

Thank You!

FOR SUPPORTING
BRUSHWOOD CENTER

MAKE A GIFT TODAY!

Every dollar you donate helps us work toward a future of resilient and connected communities, both human and ecological, where all lead healthy and thriving lives.



STAY UP TO DATE!

with Brushwood Center's news and events.



FOR MORE INFORMATION

on Brushwood Center and to support our mission, please contact: Director of Development, Mirja Spooner Haffner at mspoonerhaffner@brushwoodcenter.org 224.633.2424 ext. 6



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BRUSHWOODCENTER.ORG

   @BrushwoodCenter



AT EASE IN NATURE

ART EXHIBITION NOVEMBER 9 - 30



BRUSHWOOD CENTER AT RYERSON WOODS

AT EASE

ART AND NATURE FOR VETERANS AND THE MILITARY COMMUNITY

At Ease is an innovative approach to empower the wellbeing of Veterans and the Military Community. It is the only Veterans program in the region offering a nature-based approach that helps build skills in creative expression, while also providing access to mental health support. 900+ participants gather annually to get outside, and explore and express their emotions through nature-based art, music, and photography workshops.

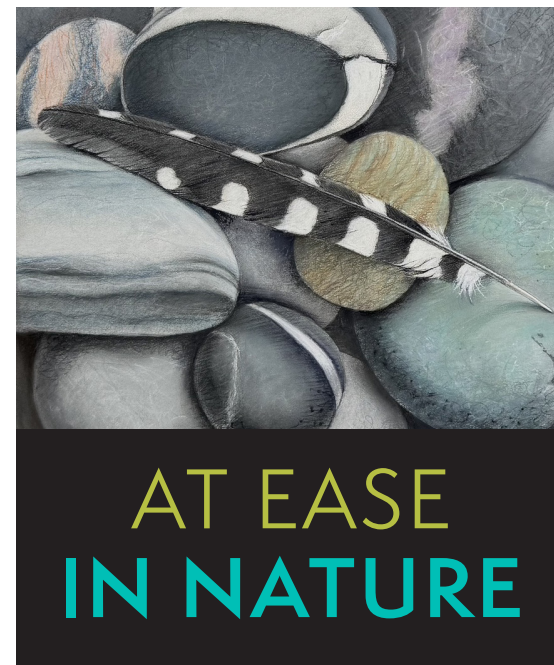
Veterans face disproportionately higher rates of substance abuse, depression, and challenges reintegrating into society. A recent survey by Wounded Warriors found that 54% of Veterans indicated that their mental health had worsened during the pandemic.

Guided by our *At Ease* Veterans Advisory Committee, *At Ease* is a partnership with local Veteran organizations, the Lovell Federal Health Care Center, natural area sites, and teaching artists and musicians.

The *At Ease* Veterans Advisory Committee helps ensure that the program engages with Veterans' lived experiences.

At Ease serves Military Veterans, current Service Members, including Active duty, Reserve and National Guard, and all family members.

90% of the Military Veterans who participate in *At Ease* each year, express a resulting increased sense of wellbeing in program evaluations.



ART EXHIBITION NOVEMBER 9 - 30

This year's exhibition, *At Ease In Nature* highlights the diversity that can be found in nature, but also exists in the armed forces, making each stronger than they would be without it. In keeping with this theme, we welcomed any media of art, any style, and any level of artistic expression that uses nature somewhere in its inspiration or creation.

In 2015, Brushwood Center began its *At Ease* initiative, offering programs for Veterans, Service Members and their families designed to empower their wellbeing through nature-based art, music, and photography workshops. Through this exhibition, we feature work created during our *At Ease* programs, as well as work inspired by experiences in nature from other members of this community.

