



# Dream News

February Volume 16 Issue #2

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**January Membership Total: 40**

**Contact:**

office@asdreams.org  
209.724.0889

**Linda H. Mastrangelo**, Editor

**Janet Garrett**, Copy Editor

**Laura Atkinson**, Design and Layout

**Richard Wilkerson**, IASD Office Manager

**Jean Campbell**, Executive Committee Advisor

**Robert P. Gongloff**, Editorial Consultant

**Delia Puiatti**, Dream Illustrator



## 35<sup>TH</sup> ANNUAL INTERNATIONAL DREAM CONFERENCE

**Doubletree Resort Paradise Valley  
Scottsdale, Arizona  
June 16 - 20, 2018**

- Over 150 Presenters from 22 Countries!
- Continuing Education Credits Available
- Dream Ball • Juried Dream Art Exhibit
- Morning Dream Groups...

**WWW.IASDCONFERENCES.ORG/2018**  
for conference information and registration instructions.

**and so much more!!!**

**35th IASD Dream Conference  
Scottsdale, Arizona  
June 16 - 20, 2018**



<http://iasdconferences.org/2018/> for more information

- [Preliminary Schedule Posted](#)
- [Call for Poster Submissions: Feb 15, 2018](#)
- [Registration for the Conference Open!](#)



- [Call for Volunteers](#) Positions Filled but Wait List still open

**The Venue** • is the beautiful Doubletree Paradise Valley Resort; a resort hotel in a Frank Lloyd Wright style architecture, near the heart of Scottsdale Arizona at a low \$89 per room night. It is also a perfect location for attendees who want to stay over for a few days to drive the cool high country loop to the many destination sites in Arizona (see below). The hotel is 12 miles from the Phoenix Sky Harbor international airport. We have negotiated the same discount rate for 3 days before and after the conference for attendees who want to take advantage of the local attractions or a high country trek.

### PLAN A TREK TO THE ARIZONA HIGH COUNTRY

Bring your family or organize a group of friends to drive the scenic loop and cool rim country of Arizona ([see the map and pictures](#)). The Grand Canyon is only a 4 hour drive but you will want to stop along the way to see the many sights: the red rocks and mystic vortexes of Sedona; Flagstaff and Oak Creek canyon with its natural water slide, Meteor Crater, the massive Indian cliff dwellings of Walnut Canyon; and drive back via the backroads through the Ghost Town of Jerome; stop off at the cliff dwelling of Montezuma's Castle or the fantastic architectural vision of Paolo Soleri at Arcosanti. Continue your visit to include the Painted Desert, the Petrified Forest, the ribbon canyons of Lake Powell in Page AZ, or re-capture the 50's on Old Route 66 in Seligman.



### CALL FOR DREAM ART ENTRIES

[Application Open Online](#)

The 2018 Juried Dream Art Exhibition will be held in conjunction with the annual conference at Scottsdale.

**Deadline: March 15, 2018.**

We are now accepting original art work about or inspired by dreams (visionary or emotional experiences that occurred during sleep). Two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. You do not need to be a member of IASD or a conference attendee to participate. [Click](#) for entry information.

**Robert Stickgold, PhD**- associate professor of psychiatry at Harvard Medical School.

**Fariba Bogzaran, PhD** - founder of the Dream Studies Program at John F. Kennedy University and author of *Extraordinary Dreams*;

**Lee Irwin, PhD** - Professor of Religious Studies at the College of Charleston and author of *The Dream Seekers*;

**Katja Valli, PhD** – Senior Researcher at the Department of Psychology, University of Turku, Finland; IASD Research Committee Chair;



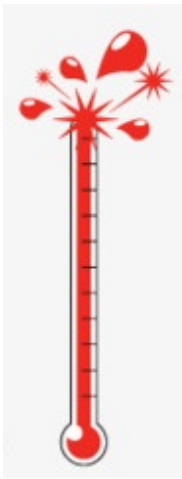
### ATTENTION ACCEPTED SPEAKERS FOR THE 2018 DREAM CONFERENCE:

We encourage IASD speakers to promote the conference event. The more attendees at the event, the more people that get to hear the awesome content you have to share!

**NEW in 2018** – Customized Promotional Graphic! Add your photo and presentation title, and send to your personal social media network on Facebook, Twitter or personal email.

Send your photo to [Laura Atkinson](#) by 1 April 2018. She will email your customized graphic within 48 hrs. This customization service is available only until April 1, 2018 due to schedule and demand; but you are welcome to assist with promoting the conference until the last day!

