



steeped in Stories



SIS

MISSION STATEMENT

We recognize that storytelling is the history of our lives. Our mission is to create an environment in which the sharing of life tales, oral history, and make believe is encouraged. **Steeped in Stories** will foster the growth of the imagination by expanding all the possibilities that the spoken word allows. We will stimulate good storytellers to be great storytellers.

St Paul's Auditorium
61 Church Street
Teaneck, NJ

A Spring Storyfest
Saturday
May 9, 2015
10:30AM- 1:00PM

See more details on attached flyer!

Storyteller



Ken Galipeau

Ken Galipeau is a collector of stories, songs and poems that touch our hearts and funny bone. Ken has put poems to music and has written songs and stories. He has been a featured teller at New Jersey Storytelling Festival, and Tellebration events. He performs for schools, libraries, coffeehouses and does creative storyNsong workshops with children. His CDs include "Collection", a song sampler for adults; "Fishin' With Ish", for families; "Ken Sings Les", songs from the poetry of Les Barker and "The Garden State", a single about New Jersey.

Featuring

Semaj, an outstanding percussionist, was exposed to drums at a very early age. He got hooked on a drum call a Djembe from Africa, and has been playing it ever since. He has broadened his scope by continuing to explore the music by traveling to Egypt, Brazil, Cuba, Puerto Rica, and of course the Caribbean!

"Semaj's curiosity led him to attend a Laughter Yoga workshop and since he loved to laugh, it was a perfect fit. He has been doing the training for the last five years for different venues, youngsters, seniors, corrections officers, social workers, and the list goes on. He is a certified Laughter coach," Ho, Ho, Ha, Ha, Ha"!!!

Laughter Yoga



Semaj Williams

Laughter Yoga

Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact and playfulness between participants. Forced laughter soon turns into real and contagious laughter.

Laughing *feels* great, and it is good for your health: laughter can enhance the immune system, undo many of the negative effects of stress and improve cardiovascular health.

Laughter Yoga is thus a blend of yogic deep breathing, easy stretching, self-generated laughter exercises and intentionally cultivated childlike playfulness. The foundation principle of Laughter Yoga is that anyone can laugh, without the need of any *reason* to laugh. One does not need to feel good first, witness comedy or hear jokes, or even have a sense of humor. The health-building laughter protocol is effective regardless of differences in language or culture. Unconditional Laughter is truly for everyone.

Wise Words from Master Storytellers

“We are all storytellers. We all live in a network of stories. There isn’t a stronger connection between people than storytelling.”

Jimmy Neil Smith, Director of the International Storytelling Center

“Inside each of us is a natural-born storyteller, waiting to be released.”
Robin Moore, author

“Tell me the facts and I’ll learn. Tell me the truth and I’ll believe. But tell me a story and it will live in my heart forever.”

An Old Native American Proverb

When we concentrate on the story and become responsible for bringing it alive. It takes us out of the concerns we have in our everyday life. There is a renewed creative energy to find alternative ideas and meaning in one’s own life.

Laura Simms

The Rewards of Membership

The program year for “Steeped In Stories” has begun. That means new ideas, new projects, new guests at our workshops, new friends, new stories et al. Membership is still the same as last year; only \$30.00. This covers workshops, newsletters and meetings. It is imperative to make a new commitment and keep this forward momentum.

So make the commitment TODAY. Join with those of like mind. Become a SIS member and enjoy a year of smiles, laughter, wisdom ,knowledge and some of the best storytelling of your life.....**Veona Thomas**



**Book Corner:
(Recommendations from
Julie Della Torre’s
workshop)**

Chace, Karen. Story by Story

Chace, Karen. Telling Stories to Children

Simms, Laura. Our Secret Territory *The Essence of Storytelling*

Foer, Joshua. Moonwalking with Einstein

PLEASE PRINT

Date _____

Name _____

Address _____

City _____

State _____

Zip _____

H-Phone _____

C-Phone _____

Email _____

Website _____

Interest: Check all that apply

Storyteller Story Lover

Story Writer Other

***\$30.00 annual membership –
send check or money order
payable to Rejoti Productions.***

For more information

call:

Veona Thomas 201.862.1800

Shirley Johnson 973.673.1832

or email:

steepedinstories@gmail.com



Calendar

**Sun. May 3, 2015. 7pm.
Telling to Young Children.
Workshop by Jerry Fierst.
NJ Storytelling Guild. 176
Cooper Ave. Montclair, NJ**

**Tues. May 5th, Folks Tellin'
Tales, 6 PM Sisters
Uptown BookStore &
Cultural Center call
212-862-3680**

**Workshop & Performance
The 3rd Thursday of each
month begins 2/19/15
Time: 7:00 pm to 10:00 pm**

Join Professional Storyteller **Rivka Willick** and explore the many styles and forms of adult storytelling in this interactive and entertaining program.

The Moth

**Housing Works Bookstore/cafe
126 Crosby Street, New
York, NY**

May 14th-Theme-Delusions

May 21st-Theme-Blame

**Save the date:
Sept. 20, 2015
New Jersey Storytelling
Festival
Grounds for Sculpture**