



Dream News

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Visit our Website

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Contact:

office@asdreams.org

209.724.0889

Linda H. Mastrangelo

Editor

Joy Fatooh

Copy Editor

Laura Atkinson

Design & Layout

Richard Wilkerson

Office Manager

Jean Campbell

Executive Committee Advisor

Robert P. Gongloff

Editorial Consultant

Delia Puiatti

Dream Illustrator



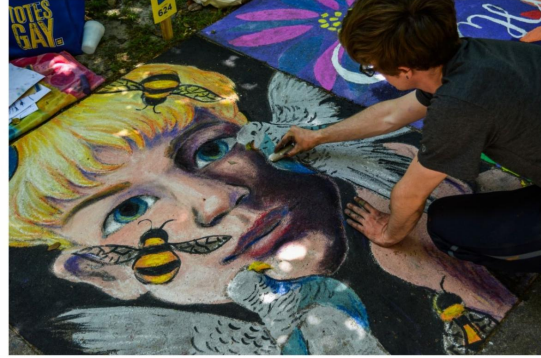
The Venue is the spectacular Loews Ventana Canyon Resort, in Tucson, Arizona, USA. "Ventana," or "Window" to the Soul of the Sonoran Desert, is Loews Ventana Canyon. We have negotiated a special discounted rate of \$115 per room night (with complementary Wi-Fi and parking) for our conference in this premier spa and resort facility. Discover a magical perspective high above Tucson in the Catalina Mountains, where this stunning natural retreat embraced with nature trails and waterfalls offers a variety of activities, signature services, world class restaurants and experiences to relax, energize and inspire guests. A playground of visitor delights includes the luxurious Lakeside Spa and Tennis Center; Canyon hiking; two Tom Fazio-designed PGA golf courses and lighted tennis courts; two swimming pools; a fitness center; nearby riding trails, and more. It is accessible from the Tucson International Airport in

Arizona, which has direct flights from such international hubs and cities as Atlanta, Chicago, Denver, Dallas Fort Worth, Los Angeles, Salt Lake City, San Francisco and more. Make it a Vacation – Arizona is a destination area so we negotiated 3 days before and after the conference at the same discounted room rate (space available) – go to <https://iasdconferences.org/2022/attractions-around-tucson/> for a sampling of the Tucson and Arizona attractions and register early for available rooms for extra days.

Confirmed Keynotes

We are pleased to announce the confirmation of 4 of our keynotes.

- **Edward Bruce Bynum, PhD** - clinical psychologist and the director of behavioral medicine at the University of Massachusetts Health Services in Amherst.
- **Jeannette Mageo, PhD** - professor of cultural anthropology at Washington State University.
- **Rubin Naiman, PhD** - clinical assistant professor of medicine and the sleep and dream specialist at the University of Arizona Andrew Weil Center for Integrative Medicine
- **Michelle Carr, PhD** - President of IASD and researcher in the University of Rochester Sleep and Neurophysiology Laboratory



Call for Presentations - Open

Submission Deadline coming soon - Deadline
January 10, 2022

Instructions and Submission Forms are now posted and open on the 2022 Conference website <https://iasdconferences.org/2022/call-for-presentations/> along with a preliminary Schedule at a Glance planning template. Note that since the conference is in July 2022, the deadline for regular submissions for this conference will be January 10, 2022, and the poster submissions deadline will be March 15, 2022.

The program is multidisciplinary; therefore, high-quality proposals are invited that fall into any of the following tracks: Research and Theory; Clinical Approaches; Dreamwork Practices; Research; Dreams and Ethnicity; Dreams and the Arts; Education; Religion, Spirituality and Philosophy; Extraordinary, Psi and Lucid Dreams; Dreams and Health; Culture and History; and Mental Imagery. Submission categories include Pre-organized Symposia; Pre-organized Panels; Individual talks to be combined within Symposia; Special Events; Workshops; Morning Dream Groups; and Poster Presentations. IASD encourages presenters of all backgrounds to apply and to be sensitive to matters of diversity and disability in their submissions and presentations. IASD does not discriminate in accepting proposals with respect to race, culture, gender, age, sexual orientation or various forms of disability. All submissions must be made online at <https://iasdconferences.org/2022/> – click on Call for Presentations.

Call for Art - Open

Juried Dream Art Exhibition DEADLINE FOR
ENTRIES:
Midnight March 31, 2022, GMT.

