates that they are multi-tasking you. This is a warning sign that they would like to get on with something else but are too timid to take more obvious steps. I have learned to acknowledge that they're busy and need to be liberated from the conversation. Hopefully, business has been dispatched and there will be no need for a follow-up conversation in real time.

If their call waiting interrupts the conversation, I usually end it abruptly, unless my business is still pending. When I'm feeling especially put out, I don't wait more than a few minutes for them to call me back, or I use the opportunity afforded by the aborted conversation to move through my list of callbacks. Patience also works, if you can garner it.

If I'm with someone, I don't answer the phone unless well into a treacherous back and forth of phone tag with someone who's hard to reach or I'm awaiting a short answer to a pressing logistical question. If I am expecting an interruption, I let them know in advance.

When one of you has to go, end the conversation as quickly as you can without being abrupt. I try to err on the abrupt rather than clinging side.

I ask permission to text, if necessary. Some people still find text too impersonal.

Email is also good for conveying complex information, with the caveat that more and more people are deluged by email and tend to put it off. If I must email, I text first to alert them.

The more forms of communication we have, the more difficult it is to figure out which works best to get through to each other person. Phone holds the perils of conversation. Proceed with caution.



Spring STiLE Trainings

Register: on-line at <https://kindtree.org/calendar/stile/stile-registration/> Phone : 541-780-6950, Email: autism@kindtree.org or mail-in KindTree-Autism Rocks, P.O. Box 40847, Eugene, OR 97404

Youth Improv Group

(Mike Shugrue)

The troupe is gaining steam throughout the Spring, and we are welcoming new students for the class that starts on April 10. This training is for youth 11-21 years of age, and there is no acting experience needed. Students tell me that they like practicing different emotions that they normally don't feel. I've also been told that "I like Improv, because I don't have to memorize anything" All are welcome to come check it out any time!

April 10 to May 29, 2019. Wed 5:00 pm – 6:30 pm Reality Kitchen, 645 River Rd., Eugene 97404 \$100 per session based on attendance. (8 trainings/12 hours of instruction) or agency rate.

Let's Make It Tasty Cooking

(Mary Jane Schrum)

Our kitchen is wrapping up the Winter session, filling up with warm soups and casseroles. As we move into the Spring term, we'll be preparing for the temperatures to rise and our food selections to be more nature-based, such as root veggies and greens, sandwiches and stir fries. Yum....looking forward to a new menu! Join this class to learn how to cook, store leftovers, cleanliness and portion sizes.

April 5 to June 21, 2019. Fri 10:15 am to 12:30 pm Catholic Community Services, 1025 G. St., Springfield, OR 97477. \$235 per session based on attendance (12 trainings/25.8 hours of instruction) or agency rate.

Dating on the Spectrum

(Nathan Wobbe)

The group is eager for spring and the ability to dive into in the many social opportunities the change in weather

brings. We've been exploring more and more social scenes around town and noticing the different ways we engage within them. It's been a lot of fun and we are all looking forward to growing our confidence, social circles, and personal mastery of the nuances of dating.

April 4 to June 20, 2019. Thur 6 to 8 pm "Autism House" a.k.a. "C-Space, 530 C St., Springfield, Oregon 97477 \$205 per session (12 trainings/24 hours of instruction) or agency rate.



Video Gaming Social Group

(Nathan Wobbe)

Our group is in the groove with some great multiplayer games like Speedrunners and Starwhals. We are always looking for new people and new games to bring into the mix. With the many positive changes taking place at the class location, we are excited for the opportunity to make new connections and broaden our gaming experience further.

April 4 to June 20, 2019. Thur 3:00 to 5:00 pm "Autism House". \$205 per session (12 trainings / 24 hours of instruction) or agency rate.

Music Writing and Performance

(David Helfand)

This winter our musicians class space moved from C-Space (in Springfield)

to the Hilyard Community Center (in Eugene.) Our group happily grew in size with three new wonderful participants along with acquiring the assistance of a wonderful new volunteer who also adds to our music making with his great guitar playing. The energy and enthusiasm has really grown, and the sound and spirit of our expanded band becomes more joyful every class. This group will help you find the music inside of you!

