

# What's in the Pot?

ihlrn.org



47th Annual IHLRN Conference

La Quinta, California

October 2016

## Opening Night @ Embassy Suites La Quinta



## Wow! What a conference we had this year in La Quinta!



Michele Baldwin reminded us that back 47 years ago Virginia envisioned IHLRN, (then the "Beautiful People") as a party, or celebration, of kindred spirit enjoying a week together. We have evolved beyond that so now we do both celebrate together and offer quality workshops, many with CECs, and we do this in lovely places that nurture us while we are there.

That all did indeed happen this past October and will again happen next October 8-15, 2017, at Sunriver Resort in Sunriver, OR, just outside of Bend, OR. This is a gorgeous resort with rivers, golf, hiking and more beauty than you can imagine – as well as excellent meeting spaces and delicious cuisine. Please mark your calendars now for next October 8-15, 2017 and bring some friends/colleagues with you! More info is up on our website [IHLRN.org](http://IHLRN.org).

! ! ! ! ! M.A. Bjarkman, Conference Coordinator

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L-R: Joanne Kennedy, Bill Roller, Harvey Lewis, Linda Leviton, Ann Steiner, Sandy Fox, Rich Dunham, Lois Gold, Paul Gelbmann, Curtiss Durand

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Janet Bernson

## IHLRN Sites - 47 Years !

1970	Hacienda Vista Hermosa, Morelos, Mexico (1)	1994	Haven-By-the Sea, Gabriola Island, BC, Canada (1)
1971	Hacienda Vista Hermosa, Morelos, Mexico (2)	1995	Hacienda Vista Hermosa, Morelos, Mexico (9)
1972	Sarasota, Florida (1)	1996	Hotel Dom Joao II, Portimao, Portugal (2)
1973	Naples, Florida	1997	Haven-By-the-Sea, Gabriola Island, BC, Canada (2)
1974	Venture Inn, Palm Springs, California	1998	Longboat Key Hilton, Sarasota, FL (3)
1975	Maui, Hawaii	1999	Hacienda Vista Hermosa, Morelos, Mexico (10)
1976	Ishcia, Italy	2000	Renaissance Antayla Beach resort & Spa, Turkey
1977	Coolfont Conference Center, Berkeley Springs, W.VA	2001	Radisson Poco Diablo Resort, Sedona, AZ
1978	Aspen, CO	2002	Hacienda Vista Hermosa, Morelos, Mexico (11)
1979	Hacienda Vista Hermosa, Morelos, Mexico (3)	2003	Bethel Inn & Country Club, Bethel, ME
1980	Several Hotels in Menton, France	2004	Barcelo Maya Beach Resort, Riviera Maya, Mexico
1981	Hacienda Vista Hermosa, Morelos, Mexico (4)	2005	The Dana at Mission Bay, San Diego, CA
1982	Hacienda Vista Hermosa, Morelos, Mexico (5)	2006	The Crossings, Austin, TX
1983	Sheraton-Molokai, Molokai, HI	2007	Sueno Azul Resort,, Sarapiqui, Costa Rica
1984	Esalen Insitute, Big Sur, CA	2008	Ashland Springs Hotel, Ashland, OR
1985	Hotel Libertas, Sveti Stefan, Yugoslavia	2009	Hacienda Vista Hermosa, Morelos, Mexico (12)
1986	Biltmore Hotel & Resort, Palm Springs, CA (1)	2010	Sebasco Harbor Resort, Sebasco, Maine
1987	Hacienda Vista Hermosa, Morelos, Mexico (6)	2011	The Grand Hotel, Tours, France
1988	Rarotonga, Cook Islands	2012	The Dana, San Diego, CA
1989	Hacienda Vista Hermosa, Morelos, Mexico (7)	2013	Granlibaken, Lake Tahoe, CA
1990	Ramada Resort Hotel, Palm Springs, CA (2)	2014	Prague, Czech Republic
1991	Hotel Dom Joao II, Portimao, Portugal (1)	2015	Lake Junaluska, Ashville, NC
1992	Hacienda Vista Hermosa, Morelos, Mexico (8)	2016	Embassy Suites, La Quinta, CA
1993	Longboat Key Hilton, Sarasota, FL (2)		

## A letter from our President, JOANNE KENNEDY



We enjoyed the desert of southern California for our 47<sup>th</sup> annual conference at the Embassy Suites La Quinta, in the Coachella Valley about 30 miles south of Palm Springs. Together we soaked up the warm desert environment and enjoyed connecting with each other. We celebrated the legacy Virginia Satir left for us when she created IHLRN 47 years ago that we carry on today – an intentional community fostering human growth and development and sharing with each other our learnings and insights. I loved making new connections with new IHLRNs, and joyfully renewing connections with so many of you who have become like family to me.

Many of us start each day of the conference with the meditative Elm Dance and its music echoes in our heads when we return to our normal lives. Here are some highlights from the program. Linda Leviton led us through Satir's change process with our country's distressed emotional state providing context for an enlightening discussion. Janet Christy-Seely demonstrated working with sub-personalities in Internal Family Systems Therapy. Walter Zahnd presented The Human Kaleidoscope, a process based theory of behavior integrating of the work of Satir with an emphasis on facilitating spiritual growth and connecting with spirituality in others. Many other presenters enlightened us with thoughtful innovations and therapy techniques.

During this conference the IHLRN board committed resources and funding to the Satir Community Resource Center's vital work developing an archive of Virginia's work. Johnny Faulkner, founder of the Center, will work with IHLRN's Archival Committee to preserve, convert and utilize video-recorded IHLRN workshop sessions from the past and present, eventually making them available on the web for reference and inspiration. The board also made a commitment to improve and update the IHLRN web site. An inspired committee is working on this for all of us.

We had fun bidding for all sorts of interesting things in our silent auction, again raising money to fund our scholarship program. Nearby Joshua Tree National Park was the day-off destination for quite a few. Others enjoyed shopping in Palm Desert, museums in Palm Springs, and sightseeing around the area. The Embassy Suites La Quinta was an ideal facility for our conference. We were welcomed by the friendly staff, and enjoyed delicious varieties of food on the buffet each day. We appreciate their hospitality.