Eligibility: We are encouraging artists to submit your original art work about or inspired by dreams to be exhibited and displayed at our conference Juried Dream Art Exhibition. Aside from the exhibit, the event features an Art Reception, a chance to sell your art and perhaps even win a cash award.

Media: All two-dimensional and multi-dimensional media will be considered, including painting, drawing, collage, sculpture, video, and installation art. Artworks that are unusually large or require extensive installation may not be accepted but will be considered. We are not able to accept performance art. Performance artists may wish to consider submitting a proposal for a special event for the conference program (deadline for those proposals is January 10, 2022 as noted above). Although artists are permitted to attend all or part of the conference for the discounted Presenter rates, you do not need to be a conference attendee to participate in the [IASD Juried Dream Art Exhibition](#) (there is a \$40 non-refundable jury submission fee, however, for those not attending the conference).



Registration – Open

Go to the conference site <https://iasdconferences.org/2022/> for instruction and forms for Registering for the Conference as well as instructions to register for one of the discounted rooms in the limited block of **Lodging rooms at the Loews Ventana Resort**. The rates for this year's conference have been held at the same rate as was advertised for the earlier onsite 2021 conference before we went virtual, and the room rates are actually less (at \$115 per night). We also have special discounted rates for students, limited income and volunteers, and a few partial student and Diversity, Equity and Inclusion scholarships.

Call for Volunteers – Open

Volunteers are able to attend the conference for \$100 by working about half the conference session hours (roughly 14 hours). The initial registration fee is \$200 and half (\$100) of the fee is returned after the duties are completed. Volunteers must arrange for their own travel as well as lodging and meals. The duties are consolidated into four categories: Registration/Info Desk; Room Monitor; Audio Visual Support; and Art Exhibition. For more information or to apply go to <https://iasdconferences.org/2022/call-for-volunteers/#>

In Memoriam

Patricia Garfield (1934 - 2021)



Internationally-known dream author and researcher Patricia Garfield, PhD, died at her home in Petaluma, California on Monday, November 22, 2021. Born on August 31, 1934, she was 87 at the time of her death.

Author of the book *Creative Dreaming*, originally published in 1974, Garfield has influenced a generation of dreamers. She was one of IASD's founders, serving as President from 1998-1999. She received our Lifetime Achievement Award in 2012.

After earning her PhD in Clinical Psychology from Temple University in Philadelphia, Garfield taught psychology at several universities on both the East and West Coasts of the United States. Garfield is the best-selling author of twelve books; her first, *Creative Dreaming*, is still so popular that it has been translated into 14 languages. Other publications include *The Healing Power of Dreams* (1991); *The Dream Messenger: How Dreams of the Departed Bring Healing Gifts* (1997); *Women's Bodies, Women's Dreams* (1988); and *The Dream Book: A Young Person's Guide to Understand Dreams* (2002), which received the 2002 Children's Media Award sponsored by the Parents' Guide to Children's Media. Garfield has been a frequent guest on many major national and international radio and television programs.

THE MANY WORLDS OF LUCID DREAMING

OCTOBER 30 - NOVEMBER 13, 2021

An Online Event from the International Association for the Study of Dreams



More than 150 paid participants attended IASD's second annual *Many Worlds of Lucid Dreaming* online conference. After an opening Zoom presentation from Keynote Speaker Scott Sparrow, 14 additional IASD members shared their vast experience with and/or research into lucid dreaming.

Participants rated the conference extremely highly. One graduate student participant wrote, "*The entire conference has been overwhelmingly (in a good way) beneficial for me.*" Ed Kellogg and Robert Waggoner served as co-hosts for the two-week online conference, and GlideWing provided the technical, registration and 24/7 support for the event.

All presentations included a text and graphics PDF version, and some also included attached videos, Zoom presentations, or PowerPoints to enhance impact. Text versions ensured that participants from all over the world could access the ideas and experiences at any time, even when they could not attend optional "live" presentations, which later became available as viewable recordings.

With IASD's vast expertise in dreaming, IASD-sponsored online conferences represent a powerful means to meet our mission of education and outreach, while growing our membership and prominence in the field.