COVER ARTWORK

Stones with Feather
Margarete de Soleil

AT EASE IN NATURE

Featured artwork listed alphabetical by artist



In The Winter

Evelyn Adams
Watercolor | Acuarela
Watercolor for the Soul

Fall Leaves

Evelyn Adams
String Art | Arte de cuerdas

Women's Day Out

Evelyn Adams
Acrylic | Pintura acrílica

Weather

Gary Andre
Watercolor | Acuarela
Watercolor for the Soul

Sail Racing

Jan Billings
Watercolor | Acuarela
Watercolor for the Soul

ARTWORK THIS PAGE

Wind Lilies

Romana Pozek

Stones with Feather

Margarete de Soleil
Chalk, Pastel and Ink
Tiza, pastel y tinta

Stones with Luna Moth

Margarete de Soleil
Chalk, Pastel and Ink
Tiza, pastel y tinta

Stones XXI

Margarete de Soleil
Chalk, Pastel and Ink
Tiza, pastel y tinta

Saw Billed Hermit

Greg DuBois
Photography | Fotografía

Saffron Toucan

Greg DuBois
Photography | Fotografía

Jaguar

Greg DuBois
Photography | Fotografía

The Rain Makes the Flowers

Jacqueline Freeman
Acrylic | Pintura acrílica

Stars In The Light

Jacqueline Freeman
Acrylic | Pintura acrílica

Smile of The Yellow Flowers

Jacqueline Freeman
Photography | Fotografía

Drops on the White

Ines Gardea
Photography | Fotografía

Looking for some Nectar

Ines Gardea
Photography | Fotografía

Frosty Sunrise

Ines Gardea
Photography | Fotografía

Grasshopper

Ty Hanyzewski
Photography | Fotografía

Spider Web Perfection

Ty Hanyzewski
Photography | Fotografía

Underwater World

Ty Hanyzewski
Photography | Fotografía

Beetle

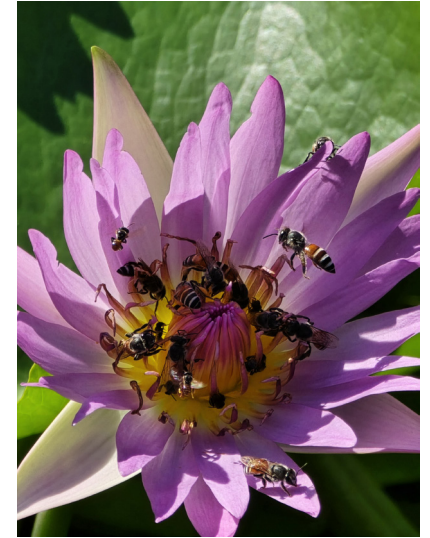
Barbara Kaplan
Watercolor | Acuarela

Squirrel

Barbara Kaplan
Watercolor | Acuarela

Watch and See

Barbara Kaplan
Acrylic | Pintura acrílica



Waves

Barbara Kaplan
Watercolor | Acuarela
Watercolor for the Soul

Waves

Jessica Klinge
Watercolor | Acuarela
Watercolor for the Soul

Pollinators in Phra Nakhon, Bangkok, Thailand

Tracey R Ladner
Photography | Fotografía

The Lighthouse on Lake Michigan

Tracey R Ladner
Photography | Fotografía

Waterfowl in Bangkok

Tracey R Ladner
Photography | Fotografía

ARTWORK THIS PAGE

Pollinators in Phra Nakhon, Bangkok, Thailand

Tracey R Ladner



Copper Toned Sunflower

Anna Nothnagel
Acrylic with Modeling Paste
Acrílico con pasta de modelar

Golden Harvest

Anna Nothnagel
Oil on Canvas | Óleo sobre lienzo

Glittering Swans

Anna Nothnagel
Acrylic | Pintura acrílica

Lovely Weeping Willow

Anna Nothnagel
Woodburning with Watercolor
Pirograbado con acuarela

The Chicago Siren

Anna Nothnagel
Watercolor | Acuarela
Watercolor for the Soul

2 Beautiful

Charlene Phillips
Photography | Fotografía

Flower for a Healing Heart

Charlene Phillips
Photography | Fotografía

Hello There

Charlene Phillips
Photography | Fotografía

Summer's End

Charlene Phillips
Photography | Fotografía

Seek Joy

Claudia Piemontese
Watercolor | Acuarela
Watercolor for the Soul

Friends Lost

Larry "Pie" Piemontese
Watercolor | Acuarela
Watercolor for the Soul

The Bench

Dante Plata
Photography | Fotografía

Mission House

Dante Plata
Photography | Fotografía

Child Feeding Giraffe

Dante Plata
Photography | Fotografía

Yellow Stargazer

Ramona Pozek
Acrylic | Pintura acrílica

Wind Lilies

Ramona Pozek
Acrylic | Pintura acrílica

