

*LadyfestGR is a celebration of badass women in our community. This annual grassroots event consists of DIY educational workshops along with radical and diverse performances. Our mission is to empower and encourage all members of the community to join us in honoring the strengths, talents and creative power of women and girls. ladyfestgr.com*

**The Locations:** \*Pyramid Scheme- 68 Commerce SW \* Have Company -136 S. Division \* Heartside Gallery- 48 Division S \* Heartside Chapel- 54 Division S \*Studio Two Two Seven -120 Division S. #227\* Lantern Coffee Bar & Lounge- 100 Commerce SW \*RE: VISION- 106 Division S. #211

**The Slow Ride:** Meet at the Pyramid Scheme at 11 am for a fun and casual bike ride through downtown led by the Spoke Folks and She Rides Her Own Way!

### The Workshop Schedule:

**12:00 – 1:00 pm @have company: Natural Health Rhythms & Herbal Tea Blending-** Gain knowledge on caring for the whole self and learn blending of herbs for personalized self care. Leave with a homemade tea blend for yourself! *Asher Thayer from Groundswell Healing and Chasity Khanyi Moore from Love and Light Healing*

**12:00 – 1:00 pm @heartside gallery Sew Your Own Pads-** for a green and red revolution! Pattern and fabric provided- you'll create and leave with a reusable menstrual pad! No sewing experience necessary, all ages welcome. *Sara Badger, Midwife*

**12:30 – 2:00 pm @pyramid scheme: Bike Repair-** Fixing flats and replacing tires, changing brakes, road rules and safety. *Jill Martindale, Skirts in the Dirt Mountain Bike Race Organizer and Events Coordinator for Grand Rapids Bicycle Company*

**1:00- 2:00 pm @heartside chapel: Feminist Parenting-** A roundtable discussion on raising kids with feminist values led by *Holly Wilson, LMSW*

**2:00-3:00 pm @heartside gallery: Cartooning 101-** Warm up your wrists, learn the basics and draw characters. No experience necessary! *Alysha Lach, Illustrator and Chloe White, Teen artist*

**2:00-3:00 pm @have company: Fat Politics-** Body positivity/self care and dismantling stereotypes about fat bodies; an outlet to talk about taboo subjects. *Led by the creators of Bandit 'Zine*

**2:15- 3:30 pm @pyramid scheme: Brewing Beer and Cider-** Learn set-up, brewing tips, and technique to get you set up for stellar home brewing with *Manda Geiger, brewer at Pike 51 and Fermenta Michigan Women's Craft Collective and Linnea Carlson-DeRoche, home cider, kombucha and ginger ale brewer.*

**3:00 – 4:00 pm @lantern coffee bar & lounge: Writing Rhymes-** How to rhyme through musical verse. Participants will leave with an informal assessment in verse framing with *Sarge tha Dame.*

**4:00- 5:00 pm @heartside gallery: Self-Portrait Collage -** Create a collage self- portrait using magazines and found materials. Leave with a framed work of self expression! *Deb Dieppa, Heartside gallery artist*

**4:00- 5:30 pm @pyramid scheme: Women in Comic Books-** Discussion about the evolution of women in comics with *Charley Tucker, Vault of Midnight and Q& A with comic artists Carlyn Nowak (Lumberjanes) and Guin Thompson (Beautiful Scars)*

**5:00- 6:00 pm @heartside chapel: Starting and Saving Seeds + Know your GMOs-** Start your own food revolution with these seed growing and saving techniques. *Anna from Baxter Community Center and Tanya Lach Hawley from noGMO4michigan*

**5:00- 6:00 pm @heartside gallery: Health Reform and the Artist -** Understand how healthcare reform impacts artists: review eligibility; identify options and resources with the help of an expert. *Kelley Firlik, Certified Application Counselor and Medicaid Enrollment Partner*

### The Daytime Performances:

@studio two- two seven: **Zerilli (1 pm) \* RIO (1:30 pm) \* Briane Ross (2:15pm) \* Hail Her Highness (2:45pm) \* Yolonda Lavender (3:30pm)**

@re:vision: **Flushed (4pm) \* Rachel Gleason (4:45 pm)\* Sarge Tha Dame (5:30 pm)**

### The Vendors:

@pyramid scheme starting at noon: **\*Bandit 'Zine \* The DAAC \* Girls Rock!Grand Rapids \* Vault of Midnight \* LadyfestGR**

### The Variety Show:

**6:30 – 8:30 pm @pyramid scheme: Hosted by Sarah Jean Anderson- Syra Chi \*Mursalata Muhammad \* Vanessa DeCouto \*Rose Schlappi\*Kelsey Foster-Goodrich \*Miss Davis Nicholas\* Jessica in the Rainbow\* Girls Rock Grand Rapids bands**

### The Headlining Show:

**9:30- ? @pyramid scheme: Casual Sweetheart \*Hannah Rose Graves \*Veloras\* SuperDre\* Between sets: No Outlet Improv!**

**The Beneficiary:** All proceeds from this year's event will benefit **Girls Rock! Grand Rapids**. Modeled after national and international Girls Rock! chapters, this camp for girls ages 8-16 encourages creativity, skills and self-esteem. [girlsrockgr.org](http://girlsrockgr.org)

**Thank You to our Sponsors:** Pyramid Scheme, WYCE, Seeds of Justice, Dizzybird Records, GVSU Women's Center, Harmony Brewing Company, Moondrop Herbals, Birthsong, Clothing Matters, the DAAC, Imagination Creations, Women's Resource Center, Elizabeth Welch Lykins, Lori Baker, Thomas Clinton, and Vandermill Cider.

**The LadyfestGR 2015 Planning Committee:** Jes Kramer, Nicole LaRae, Sarah Scott, Steffanie Rosalez, and Holly Seymour