

  
**Cultural Centre**  
*A Community that Inspires*  
**Bird Island, MN**

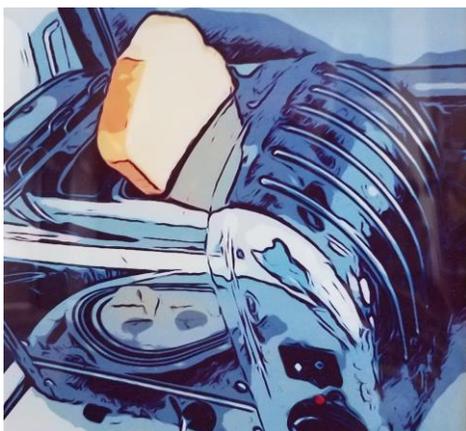


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**ELDER STORY PROJECT**

Through the financial assistance from BIO Legacy Foundation, a benevolent donor, and Documentary Producer Mark Haen, the Cultural Centre is embarking on preserving the histories of this county's residents.

This is an opportunity to learn how to preserve life stories in a documentary format. Please sign up at the Cultural Centre so we may schedule your story or become part of the team learning how to interview and preserve these oral traditions.



*Bud Setzepfandt, Bird Island, MN*

**“ARTS AN ESSENETIAL PART OF THE COMMUNITY AND THE COMMUNITY AN ESSENTIAL PART OF THE ART.”**

To understand the benefits of art is to understand art from the perspective of the artist and the viewer. Being able to view art in a calm environment is healing; for a brief moment in time one can be taken to a place of serenity away from life's stressors. This respite is integral to being human. At the Cultural Centre, we have tried to create an environment where art appreciation is intertwined with socialization and well-being. We have never charged a gallery admission fee because we believe “Earth without art is EH!” We continue to encourage you to view the works of outstanding Southwest Minnesota artists and interpret their renderings with pause.



*John G. White  
Ortonville, MN*

*Kylie Rieke  
Fairfax, MN*

*Gathering Friends  
Bird Island, MN*

**It is With Gratitude:**

We would like to thank Southwest Minnesota Arts Council, BIO Legacy Foundation, Our Savior's Lutheran Church Mission Endowment Fund, Bird Island Community United Fund and the following artists, writers and volunteers: Trisch and Jim Beilke, Bud Setzepfandt, Michele Steffen, Kylie Rieke, Renae Saunders, John G. White, Deborah Jacobs, Kathryn Ludowese, Sheila Jacobs, Leta Jacobs, Sharon Honzay, Terri Tuma, Mary Freitag, Dan Jacobs, Lyle Lundstrom, Karen Schulte, Paul Heyl, Chuck Brown, Rick Bondlender, Samantha Nelson, Jackie Edwards, Woodbury Choir, Jake Fejedelem, Paula and Gordy Sing and our Board Members.

## So, What Else Have We Done?

- A. We host CPR/ First Aid Trainings.
- B. We hosted National Alliance for Mental Illness Workshop – suicide prevention and ACES
- C. We sponsor weekly AA meetings.
- D. We sponsor weekly Bridge Club and Dominos Club.
- E. We participated in “Back to the Kitchen” workshops through USDA and the UM Extension Service.
- F. We host a monthly writers’ group.
- G. We host a weekly Jam Session.
- H. We are the practice site for the Woodbury Choir.
- I. We hosted two Story Shows.
- J. We hosted the Block Party Potluck during Island Days Celebration.
- K. We hosted a Valentine’s Day Tea.
- L. We hosted the Veteran’s Quilts of Valor Banquet
- M. We participated in the BOLD Summer Recreation Program.
- N. Fifteen children participated in our six-week Youthful Art Program.

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*“The Cultural Centre is a hidden gem”, stated by various guests.*

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## FALL OF 2019

Our focus for the rest of this year is to host the **Gathering Friends Quilt Exhibition** in September. **Eat to Live** Nutrition Classes, **Whist for Youth Classes**, Ann Johnson’s private collection of **Japanese Artifacts** will be on display and for sale in October. The **Arts of Sheila Jacobs** will be on exhibit in November as The Story Show is presented on November 8<sup>th</sup> & 9<sup>th</sup>. **STOP, SHOP, AND GO** on September 28<sup>th</sup> and December 14<sup>th</sup> is a way for you to shop from local vendors.