Our connection with the Virginia Satir Global Network continues, enhancing both organizations. In October 2017 Satir Global will be holding its annual meeting during IHLRN's 48<sup>th</sup> annual conference in Sunriver, Oregon.

I invite you, your friends, family and colleagues to IHLRN's 48<sup>th</sup> annual conference, October 8-15, 2017 at Sunriver Resort in central Oregon near Bend. Sunriver is a beautiful destination resort inspired by the natural beauty of the surroundings. Check it out at [www.sunriver-resort.com](http://www.sunriver-resort.com). I hope to see you there.

With love and my best wishes for 2017,  
Joanne Kennedy, President

# Sunday, October 16

## Opening Night

We opened our conference with  
moved on to introductions, temperature reading, appreciations and new information.

welcome reception and dinner then

# Monday, October 17

## Plenary

## Coping Stances/Connecting

Presenter: Linda Leviton CEC's

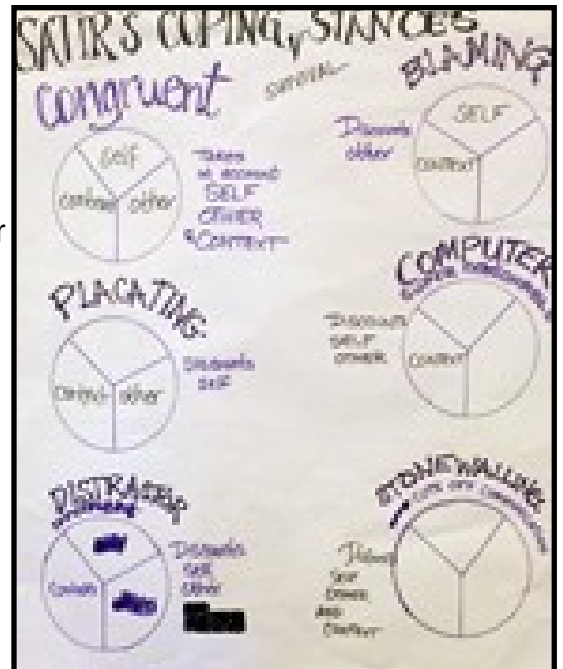


After the brief temperature reading (we had accomplished the announcements the previous night), I explained the basic guidelines for our experiment in full-circle sharing. As a preliminary, I taught some non-verbal options for showing support: the ASL sign for "I love you," blowing a kiss and sending it with a quiet "woosh," and twinkle finger applause.

Because everyone indicated they were familiar with the Satir Coping Stances, I briefly explained them as part of our CEC content. I related them to sharing our year in a congruent way.

In response to some requests, I modeled some possible ways to share in under two minutes; I demonstrated that it is possible to be both meaningful and concise. We then went around the circle, each sharing for about two minutes--some more, some less. You couldn't hear a pin drop for two hours straight. There were no side conversations, and everyone was interested in each person's heartfelt share. It was very moving and I gained a new appreciation for people I'd hardly known.

It was lovely to catch up on news, struggles, hopes and intentions the very first day. I especially enjoyed hearing from the new people, since some might have saved their truths and wishes for one-on-one conversations, and the week can get away from you. This provided a conversation starter immediately and started the week with warmth and cohesiveness.





## Workshops



### **Sculpting: a Vehicle for Healing**

Presenter: Wally Zahnd - CEC's

***"When I put them into the posture, they go eons faster to manifest openly what's going on."** Virginia Satir*

This workshop took a story and developed a sculpt from it in order to present sculpting as a tool to enhance the clinical practice of professionals. The workshop focused on two specific components of sculpting; First, **Story Telling**, and Second, Experience in **Human Sculpting**. A major part was activation of a sculpt as a vehicle to shift the story from a left brain to a right brain experiential experience for the participants to access the internal picture coming from the story.

Real change comes from adding to what an individual already has, in this case manifesting the internal pictures of a story to add to the internal picture of the individual so they have a new more wholistic picture; this results in more realistic meanings and responses.

### **Sage-ing**

**Michele Baldwin**

I was introduced to the **Sage-Ing International** Organization in 2001 (original name was "Spiritual Eldering Institute), by reading Zalman Schachter Shalom book "*From Age-ing to Sage-ing*" and joined the organization that same year. I feel very much at home in an organization that shares many basic beliefs with IHLRN, was actively involved on their Board and facilitated training for a number of years. You might enjoy reading the book, one of the first looking at aging as an opportunity for inner growth and active engagement. The website that can be assessed at [www.sage-ing.org](http://www.sage-ing.org), and I strongly recommend that you take a look at it!

### **Making Wise Contributions to Charitable Groups**

**Peter Vennewitz**

Every day you probably receive at least one request for money from a charitable group. Many of these are reputable groups, but far too many are not. To ensure you are giving money to groups in line with your values and spending your donation wisely you should check them out on one or both of these two organizations: Charity Navigator and Charity Watch. Charity Navigator reviews many more organizations than Charity Watch, but I believe Charity Watch does a more thorough review.

**Charity Watch** gives organizations a rating from A to F. They also provide you with information that allows you to compare groups operating in different areas, e.g., environment, health, education, veterans, police and fire fighters. Sadly, there are more low rated organizations serving veterans, police, and fire fighters than in any of the other categories.

**Charity Navigator** rates organizations from no stars to four stars. It only reviews organizations with revenues of one million dollars.

Both groups update their reviews periodically. As they both are non-profit organizations.

At the conference I strongly recommended that everyone donate to the Trinity Foundation, which investigates fraud and mismanagement of funds by televangelists and other religious organizations. Because their budget is so small the foundation is not rated by either of the rating organizations.