THE VISUAL ARTS COMMITTEE NEEDS VOLUNTEERS

Kim Vergil, Co-Chair, Visual Arts Committee

The IASD Visual Arts Committee needs volunteers to be part of our committee. I would like to ask you: What do you feel about the continued existence of the Dream Art Exhibitions during the conference? Have you considered what the conference would be like without a Dream Art Exhibition? Do you value the Dream Art Exhibition enough to decide to be a part of making sure it will continue?

Let me introduce us properly to all the IASD community. The Visual Arts Committee is in charge of making the Dream Art Exhibition happen every year within the context of the IASD conference and all that entails. This means a full year of work and preparation before the conference even starts. The day it starts, an entire exhibition is installed for all to enjoy for the duration of the conference.

I have been the Visual Arts Committee Chair now for well over 13 years. I took over from Richard Russo who had taken over from Fariba Bogzaran who was the initial artist to start the Dream Art Exhibition way back when (that is another story to be told). We now have online submissions from artists around the world, and local artists in the Conference location who are invited to participate each year. The Visual Arts Committee team meets once a month to share what has been done and what is left to do, with a summer break; so, about 10 meetings a year on Zoom from around the world.



As you can imagine, none of this happens by itself. We are now a small team: Julie Naumen-Mikulski (co-chair), Robert Gongloff (technical support), Walter Berry (chief organizer and Artist liaison), Delia Puiatti (social media), and myself, Kim Vergil (co-chair). This year, during the COVID-19 pandemic, we were able to put together the stunning arts exhibit that so many saw online. Right now, we need volunteers who can join the committee and help with writing, proofreading, and technical support; IASD meeting liaisons; and on-the-ground exhibition support.

Please consider joining our team on a trial basis, if you believe in the continuation of the Dream Art Exhibition within the IASD conference. We NEED YOU. Please contact me at KIMvergildREAM@gmail.com with any questions or to join the team. We look forward to hearing from a diverse group of art-loving Dreamers who can bring their support to our group in any way they can imagine. Artists are welcome but the only requirement is a love of Dream Art that has touched you in some way.



ERNEST HARTMANN STUDENT RESEARCH AWARDS – CALL FOR SUBMISSIONS, 2021-



RESEARCH GRANT PROPOSALS -2021 GRANT CYCLE

We are pleased to announce that, thanks to a grant from an anonymous donor which is being matched by the IASD Board of Trustees, IASD is able to offer full-time graduate and undergraduate students the opportunity to compete for two (2) \$500 awards for the best student papers in the field of dream investigation in 2021-2022: one for quantitative research; one for qualitative research including history, literature, theory, and the creative arts. The award is named in honor of the late Dr. Ernest Hartmann, a pioneer in dream research and the originator of the program.

New Award Announced! With the intent of promoting the IASD commitment to diversity, equity, and inclusion (DEI), starting with the 2021-2022 contest a new annual \$500 award for quantitative or qualitative student dream research related to cultural diversity has been added, open to student applicants who identify as members of ethnic groups that have been underrepresented in dream research. To learn more about the DEI Student Research Award, see the [IASD Dreams & Ethnicity Portal](http://www.asdreams.org/ethnics).

Papers must be emailed to the IASD Office at office@asdreams.org – or, if necessary, by mailing the files on a CD or DVD to the IASD postal address, P.O. Box 206, Novato CA 94948 – **by March 1, 2022**. Participants may also submit videos in AVI formats, or music in MIDI or MPS formats. All submissions will be judged by a panel of IASD faculty members. See <http://www.asdreams.org/student-awards> for details and submission instructions.

Authors of winning papers, and of papers deserving honorable mention, will be announced at the 2022 IASD conference in July and in the Fall 2022 issue of *DreamTime*. Winners must agree to make their papers available for presentation either at a regional meeting of IASD or at the 2023 IASD Conference, and/or for publication in a future issue of *DreamTime* or *Dreaming*.