Dream Big

Joanna Rakowski
Watercolor | Acuarela
Watercolor for the Soul

Happy Tree

Beverly Rivera
Acrylic | Pintura acrílica



My Gift

Beverly Rivera
Watercolor | Acuarela
Watercolor for the Soul

What Does The Fox Say!

Beverly Rivera
Acrylic | Pintura acrílica

Green Nests

Sara Roberts
Tulle and Yarn | Tul e hilo

Golden Vessel

Sara Roberts
Tulle, Yarn and Crystal Beads
Tul, hilo y cuentas de cristal

Wombs 3, 4, & 5, C-Section

Sara Roberts
Tulle and Crystal Beads
Tul y cuentas de cristal

A Veteran's Poppy

Angela M Walker
Acrylic | Pintura acrílica

Art Speaks to the Soul

Maryann Wattelle
Watercolor | Acuarela

ARTWORK THIS PAGE

Grasshopper

Ty Hanyzewski

Water Lilies

Ramona Pozek

ARTWORK THIS PAGE

A Veteran's Poppy

Angela M. Walker

AT EASE PROGRAMS AND PARTNERSHIPS

ART IMPACT PROJECT

Art Impact Project facilitates supportive art projects designed to provide participants a different way to express themselves through art-making. With a focus on emotional wellness through creative expression, Art Impact Project's small-group environment gives participants the chance to self-reflect and safely share their observations. Each 90-minute session involves the completion of an art project from start to finish. Projects will vary from week to week, exploring various art media and objectives.

ACRYLIC PAINT & SIP NIGHTS FOR VETERANS AND MILITARY COMMUNITY MEMBERS

This educational and therapeutic acrylic painting event, led by Veteran artists invites Veterans of all skill levels. Classes take place at the American Legion Cicero Post 96 where refreshments are available to purchase.

WATERCOLOR FOR THE SOUL | Music of Lake Michigan

In this six-week residency, Black Moon Trio guided Veterans from the Captain James A. Lovell Federal Health Care Center and We Serve: Special Recreation Association for Central Lake County to create their very own musical compositions.

Using resources from Brushwood Center's *At Ease* and Art Supply Exchange programs, Veterans participated in a six-week graphic score and poetry composition residency culminating in the creation of 20 original pieces of music performed and recorded by professional musicians.

Heeyoung Kim and members of her Botanical Art Academy showcased watercolor painting methods and techniques, and poet-in-residence and creativity expert Kathryn Haydon joined the team. Her collection of



poetry, *Unsalted Blue Sunrise: Poems of Lake Michigan* provided a thematic framework for Veterans to compose works about their connections to our freshwater treasure.

This program has been generously funded by the National Endowment for the Arts' Creative Forces initiative.

WATERCOLOR PAINTING FOR WOMEN VETERANS AND WOMEN FAMILY MEMBERS

This virtual 90-minute class develops unique artistic expression through watercolor painting. Participants will delight in the colorful, transformative nature of the watercolor while also sharing factual information about the natural world and flowers.

PAINT AND PHOTOGRAPH THE PRAIRIE

Veterans, current service members, and their families joined *At Ease* and Veteran Art Tribe at the Midwin Tallgrass Prairie for painting and photography.