April 1 to June 24, 2019 (no trainings on 4/20 and 5/27). Mondays, 4:00pm to 5:30pm, Hilyard Community Center, 2580 Hilyard St., Eugene. \$140 per session (11 trainings /16.5 hours of instruction) or agency rate.

Women's Empowerment

(Denice Ward)

Spring forward to join our group! We explore personal goals and values, relationship issues and boundaries, health and self esteem in a safe space with your peers who identify as women.

April 2 to June 18, 2019 (No training June 11). Tues 2:00pm to 3:30pm LILA, 20 E. 13 Ave. Eugene, OR 97401 \$145 (11 trainings /18 hours of instruction) or agency rate.



Jewelry Expressions

(Molly Elliott)

This group of artists make unique beaded jewelry with individualized instruction provided to learn new techniques and patterns. Support is also available to market, produce and sell your art. All supplies are provided. Next jewelry sale will be during the upcoming Autism Rocks' Festival of Art for ALL on May 19th.

April 8 to July 1, 2019. (NO class 5/27) Mon 10:15 am – 12:15 pm Ebbert Memorial Methodist Church (Fireside Room), 532 C. St., Springfield, \$205 per session (12 trainings/ 24 hours of instruction) or agency rate.

STiLE Social Gatherings *Free*

(hosted by STiLE instructors)

Come to this sensory friendly meet-up. Talk, eat & socialize. Each gathering is a low-stress environment where our community can come together and create a positive social experience for everyone. Come the whole time, or just for a few minutes

to say hello, because all are welcome.

Bring a side dish to share!

Third Thurs 5:30 to 7:30 pm, April 18th, May 16, 2019. "Autism House"

Community Outings and Adventures

(Sheila Thomas)

This training is for older teens and young adults interested in discovering more about their community. By using community group outings as a venue, this training will allow students to learn and practice life skills such as personal problem solving, communication, manners, self-management strategies, and self-reliance. Our group has fun and stays very active!

Tuesdays and Saturday through June 22, 2019. Tues 2:00 to 6:00 pm Sat 10:30 to 5:30 pm

Location: (Varies) Cost is based on attendance and the service hourly contract rate.

Phone registration only: Contact KindTree Autism Rocks at 541-780-6950 to inquire if space is available.

STiLE instructors' contact information

Molly Elliott, Jewelry Expressions: melliott@kindtree.org, 541-747-6938

David Helfand, Music Writing and Performance:

helfand2@mindspring.com, 541-345-3131

Mary Jane Schrum, Make it Tasty Cooking: soleapioswarp@juno.com, 541-844-0611

Mike Shugrue, IMPROV, mdshugrue7@gmail.com, 541-221-0465

Sheila Thomas, Community Outings and Adventures:

actionlearningoutings@gmail.com, 541-359-5670

Denice Ward, Women's Empowerment:

ward.denny@gmail.com, 541-521-1285

Nathan Wobbe, Video Gaming Social Group and Dating on the Spectrum: nathanwobbe@gmail.com, 541-606-1608

STUDENT REGISTRATION FORM KindTree-Autism Rocks 2019 Spring Trainings

Registrant's Information:

Your Name _____ Phone Number _____

Your Address _____ City _____ State _____ ZIP _____

Birth Date _____ Email _____ Cell Phone Number _____

Height _____ Weight _____ Hair Color _____ Eye Color _____ Eyeglasses? Y ___ N ___

Emergency Contact: _____ Emer. Contact Ph # _____

Relationship to you: _____ Email: _____ Address: _____

What is your primary disability diagnosis: _____

What is your ethnic group: Caucasian: ___ Asian: ___ AfricanAmerican: ___ Native American: ___ Hispanic: ___ Mixed: ___ Other: ___

Who is funding your registration: Self: ___ Family: ___ Brokerage: ___ Agency: ___ Other: ___

Payment Enclosed \$ _____ Paid Online \$ _____ Date Pd Online _____ Balance Due \$ _____
(\$50 minimum due before start of training. Balance due by second training)