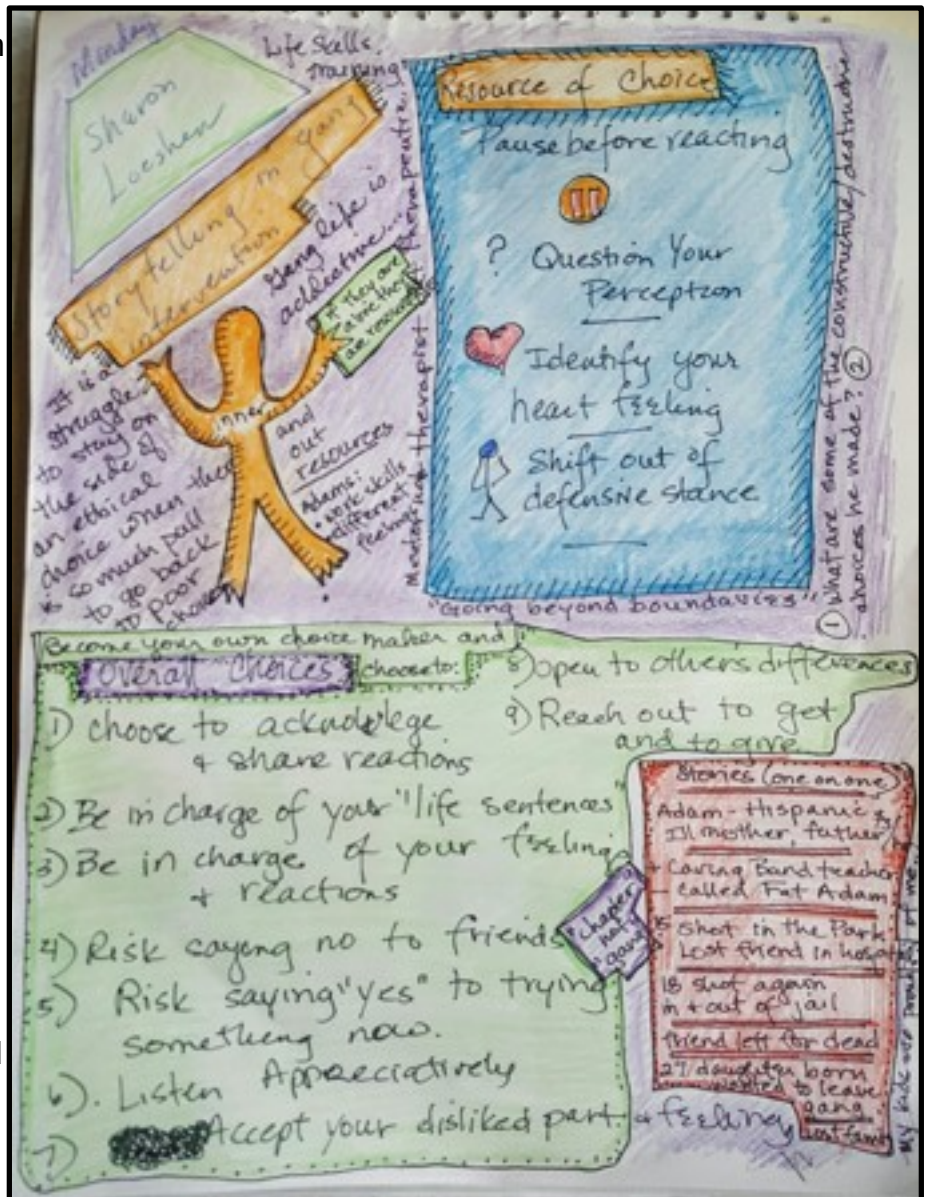


## Gang Intervention: Choosing Your Life Story A Life Skills Training Program

Presenter: Sharon Loeschen - CEC's

In her calm, powerful way, Sharon told us how she began teaching Satir communication to former gang members in South Central L.A. Five years ago, she read a newspaper interview with Father Stang about his work with gangs and when the reporter asked "What do you think is making the difference?" he responded "I ask them what are they feeling, and I listen profoundly." This spoke to Sharon's

heart! After being in prison for up to 20 years, the return to life is chaotic and former gang members do not know how to make choices. Pressure to return to gang life is tough to resist; Sharon likened it to addiction for money, power and belonging. Her group work teaches ways to make contact with self via centering and breathwork and identifying feelings that have been shut down. Sharon records each person's story individually and asks permission to read the story aloud to the group. The validation of being listened to so deeply and of hearing your life narrative received in the larger group helps members integrate traumas of violence, death and abandonment. Sharon uses her Enriching Program and Virginia's Temperature Reading models to provide structure and then "cooks it on the spot". Her group members are committed to going out into the community to prevent violence (for example, being in the parks at night) and be positive resources for gang members. Ideas generated as we debriefed included coming up with positive "life sentences" such as "you can do anything you want", "nothing is impossible" "break the shame chain". Linda suggested using a cartoon-style story board to draw the sequence of the life story so members can look at inner and outer resources that occurred at different times or to reflect on wished-for resources during particular life events and traumatic experiences. Johnny made the point that sometimes a negative "life sentence" can motivate positive change. We left inspired and awed!





## Monday Evening



### Film: Group Dynamics & the New Heroism

*The Ethical Alternative to the Stanford Prison Experiment*

Presenter: Bill Roller

What group dynamics allow individuals to obey their conscience? New Research by Bill Roller and Phil Zimbardo has investigated the situational context that allows people to take nonviolent action in defense of ethical principles or people in need, even at personal risk to oneself. The Berkeley Civic Courage and Heroism Experiment explored the capacity of group members to act collaboratively creating a group process that is sociocentric not egocentric, meaning it focused on the cooperation of the many and the idealization of one individual.