**2017 IASD PLEDGE CONTRIBUTIONS SOAR OVER GOAL!**



A final tally of donations to the 2017 IASD Pledge Drive, which ended the last day of January, beautifully demonstrates the care that dreamers give to the world's top dream organization. Over \$18,000 arrived during the Pledge period, significantly topping the Pledge Drive's \$10,000 goal and exceeding last year's total by nearly \$1,000

There were two special aspects initiated in the Pledge Drive this year: a Facebook challenge run through Facebook's Network for

Good, and our request that all members help with the Pledge Drive by remembering at any time of year to include IASD in the Amazon Smile program. These two programs netted \$900.



And finally, a big thank you and acknowledgement goes to the individuals who donated to the **Jeremy Taylor Dream Education Memorial Fund**. These donations,



with a combined total of nearly \$1,000, will be utilized for conference scholarships and other aspects of IASD's dream education program.

Thank you to all the dedicated IASD members who keep this dream organization operating through volunteer hours, love and programs like the annual Pledge Drive.



You shop. Amazon gives.

### SUPPORT IASD WITH A SMILE

Would you like to continue to support IASD all year long? Try AmazonSmile, an easy way to give money without the stress. Click on this link and sign up. Every time you make a purchase on Amazon, .05% goes to our organization.

## IASD HEADQUARTERS HAS NEW LOCATION

Our IASD office is moving! / Effective immediately.

Our new mailing address is:

IASD  
PO Box 206  
Novato, CA 94948

Boxes and other oversize flat mail can be sent to:

IASD  
1537 South Novato Blvd #206  
Novato, CA 94948

(Note: must have the hash tag/pound sign #206, DO NOT use "UNIT" 206)



Over the next few months you will start to see our new address in IASD Publications such as *Dreaming*, *DreamTime* and *Dream News*, in correspondence, in ads and on the IASD web site. Remember though that this is only a geographical move. IASD's web site, email and phone numbers will not be affected by the change.

Please join us in thanking Meredith Sabini, PhD, of The Dream Institute of Northern California, for providing space and being our landlord. For more than ten years now she has made IASD welcome in Berkeley. However, as our organization has achieved a greater geographical spread, our need for physical office space has decreased. Our Facebook pages will still be open to the Dream Institute to provide information on programs.

### THE ERNEST HARTMANN AWARD FOR STUDENT RESEARCH

*Curtiss Hoffman, Student Research Awards Chair*

Participants may also electronically submit videos in AVI formats, or music in MIDI or MPS formats.

IASD-Student Research  
PO BOX 206



**Ernest Hartmann**  
1934-2013

announce that the anonymous donor who generously provided funding for the Student Research Award last year has graciously agreed to provide matching funds for the 2018 competition! The IASD Board of Trustees will provide the balance of funds.

**Novato, CA 94948**

Alternatively, a copy can be faxed to the IASD Office at 1-209-724-0889, or scanned and emailed as an attachment to [office@asdreams.org](mailto:office@asdreams.org). A note or cover letter should be included to indicate that this is for the IASD Student Research Award. Participants must specify which of the two awards they are applying for. In the case of papers with multiple authors – in terms of the ideas presented as well as the description of the results – the contestant must indicate clearly, in either the text of the paper or in an accompanying letter, what portions are the submitter's work.

As in previous years, there will be two \$500 awards. The first is for the best student submission of original scientific research on dreams and dreaming. The second is for the best student submission of original historical, literary, artistic, or theoretical research. Undergraduate and graduate students are eligible to submit papers. See <http://www.asdreams.org/student-awards/> for additional details.

Research that has been published prior to the submissions deadline is not eligible for this award.

All participants must submit their presentations in electronic form, preferably through email to: [office@asdreams.org](mailto:office@asdreams.org), or if necessary by mailing the files to the address below, copied to a CD or a DVD, to the IASD office by March 1, 2018.

Submissions must include a copy of the participant's student ID.

Winners will be announced during the General Membership Meeting at the IASD annual conference, which will be held at the Doubletree Resort Paradise Valley, Scottsdale AZ, June 16-20, 2018.

Check the schedule of conference events to find out the exact date and time.



## REGIONAL NEWS YOU CAN USE

**Susanne Van Doorn, Chair, IASD Regional Events Committee**

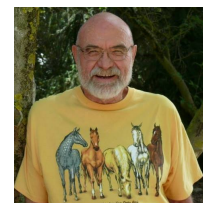
I hope that the new year started out well for you and that your health and dream life are flourishing. This month I want to present to you the Regional Representative of Northern California: Christian Gerike.

If you want to join our regional team, you are welcome. You would need to become a member of the IASD if you are not already registered.

At the moment we have 52 regional representatives – IASD members living in all continents of the world. They are the people who greet the new and renewing members online and who are actively involved in promoting dream work in their region. At the moment we are looking for a new representative for England.