Brokerage Name: (If applicable) _____ PA Name: _____

"I commit to attending all of the scheduled sessions, except in emergencies." SIGNATURE REQUIRED

Sign here, please _____ Date _____

Print and Mail form and (non-agency) payment to: Kind Tree - Autism Rocks, PO Box 40847, Eugene, OR 97404

Pay online with Paypal using a Visa or MasterCard on www.kindtree.org/stile

Questions: admin@kindtree.org 541-780-6950 www.kindtree.org

Registration after term begins is OK, if space is available

For Scholarship information: stile@kindtree.org

Participant Information Form **MUST** be on file

CALENDAR OF GROUPS AND ACTIVITIES

- **Cottage Grove Support Group:** 1st Monday of the month from 4:00 to 5:30 pm at the Healing Matrix, (E. Main St. & S. 7th) in Cottage Grove. Facilitated by Linney Frank and Loren Goodman. 541-335-1776.
- **Eugene Support Group:** 2nd Monday of the month from 4:30 to 6 pm at St. Mary's Episcopal Church, 1300 Pearl St. (Pearl and 13th). Facilitated by Michael Omogrosso. 541-689-2228
- **Second Friday Social in Eugene** for adults and transition-aged youth from 5:30 to 7:30 pm at Reality Kitchen, 645 River Rd. Eugene.
- **Eugene Social Skills class:** 3rd Monday of odd-numbered months from 6:30 to 8 pm at St. Mary's Episcopal Church. (Social skills class chooses an activity for the following even-numbered month.) Taught by Doris Germain. Sponsored by the Autism Society of Oregon. 541-689-2228.
- **Third Thursday Gathering for adults,** 3rd Thursday of the month from 5:30 to 8:30 pm at C-Space, 530 C St., Springfield, 541-780-6950. Snacks provided. 541-780-6950.
- **Eugene A.V.O.I.C.E Advocacy Group:** 3rd Friday of the month from 4:30 to 6 pm at LILA, Eugene. Facilitated by David Olson. (541) 636-9179



Mike Shugrue and Improv students.

Schedule of Groups and Events

- **Apr 8 (Monday):** Eugene Support Group from 4:30 to 6 pm at St. Mary's Episcopal Church.
- **Apr 12 (Friday):** Second Friday Social from 5:30 to 7:30 pm at Reality Kitchen.
- **Apr 18 (Thursday):** Third Thursday Social Gathering from 5:30 to 7:30 pm at C-Space.
- **Apr 19 (Friday):** Eugene A.V.O.I.C.E Advocacy Group from 4:30 to 6 pm at LILA.
- **May 6 (Monday):** Cottage Grove Support Group from 4:00–5:30pm at the Healing Matrix.
- **May 10 (Friday):** Second Friday Social from 5:30 to 7:30 pm at Reality Kitchen.
- **May 13 (Monday):** Eugene Support Group from 4:30 to 6 pm at St. Mary's Episcopal Church.
- **May 16 (Thursday):** Third Thursday Social Gathering from 5:30 to 7:30 pm at C-Space.
- **May 17 (Friday):** Eugene A.V.O.I.C.E Advocacy Group from 4:30 to 6 pm at LILA.
- **May 19 (Sunday):** Autism Rocks Art for All Festival, 1-5 pm at Very Little Theater, 2350 Hilyard St., Eugene. Free.
- **May 20 (Monday):** Eugene Social Skills class from 6:30 to 8:00 pm at St. Mary's Episcopal Church.
- **June 2 (Sunday):** Autism Rocks Spring Benefit Acoustic Concert at Whirled Pies downtown, 199 W. 8th St. 5-8pm.
- **Jun 3 (Monday):** Cottage Grove Support Group from 4:00–5:30pm at the Healing Matrix.
- **Jun 10 (Monday):** Eugene Support Group from 4:30 to 6 pm at St. Mary's Episcopal Church.
- **Jun 14 (Friday):** Second Friday Social from 5:30 to 7:30 pm at Reality Kitchen.
- **Jun 20 (Thursday):** Third Thursday Social Gathering from 5:30 to 7:30 pm at C-Space, Snacks.
- **Jun 21 (Friday):** Eugene A.V.O.I.C.E Advocacy Group from 4:30 to 6 pm at LILA.