### Moving in Connection

Presenter: Sandra Finkelman

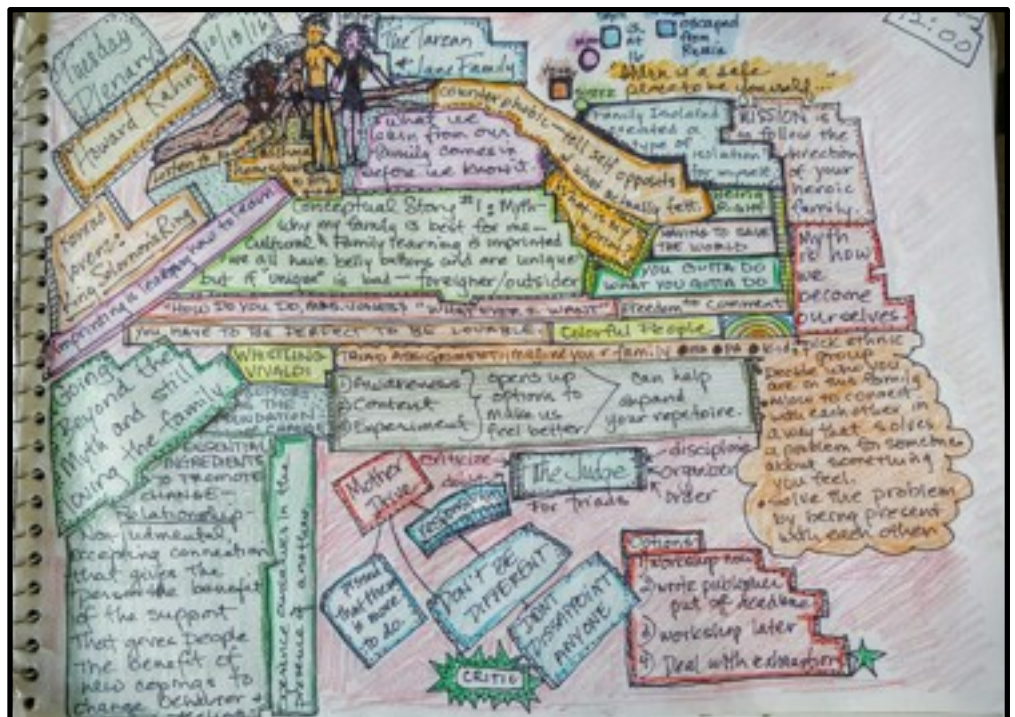
Sandra led an energetic & fun workshop utilizing activities that encouraged social connections in a safe environment. We all learned new & interesting things about people we had known for a long time. The games she taught us would be appropriate for use in all kinds of groups, whether established or newly formed, young or old. It was a fun way to get to know people better.

## Tuesday, October 18

### Plenary

### Family Therapy, Family Myths & Cultural Diversity

Presenter: Howard Kahn - CEC's



## Workshops



### Using Satir in Working with Gifted Children! ! !

Presenter: Andrzej Sekowski

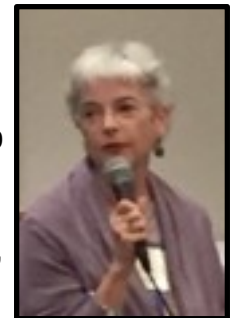
Andrzej asked us what we our definition of a gifted children and many were in agreement that it meant a child who excels in something such as, art, music, linguistics, dance, and many other activities. Andrzej then directed the participants through a group he occasionally holds with the gifted children he works with in Poland. First we closed our eyes and we were directed to breathe and think of where we will be in three years and what feeling we had during. After we were allowed to share our vision and the attached feelings. After we broke into triads and shared three positive and negatives about ourselves. After sharing in our triads, we then shared the positive and negatives to the entire group and expressed what our thoughts and feelings were after hearing someone talk about us. After that people were allowed individually to enter within the circled group and hear a strength deliver by everyone in the circle. The people that entered the circle felt happy and such a high self-esteem and left the workshop smiling and beaming. Andrzej's workshop was very lovely and had everyone participating.



### Nuts & Bolts of Starting & Maintaining Groups

Presenter: Ann Steiner, PhD - CEC's

Ann started off by giving an overview of the different types of group and asking us about the kinds of groups we have experienced. She shared copies of her Major Differences between different Types of Groups, from her book, which prompted more discussion about what group work, group therapy, and self-help groups are similar and different. From leadership styles, to the value of screening and group agreements, this stimulating CE workshop was jam packed with information about groups. She read portions of online and in person group agreements from a wide range of groups, like [ChronicBabe.com](http://ChronicBabe.com) - a website for millenials who live with chronic pain. Virginia's contributions to group work was addressed, with special emphasis on temperature readings, and the importance of seeing the family history each group member inevitably bring into the group therapy space, the challenges and opportunities of this process brings to the richness of group work. With her signature enthusiasm, she ended with Groups Works!



### Dealing with Hearing Loss

Presenter: Dolli Cutler

The session on hearing loss had only 2 attendees who live together. Since they indicated problems that are universal to virtually all couples with one hard of hearing partner, Dolli focused on their particular problem and suggested that they find a chapter of Hearing Loss Association of America in their hometown, and either go online to [HLAA.org](http://HLAA.org) or go to a meeting to find where they can take classes in speech reading (which are available in almost any city with a sizeable population) to learn how they can communicate by looking directly at their partner/roommate and speaking. This really helps, whether one is wearing their hearing devices or not. Lots of people don't get the most out of their hearing devices for a variety of reasons, and this tactic really can help.





## How to be Assertive and Loving Too!

Presenter: Bob Mc Garey – CEC's

Bob presented the self-esteem theory developed by Lilburn S. Barksdale, which is based on the "Observable Realities" he described. They point to the Inherent Worth of each individual, which we decided was very similar to Satir's model of the human being. The Observable Realities would seem to prove that we are neither our Actions nor our Awareness, and as such can't prove our worth by the things we do nor the way we think or feel. One participant said the Observable Realities challenged the way she thinks and, in a positive way, "bent her brain."



### Small Steps in a Giant Leap

*Virginia Satir's Life & Work 1950s-1960s, with an overview of her training programs at Mental Research Institute and Esalen Institute*

Presenter: Johnny Faulkner, PhD

This workshop was a presentation of ongoing research into Virginia Satir's early personal and professional evolution from obscurity to world-wide recognition. It included a brief analysis of her first training program, Conjoint Family Therapy, at Mental Research Institute and workshops at Esalen Institute.