Art Impact Project

Evelyn Adams
Darwin Adams
Barbara Kaplan
Claudia Piemontese

Larry "Pie" Piemontese
Kathy Wilson
Saford Wilson



Watercolor for The Soul

Evelyn Adams
Gary Andre
Jan Billings
Barbara Kaplan
Jessica Klinge
Angelique Lawyer

Anna Nothnagel
Claudia Piemontese
Larry "Pie" Piemontese
Joanna Rakowski
Beverly Rivera



Paint and Photograph the Prairie

Jeanine Casares
Luis Delgado
Greg DuBois
Tyler Hanyzewski
Barbara Kaplan
Jessica Klinge
Charlene Phillips
Valerie Reynoso
Donna Allen Rielage



Acrylic Paint and Sip Nights for Veterans and Military Community Members

Gary Andre
Barbara Kaplan
Anna Nothnagel
Beverly Rivera



Watercolor Painting for Women Veterans and Women Family Members

Barbara Kaplan
Anna Nothnagel
Beverly Rivera
Kathy Wilson

BRUSHWOOD CENTER

9TH ANNUAL NATURE-INSPIRED HOLIDAY ART MARKET

UNIQUE HANDMADE GIFTS FEATURING THE WORK
OF OVER 50 LOCAL ARTISTS AND MAKERS



ONLINE SALE:

SATURDAY, NOV. 29 - FRIDAY, DEC. 5

IN-PERSON SALE:

SATURDAY, DEC. 6, 10AM-5PM
& SUNDAY, DEC. 7, 12-5PM



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BRUSHWOOD CENTER

A Charlie Brown Christmas

FEATURING THE KEVIN FORT TRIO



SATURDAY, DECEMBER 13 | 7 - 9:30PM

BRUSHWOOD CENTER AT RYERSON WOODS

Join us for a heartwarming evening of live jazz celebrating the timeless music from A Charlie Brown Christmas. Beloved by generations, Vince Guaraldi's iconic soundtrack captures the spirit of the holidays with swinging rhythms, lyrical piano lines, and joyful improvisation that bring Charles M. Schulz's Peanuts characters to life.

Performed by the Kevin Fort Trio, this concert features favorites such as "Linus and Lucy," "Christmas Time Is Here," and "Skating," along with other gems from Guaraldi's catalog. Set amidst the natural beauty of Ryerson Woods, this event invites audiences of all ages to experience the warmth, nostalgia, and pure jazz artistry that define this holiday classic.

Come early to enjoy the festive atmosphere, hot cocoa, and the company of fellow music lovers. Let the spirit of the season and the cool sounds of Vince Guaraldi fill your evening with joy and swing!

ADMISSION: \$20 PER PERSON | VETERANS FREE

RESERVE YOUR SEAT NOW:



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THANK YOU

PARTNERS

Allenforce
American Legion Cicero Post #96
Art Impact Project
Blue Star Families
Black Moon Trio
Chicago Lighthouse
Chicago Vet Center
Kids Rank
Lovell FHCC, Bridge program
National Museum of the American Sailor
U.S. Forest Service, Midewin National Tallgrass Prairie
Veteran Art Tribe
We Serve, Special Recreation Association of Central Lake County

INDIVIDUAL INSTRUCTORS

Sarah Abu-Absi, forest bathing
Leland Gagnebin, writer
Kathryn Haydon, poetry
Heeyoung Kim, watercolor painting
Christine Lopez, yoga
Gabrielle Tufano, watercolor painting

VETERAN ADVISORY BOARD

Greg DuBois
Dan Fialek
Tracey Ladner
Ramona Pozek
Angela Walker



MID-AMERICA
ARTS ALLIANCE
EMPOWERING COMMUNITY THROUGH ART
MORE ART FOR MORE PEOPLE

This project is supported in part by the National Endowment for the Arts, the Illinois Arts Council, and Mid-America Arts Alliance.

Creative Forces Community Engagement Grants are part of the National Endowment for the Arts' Creative Forces® initiative, in partnership with Mid-America Arts Alliance.

Additional special thanks to the Illinois Department of Veterans' Affairs Cash Grant Program, Grainger Foundation, ComEd, and Laughing Acres Family Foundation.