Introduction to

Ki principles and Meditation

April 18th 7pm (Thursday). *Free* Introduction class will teach meditation and Ki principles to manage daily stress and anxiety. Designed for ASD adults and kids 12 up. Open to all.

Call 541 342 4467 to register.

Oregon Ki Society Eugene Dojo, 1071 W. 7th.

Learn more at: [*Oregon Ki Society, Eugene Dojo - Ki, Ki-Aikido and Coordination of Mind and Body*](#)

Summer Camp is Coming on August 23-25

Now in its 22nd year, Autism Rocks Friends & Family Camp is ready to sign you up! Registration and Scholarship Application Forms are ready now! Register online or download the PDF and mail it to P.O. Box 40847, Eugene, OR 97404.

The Friends & Family Camp is designed around the needs of those living with autism. Parents and caregivers can bring their autistic loved ones and relax with them over the weekend, knowing that they are in a safe and nurturing environment. All ages, independent people, families, caregivers...all are welcome.

It is a time for rejuvenation and solidarity. Autistics are accepted and enjoyed for themselves, not forced into a procrustean neuronormal mold. Autistics and neuronormal people get to know each other. Magic happens. Community is created. There is a safe place for you!

Changes in 2019: Family / Caregiver cost is up \$5 to \$80 each. *Campers cannot pay via Brokerage or with Medicaid money.* All other 2018 prices remain unchanged. *Diet choices available are limited to gluten-free and vegetarian.* We have secure space to store your needed food items. You must pay in full with your cash or credit card, or apply for a scholarship. Please plan ahead. Scholarship applications are due by July 15, *earlier than in previous years.*

KindTree on Social Networks

If you're online, you are probably aware of KindTree's Facebook page, updated a couple times a week with Autism Community news, local and beyond. Feel free to contribute to our Facebook page. It's a great way to keep up and connect to our Community.

<https://www.facebook.com/KindtreeAutismRocks/>

But wait, we have more!

Facebook Camp group: <https://www.facebook.com/groups/703412416515188/>

Facebook STiLE page: <https://www.facebook.com/stilekindtree/>

Twitter: <https://twitter.com/KindTree2014> This account needs help to keep it active!

Instagram: KindTree Camp: <https://www.instagram.com/kindtreecamp/> Lotsa nice photos.

Instagram: STiLE https://www.instagram.com/stile_kindtree/ Nothing going on here...yet!

Maybe you'd like to help add posts to these pages...?

Volunteer! Let us know: tim@kindtree.org



Keepin' It Current

We don't want you to miss a thing...please let us know if you have any **NEW** changes:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Other: _____

Email to: admin@kindtree.org -or- **Mail to:** PO Box 40847, Eugene, OR 97404



KindTree Productions, Inc.
PO Box 40847
Eugene, OR 97404

www.kindtree.org

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Autism Rocks Festival of Art For ALL

Sunday May 19, 2019
1-5 pm

Very Little Theater
2350 Hilyard Street, Eugene

All Ages

Refreshments | Wine

Free!

Scholarship Donations Accepted

Participatory Art Project
Improv | Talent Show
Student Videos
Jewelry Sales | Art Sales
And
The Raventones

More info at www.kindtree.org

Tentative Schedule

1:00 to 1:15 pm: Welcome & Thank You's
1:15 to 1:30 pm: Short film with
Luca Kline and Logan Johnson
1:30 to 2:15 pm: IMPROV with Mike
2:15 to 2:45 pm: Student Films
2:45 to 3:45 pm: Talent Show
3:45 to 4:45 pm: Raventones Concert

1:00 to 3:30 OSLP art participation project
1:00 to 5:00 pm: Jewelry Sales
1:00 to 5:00 pm: Gallery Show and Sale of
Paintings and Photographs