This presentation of Virginia's early life and career was specifically geared toward increasing awareness of the context for her early steps in becoming a pioneer in family therapy and a world leader in human development. The presentation utilized photographs, early recordings and early published accounts, as well as first-hand accounts in interviews that were conducted.

While exploring her evolution of career, participants gained understanding of some groundbreaking processes utilized in her MRI training program. A video of Bob Spitzer sharing his early experience working with her was shown and a heart-felt appreciation was given for his contributions.

Participants explored some of her evolving ideas during this time period and peeked into her personal life journey as well as an overview of her many and varied workshops around the world. Her professional connections were also explored—relationships that had a profound impact as she evolved her style, content and methods.

Beyond a greater historical understanding of Virginia's life, participants learned more about a process of development that Virginia took in creating her path through life.

## Tuesday Evening

### Sing-a-long ! " " " "

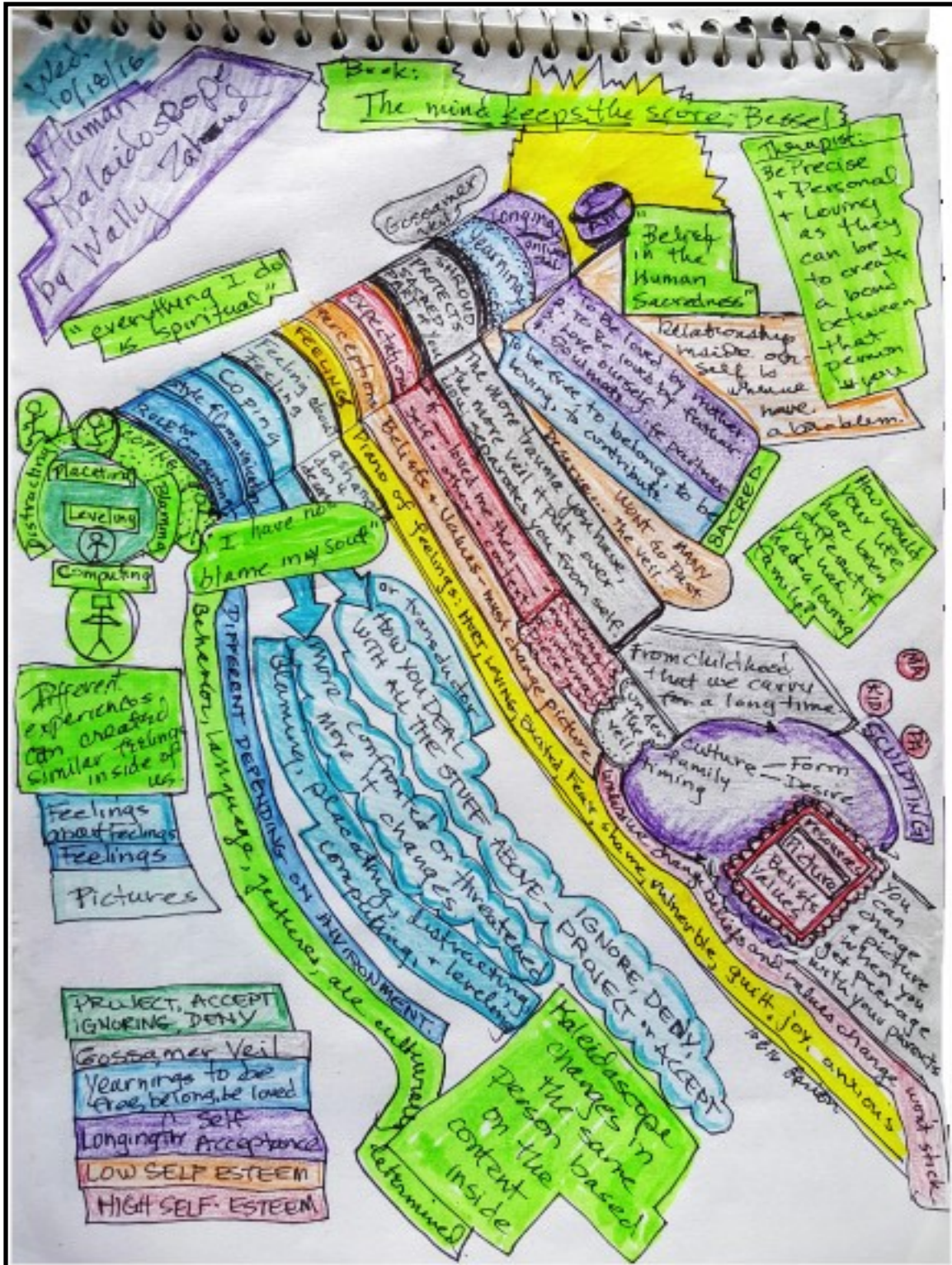
Presenter: Martha Teeter

! ! **Climate Change Discussion! !**  
! ! Presenter: Janet Christie-Seely



## Plenary

Presenter: Wally Zahnd CEC's





# Workshops

## Self-Management for Joy

Presenter: Maria Rosa Reifler

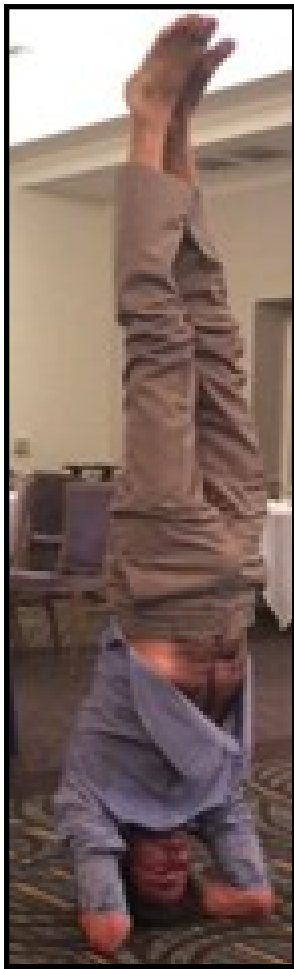




## Impact of Placating on the Family System

Presenter: Michele Baldwin

We defined that a placater was a person who had a combination of pleasing and low self-esteem; that placating is an unconscious response in the hope to obtain love or avoid disapproval, a response rooted in the dependency of infancy when survival depended on caretakers. Because of the strong valence of emotional ties, the fear is intense in the family. Placaters are nice when they don't feel nice, and there is often incongruence between verbal and non-verbal messages. They may come across with a pleading expression, or a whining voice, and by denying their self-respect give others a message that they are not important. Always looking outside themselves for validation, their inner experience is one of worthlessness. We discussed the fact that it is sometimes useful to placate and when it is a conscious response it is not connected with low self-esteem.