Please check the IASD website for up-to-date names and contact information for the regional representative in your area. The [Regional Representative webpage](#) is divided into regions, making your search more user-friendly.

**Regional Representative of Northern California:  
Christian Gerike**



Christian Gerike is a Northern California regional representative for IASD. He holds a master's degree in anthropology and is currently completing a master's degree in psychology, both from Sonoma State University, California. Christian writes blogs, holds workshops, and teaches. He writes *The Dreaming* which presents excerpts from the wide range of dream literature and appears four times a week on IASD's Facebook page.

Christian has taught courses on *the Psychology of Dreaming* and is currently a teaching assistant for *Myth, Dream, and Symbol* courses at Sonoma State University. Through these classes, he teaches appreciation of the value of dreaming as providing insight to our lives and how dreams promote our mental and physical wellbeing.

An enthusiastic supporter of IASD, he actively uses social media to promote the annual international IASD conference and the online PsiberDreaming Conference. He also promotes the IASD through the classes he teaches and the dream groups and

If you would like to become a representative, or for further information, please contact Susanne Van Doorn, Chair of the Regional Events Committee, at [susanne@mindfunda.com](mailto:susanne@mindfunda.com)

workshops he participates in.

Christian believes that, "The more that people consciously pay attention to and work with their dreams the better place the world will be."



## WINTER 2018 DREAMTIME HITS THE STANDS (AND YOUR COMPUTER)

Within days the Winter 2018 issue of IASD's *DreamTime* magazine will be arriving at the doorsteps and computer screens of IASD members. This magazine is one of the many benefits of IASD membership.

This Winter 2018 issue is one you will not want to miss, as it contains a very special article. We are happy to announce that we have received permission from Dr. Montague Ullman's daughter Susan to release an excerpt from her father's unpublished autobiographical writings. Thus a special article will appear in this issue containing, among other things, Montague Ullman's notes on successful experiments in the paranormal that were conducted over a period of several years. We know you will want to read this issue of *DreamTime*.

## BRAIN AWARENESS WEEK MARCH 12 - 18, 2018

Help share IASD's expertise on the dreaming brain!

IASD's participation in Brain Awareness Week originated in the Regional Representatives Committee, but any member can help promote IASD and BAW. We hope you will!

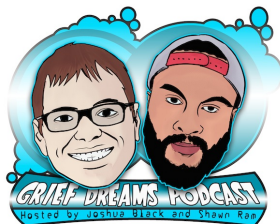
Consider printing some copies of the IASD BAW handout, and delivering them locally (along with IASD conference info, of course) to school teachers, healthcare providers, reporters, scout troop leaders... anyone who might have a natural interest in the brain, in dreaming, or both. Download the PDF from <https://tinyurl.com/yddnoy2b>. It can be printed two-sided on a single sheet of paper.



Then, during March 12–18, help spread IASD's expertise online. Each day, an original IASD BAW article (some days two) will be posted. They'll be in the Articles for Dreamers section of IASD's home page, and on IASD's Facebook page. Please share each day's articles widely, wherever you're active online!

BAW is a global campaign of the Dana Alliance ([dana.org/baw](http://dana.org/baw)). Questions? Email Gloria Sturzenacker at [glsturz@cs.com](mailto:glsturz@cs.com).

## MEMBERS IN THE MEDIA



### GRIEF DREAMS PODCAST

The Grief Dreams Podcast has been interviewing people for over a year now (with 55+ episodes). The podcast explores people's life

### JORDI BORRÀS GARCÍA LATEST INTERVIEW

For our Spanish speaking members, IASD Board Member Jordi Borràs García has been interviewed on three international radio shows on dreams, politics and alternate states of consciousness.

On the Catalan radio station, Catalunya Ràdio entitled "[Dreams in Times of Uncertainty](#)" the role of dreams

### FEEDBACK REQUEST FROM IASD MEMBERS FOR DREAM JOURNAL BOOK PROJECT From Suzanne Saldarini:

I'd welcome dream workers'/researchers' comments or suggestions on a project I've undertaken: consultant to a dreamer hoping to publish his dream diary. Prompted both by curiosity about dreams and interests in creative writing, he's recorded 145 dreams occurring

journey, their grief after a death (human or pet), and any dreams they have had about the deceased loved one that has died. The show is hosted by Joshua Black (PhD student researching dreams of the deceased) and Shawn Ram (with an occasional guest host). This podcast can be found on iTunes (Apple podcasts), Stitcher, Podbean.com, and many other podcasting platforms. For more information about this topic, please go to [Griefdreams.ca](http://Griefdreams.ca)

in the profound crisis between Spain and Catalonia were discussed.

over a one-year period (his 59th year). He's organized these by manifest content categories (e.g. family, friends, work, sex, violence, etc.) and added day residue and associations. I will contribute observations from research (e.g. the continuity hypothesis) and add questions encouraging exploration of latent content. Reactions, ideas? Share with Suzanne Saldarini: [ssaldari@optonline.net](mailto:ssaldari@optonline.net)



largest set of sleep data ever assembled. (This data is anonymous and averaged; it's not associated with individual customers' names.)