## Whist Anyone?

- Improves concentration
- Improves math skills
- Whist is fun, everyone plays and no one sits on the sidelines!

## What is Whist?

“Whist is a classic English trick-taking card game which was widely played in the 18<sup>th</sup> and 19<sup>th</sup> centuries. Although the rules are simple, there is a scope of scientific play.” *Wikipedia*

Whist eventually evolved into contact bridge and was played by Kings and Queens.

## Whist Classes Begin October 7th and End December 2nd

The Cultural Centre in Bird Island will be offering a 9-week course to middle school students; 10 to 13 years old. This class will be offered Mondays from 3:30 to 5:30 P.M. with transportation to the Cultural Centre from school by Superior Transportation.

Fee: Free

## “EAT TO LIVE” at Grama’s House on Tuesdays

This two-day course from 5:30 P.M. to 7:30 P.M. on healthy eating will be taught at Grama’s House. This course encompasses the USDA guidelines of My Plate Healthy Eating. Participants will learn the value and ease of preparation for a balanced, nutritious meal using the five food groups; fruits, vegetables, protein, grains and dairy. These classes include timely nutrition requirements for healthy eating with group preparation of the meals mixed in with conversation and laughter. (Grama’s House is located on the corner of 6th and Dogwood, across the alley from the Cultural Centre in Bird Island.) *continued next page*

### Class Dates for "Eat to Live"

- October 1st and 8th
- October 15th and 22nd
- October 29th and November 5th
- November 19th and November 26th

Fee: \$ 50.00 includes meal ingredients.

### **FOR THE HISTORY BUFFS AND ART COLLECTORS**

Margaret and James Schneider gifted numerous pristine magazines which date back to 1929. Thank You!

The daughters of Deborah Petron are allowing the Cultural Centre to sell prints of their Mother's colored pencil artworks. Call Rosemary to inquire about viewing and/or purchase an outstanding print of Deborah's artwork at 229-220-4232.



**Household Magazine 1934**



**Deborah Petron Print 1999**



### **REVOLUTION WELLNESS**

### **Guest Writer: Samantha Nelson**

Much of my life has been spent in motion, living in the urgent present, always anticipating what is yet to come based on my personal bias and assessment of what has come before. It has not been until recently that I have learned to access rejuvenating power of presence. The gifts in the present never cease to amaze me. The present uncovers difficult memories and chaotic thought, but it also grants emotional elegance to express compassion for self and others. The present helps bring clarity to purpose and meaning in life.

Who are you? Do you know your neighbor? In what ways do you pause to welcome and engage with someone different than yourself? How have you contributed to the vitality of your community? What rituals are part of your week to ensure self-care?

Revolution Wellness was born from the voice of community seeking ways to find and fulfill personal meaning. With mounting curiosity, Revolution Wellness is beginning to emerge as movement. In a beautiful book called *The Man From Autumn*, the main characters present a powerful question to one another. "Haven't you always wanted to be part of a bloodless revolution?" A movement in which we embrace a new paradigm to heal ourselves and the world around us?" A wellness revolution is needed. Intentionality for meaning and wellbeing mustn't be forgotten.

## WHEN YOU THINK ABOUT GIVING THINK LOCAL



Just as we support our local businesses in furnishing the Culture Centre with supplies and groceries, we ask that you continue to support the Cultural Centre in Bird Island and all of its endeavors to support the ongoing needs and requests from Bird Island and the surrounding communities. Culture encompasses art, customs, foods, music, work practices, beliefs, health and wellness. Most importantly, culture is designed to meet the needs of all age groups, all ethnicities and all belief systems forming a thread of dignified humanity. Thank you for your support. If you have not gotten a membership, or made a contribution this year, please check the enclosed form and send it in today. Your contribution is tax-exempt. You can also enroll or contribute on line at [www.birdislandculture.com](http://www.birdislandculture.com).

Thank You!

[birdislandculture@gmail.com](mailto:birdislandculture@gmail.com)

[www.birdislandculture.com](http://www.birdislandculture.com)

  
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If you are interested in booking the Cultural Centre for a private event, please contact Rosemary at (320) 365-1011 or call (229) 220-4232.

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### CULTURAL CENTRE IN BIRD ISLAND

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Bird Island, MN 55310

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