## Intro to Agile Development & Introduction to the Family Genie

Presenter: Josh Forman

Josh presented a model for thinking about batch delivery systems and consumer feedback. The applicability of the model to IHLRN goals and objectives was addressed. A platform for familygenie.me, using the Satir family model as an underlying construct, was described and its useability demonstrated. Participants were "wowed" by the potential for enhancing the Satir model through use of an interactive digital platform.

## Building Sound Self-Esteem: Barksdale & Satir Models

Presenter: Bob McGarey CEC's

Bob presented the self-esteem theory developed by Lilburn S. Barksdale, which is based on the "Observable Realities" he described. They point to the Inherent Worth of each individual, which we decided was very similar to Satir's model of the human being. The Observable Realities would seem to prove that we are neither our Actions nor our Awareness, and as such can't prove our worth by the things we do nor the way we think or feel. One participant said the Observable Realities challenged the way she thinks and, in a positive way, "bent her brain."

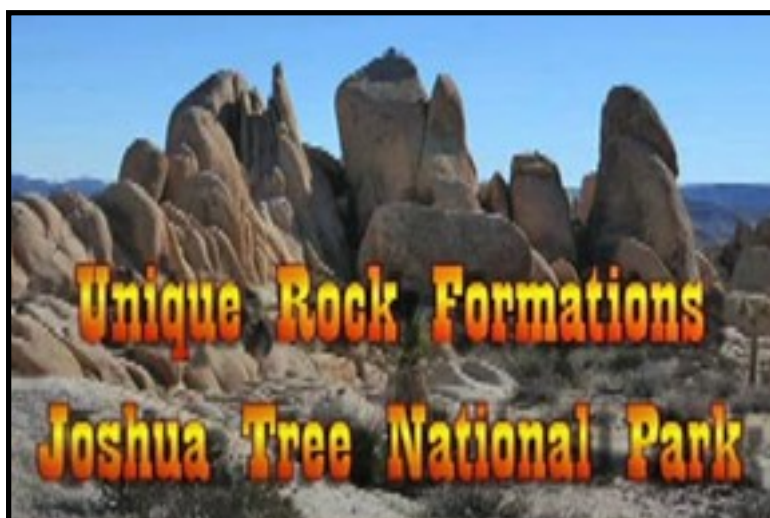
## "Mission Congo" Documentary

Presenter: Pete Evans

Documentary MISSION CONGO (by friends of the Trinity Foundation)--Presenter Pete Evans showed this riveting story of how televangelist Pat Robertson siphoned millions in donor money intended for Rwandan genocide refugee relief to his diamond mining operation. Despite a plethora of witnesses interviewed, Robertson's lawyers have managed to block the film at every turn for five years now. 28 of us in all attended 3 showings.



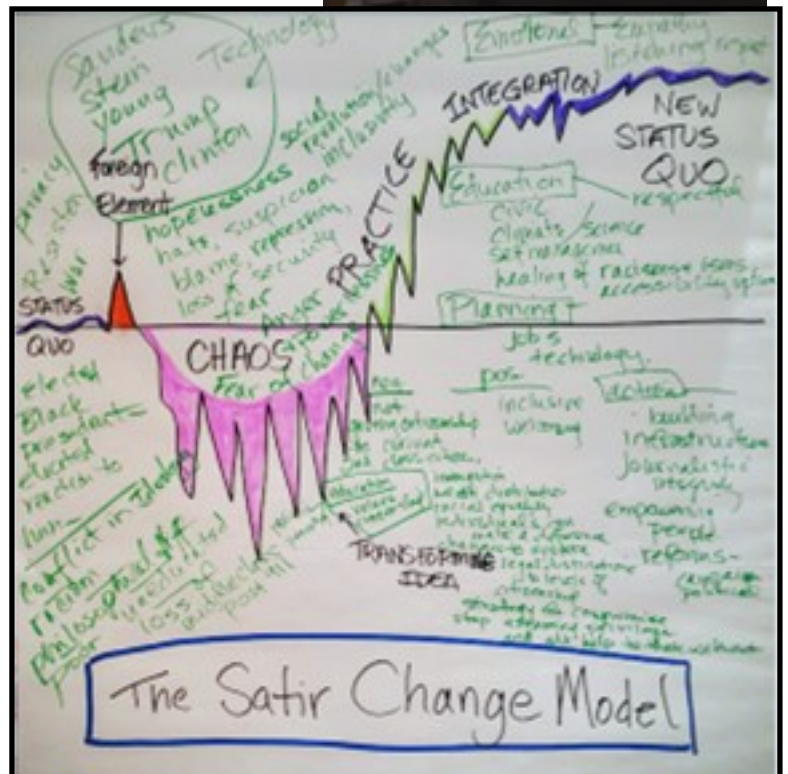
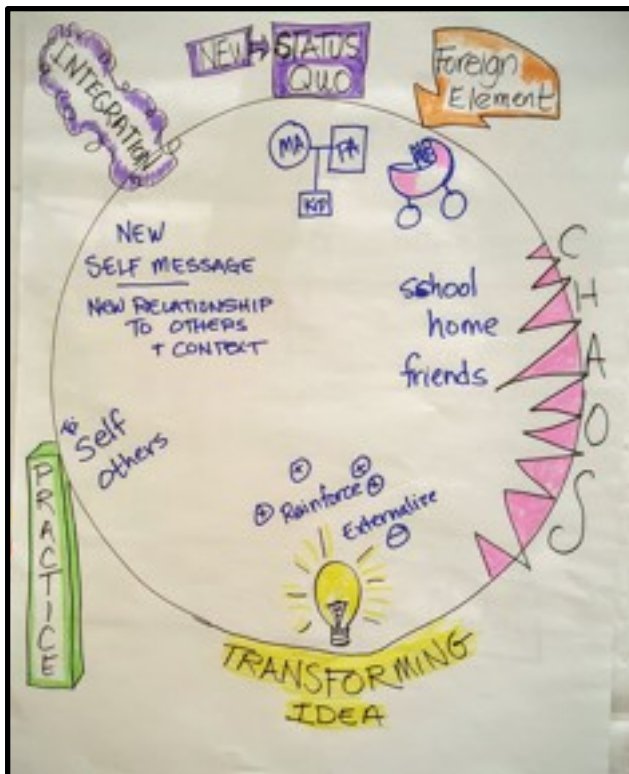
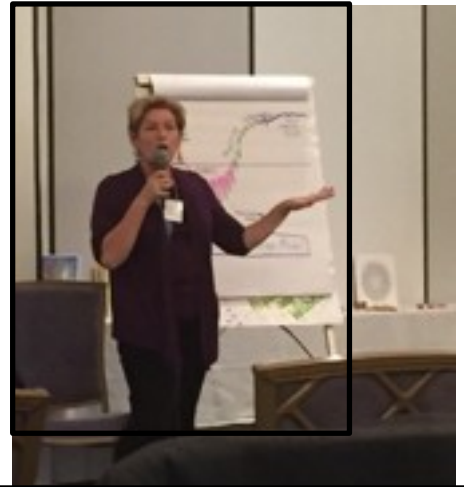
## Thursday Explorations!