SOURCE: [YAHOO FINANCE](#)

### **SLEEPING BOOSTS WOMEN'S BRAIN POWER BUT MEN BENEFIT MORE FROM NAPS**

Previous research has suggested women need more sleep as their brains are 'more complex' than men's. Getting a good night's sleep boosts women's brain power, while men benefit from shorter naps, research has suggested. Scientists at the Max Planck Institute in Munich analyzed the sleep patterns of 160 adults to consider how sleep affects intellectual capacity. Their study has been presented at the Forum of Neuroscience in Copenhagen.

SOURCE: [PSYCH PEDIA](#)

In this issue of Hot Off the Press we will be focusing on the latest research on sleep data. The intention of this column is to publish links to evidence-based scientific articles on the study of dreams that are written for a non-research audience.

### **WHAT FITBIT'S 6 BILLION NIGHTS OF SLEEP DATA REVEALS ABOUT US BY DAVID POGUE**

Since Fitbit began tracking sleep stages in March 2017, it has collected data from 6 billion nights of its customers' sleep. This is a gold mine — by far the



## **ILLUMINATED COSMIC DREAM VOYAGES**

JANUARY NEW AND RENEWING MEMBERS =  
40

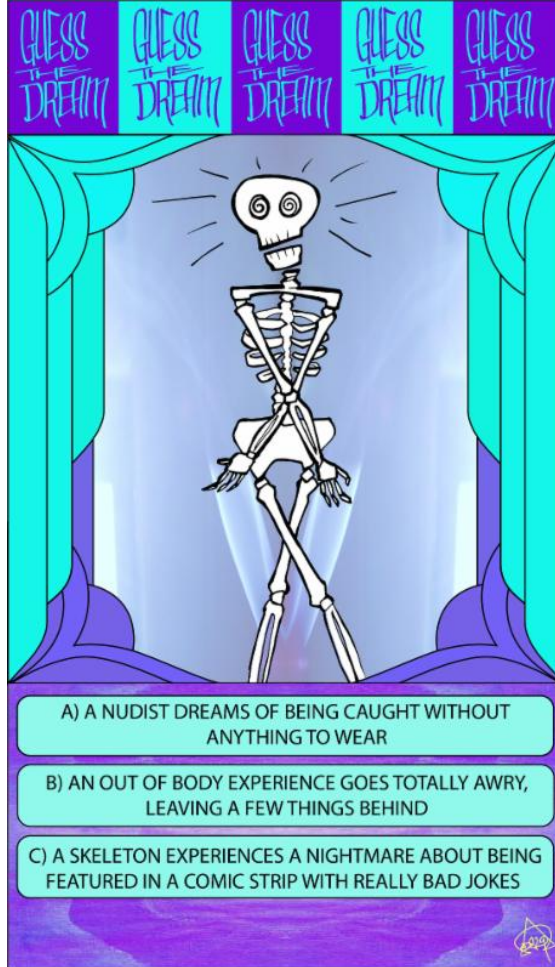
JANUARY TOTAL RENEWING MEMBERS = 29

Victoria Freeman  
Robert Freeman  
Marlene King  
Tallulah R Lyons  
Judy Kolkin Kaplan  
Alma M. Verbunt  
Lisa B. Rigge  
Deon Andre van Zyl  
Jordi Borrias Garcia  
Prof Paul Giurlanda  
Laurel McCabe  
Katy Kane  
Katherine Bell  
Doris Snyder  
Dan Gilhooley  
Barbara Koning

Sylvia G Green-Guenette  
Katarzyna Kaminska  
Karen E Melady  
Talbert Kanigher  
Nancy Grace  
Cynthia b Devlin  
Br Kevin P Dobbyn  
Christine Tau  
Robert G Waggoner  
Walter R. Smith  
Robert Cole  
Robert P. Gongloff  
Daniel Kennedy  
George Bell

JANUARY TOTAL NEW MEMBERS = 11

Matthew Hugh Erdelyi  
Diane M. Zizak  
Jeri L. Staley  
Sarah S Bertoliatti  
Jennifer Passiglia  
Robyn Hubbard  
Don Laird  
Ruth A O'Donnell  
Adriana Auman  
Valerie VP Popowski Reichmann  
Rebecca Faye Hall  
1 Anonymous



STAY CONNECTED