Friday – October 21, 2016

# Satir Change Model

Presenter: Linda Leviton CEC's





## Positive Intention Model

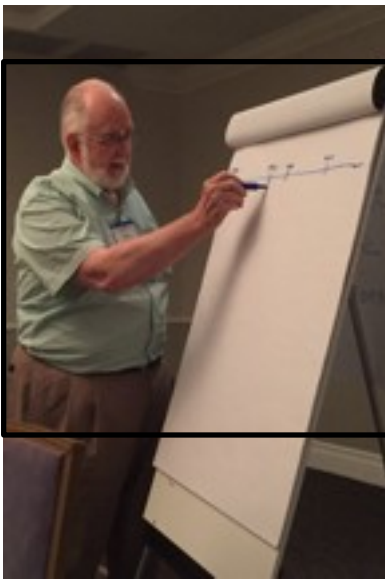
Presenter: Wally Zhand CEC's

This workshop presented the "light" that Virginia Satir taught about and wrote about when she said: **"When I look at a person it is like I am looking thru a tunnel and I can see the light at the end."** Virginia Satir's work was on making contact with this and supporting its growth. This was discussed and identified as the individual's positive intention. Individual's were invited to begin to look at other behavior by identifying their positive intentions. The Positive Intention process was taught, illustrated and practiced, and case illustrations were presented.

## " What's Trying to Happen in Our World System:

1. From Virginia and Jung's "Energy Transformation" Perspective
2. From Change Process Perspective
3. From Perspective of Narcissism in the Age of Trump

! ! Presenter: Laura Dodson



## IHLRN Dreaming/Visioning the Future

Presenter: Bob Whitten

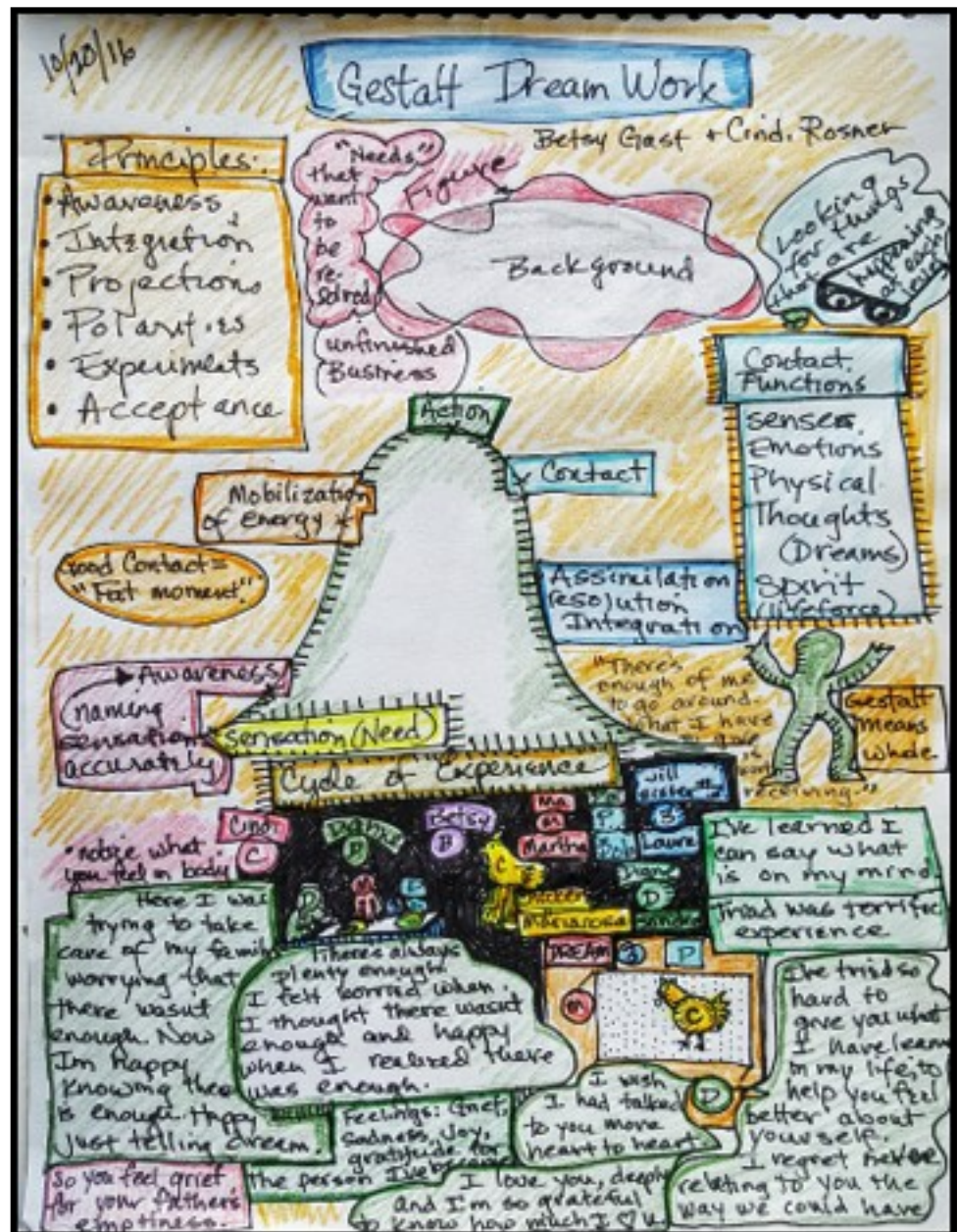
We first reviewed IHLRN's "DNA" as found in the Hope's, Intent, Purposes of Virginia and how this evolved over the years. Attendees then shared their positive experiences of this IHLRN meeting. We then formed in triads to speak of our hopes and dreams for IHLRN 15-20 years in the future. The following is a summary of what each triad shared with the whole group:

- preservation of Satir values and mission
- support in being fully human in a technological world
- connection, between self and others, and among nations
- partnership with attendance of 100 to 125
- diverse careers, nationalities, languages, culture and classes
- increased collaboration with VSGN and other Satir based organizations, including those in Europe and Asia
- an active and effective mentoring program
- growing number of young participants
- consistently provide presentations of core Satir processes and values
- intensive training offered pre- or post-conference
- healthy tension between orthodox and innovative Satir processes
- producing 'sister' groups akin to ourselves
- conference schedule providing free time
- expanded scholarship program
- meeting at a different time to allow/encourage participation of younger generation

Presenter: Liv Monroe

Presenters: Betsy Gast & Cindy Rosner – CEC's

They used role-playing, and following multiple Figures to help the star take Action, make Contact, and heal. There were family members in the dream, and there was also a roast chicken. The process to look at, and even talk to, the roast chicken, was a good example of how important symbols are in dreams and figures that arise with symbols are of utmost importance to give voice for insight.





## Evening Program

### IHLRN Memorial Facilitated by Crystal Carroll



Bob Spitzer & Murray Lawsky



### “Mission Congo” Documentary

Presenter: Pete Evans

Mission Congo explores how during the massive refugee crisis following the Rwandan Genocide, televangelist Pat Robertson’s for-profit African Development Company used substantial resources, intended for humanitarian relief, for a diamond-mining venture.



Men’s Chorus



## Plenary

Presenter: Janet Christie-Seely

[illegible]

Janet then described how this corresponds with our Inner Critics: Perfectionist, Inner Controller, Taskmaster, Underminer, Destroyer, Guilt Tripper, Conformist (molder.) She recommended Jay Early's book, Freedom From Your Inner Critic and described one of her own experiences with Writer's Block and how she got her Perfectionist critic to discuss its concerns and back off. The key, she says, is to be respectful and ask the part/critic to change his job description to enlist other resources that might protect and heal a more vulnerable part. She ended the session with a demonstration of the process using a volunteer from the audience to make peace with the Destroyer critic/part she identified. Altogether it was both an instructional and engaging presentation with the perfect mix of didactic, active and use of self to maintain interest and teach new ideas.

## Workshops

### Advanced Dream Work

Presenter: Bob McGarey – CEC's

Bob described a few of the many approaches to working with dreams, then presented the approach he believes best helps people not only get some meaning from the dream, but also feel different about themselves and their lives as a result. Then he gave participants a chance to volunteer to either tell their dream or act as the guide for the dreamwork, with his help. He also handed out a description of how to work with dreams in this way, including discussions of Ponts of Transition, Getting the Big Picture, and Focusing on a Felt Sense. We left impressed with how challenging and yet rewarding dreamwork can be.

### "Mission Congo" Documentary

Presenter: Pete Evans

### Ways to Explore Sex in Couples Therapy

Presenter: Betsy Gast – CEC's

Betsy first asked participants to think about what they learned from their mothers and fathers about men, about women and about sex. She presented concepts from a 2015 workshop given by Barry W. McCarthy, PhD, on Clinical Strategies for Sexual Issues in Therapy. He views sex therapy from a psycho-bio-social model and thinks it is important to involve couples in learning about and evaluating in their own lives - the psycho-bio-social factors that promote and/or inhibit desire.

We then brainstormed the individual psychological factors, physical/biological factors and social/contextual variables that we as workshop participants think promote and/or inhibit desire.

Several of us appreciated Wally's definition of Intimacy: "Trust each other completely and be psychologically naked with each other."

Next Betsy briefly covered McCarthy's 5 Dimensions of Touch = Gears (Affectionate Touch, Sensual Touch, Playful Touch, Erotic Touch, Intercourse Touch) as a model for helping couples discuss their sexual style, habits and preferences. After much discussion our group ended with a lively and provocative discussion of elements of McCarthy's GES Model (Good Enough Sex)!



IHLRN Daily Schedule		
7:00-8:45	Breakfast	San Jacinto C
8:50-9:00	Elm Dance	Santa Rosa
9:00-10:15	Morning Plenary	Santa Rosa A
10:15-10:30	Break	coffee in foyer by Santa Rosa
10:30-12:00	Morning Program	
12:00-12:30	Triads / Sextets	
12:30-1:45	Lunch	Santa Rosa B
1:45-2:45	Men's + Women's	San Jacinto
3:00-4:30	Breakout Programs	San Jacinto A, B, + C
4:45-6:15	Breakout Programs	San Jacinto A, B, + C
6:30-7:45	Dinner	Santa Rosa B
8:00-10:00	Evening Activity	various locations





## Evening Program

### Talents of IHLRN Members