For more information, please contact Curt Hoffman at teximus@comcast.net

INSTRUCTIONS:

<http://www.dreamscience.org/grant-opportunity/>

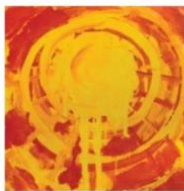
Thirteen Dream Research Grant Proposals, from seven countries around the globe, were received for the 2021 call for grant proposal cycle which closed on October 15, 2021. The peer review ranked the applications according to value to dream science, solid methodology and risk. All were considered quite excellent. With our limited funding, based mostly on research donations, we were able to support five of the proposals this year, including one (a team from Taiwan) which we are delighted to announce received support from our newly announced Diversity, Equity, Inclusion (DEI) funding opportunity. The grants that were offered included the following teams and titles:

- Université de Montréal, Canadian team: Antonio Zadra, PhD, Jenna LaBelle, BSc, Ajar Diushekeeva, BA: "Thematic and Content Analysis of Positively Toned Dreams"
- University of Rochester, US team: Rachel Raider, BA; Michelle Carr, PhD: "Effects of Planning on Lucid Dream Induction"
- Lyon Neuroscience Research Center, French team: Aurélien de la Chapelle (PhD student), Perrine Ruby (PhD): "Dreaming and emotion regulation: Investigation of dream journals collected during bereavement"
- National Dong Hwa University, Taiwan team: Jui-Yi Hsieh (MA Candidate) and Ming-Ni Lee (PhD): "The Effects of Boundary Structure and Video Game Experiences on Nightmare Distress: A Study on Taiwanese Dreamers" (DEI support)
- Massachusetts Institute of Technology and Northwestern University, US team: Laura Sowin, BSc and Remington Mallett, PhD: "Dream anchor: A technique to stabilize lucid dream awareness using auditory cues"

Please Help Contribute to Support Dream Research:

IASD and the DreamScience Foundation (DSF) are working in a partnership to provide seed grant funding for dream research, the objectives being to stimulate dream related research with students and professionals and to enhance IASD's mission in supporting research. However, our joint funds are very limited and number of grants and amount of funding we can provide is totally dependent on the donations received. So we depend on your donations to support or partially support more than a few studies. It is difficult for young and even seasoned researchers to always obtain funding for dream related research; so we need your help with whatever amount you can provide to this effort to better understand and apply dreams and dreaming for the health and wellbeing of humankind. To donate whatever you can please go to www.dreamscience.org/donate-to-the-research-grant-fund/

DONATE



**Support the
International Association for the Study of Dreams**
THE WORLD'S PREMIER DREAM ORGANIZATION

ANNUAL PLEDGE DRIVE

During the past two years of COVID-19 distress, IASD has survived and thrived with the support of a loyal membership and a connected group of dreamers, unlike many other small businesses and nonprofits. You have our thanks for this.

However, during this year's Pledge Drive, IASD needs your support even more!

This is a year of change for IASD. Our Central Office Manager, Richard Wilkerson, will be embarking on his retirement in 2022 and there is an active search currently being conducted to replace him. Although IASD will remain essentially the same, a change this large brings added expenses and the need for community support.

We will continue this year to ask for your support of programs which provide aid to dreams and dreamers: the annual Art Awards, Diversity training for Board members and staff, Dream Research Awards, the Ernest Hartmann Student Awards, and many other programs which benefit the entire dreaming community.

But no matter what program you select for the direction of your funds, we ask you to give generously.

Thank you for being part of the IASD community!

The IASD Executive Committee and its Advisors:

Maureen Boyd Biro
Michelle Carr
Leslie Ellis
Robert Waggoner
Kelly Lydick
Angel Morgan
Robert J. Hoss
David Kahn
Jean Campbell

**INDEPENDENT STUDY
ONLINE COURSES**

SCIENCE & PSYCHOLOGY OF DREAMING
AND THE SCIENCE OF LUCID DREAMING



The online course committee (OCC) offers online courses on various aspects of dreams and dreaming to those IASD members and nonmembers who would like to take these as part of an independent study program. The initial offerings are the foundation series courses titled *The Science and Psychology of Dreaming* and *The Science of Lucid Dreaming*. While these courses are offered as part of the IASD Dream Study Groups Program, the OCC is responding to requests to also offer them as stand-alone independent study courses, which should appeal to those who prefer to take courses on their own.

The *Science and Psychology of Dreaming* course is a mini-tutorial which covers:

- The Basics
- The Psychology
- Exceptional Dream Experiences

The course is taught by Robert Hoss, who chairs our research grant committee, and is co-editor of IASD's book *Dreams: Understanding the Biology, Psychology and Culture* from which much of the course is derived. It is designed for anyone interested in a summary of some of the theories and research findings related to our basic understanding of dreaming. Although there is much still being researched about the nature of dreaming, this course offers a snapshot of some of the general practices, recent research and theoretical thinking.

The *Science of Lucid Dreaming* course covers the history of the first scientific evidence that lucid dreaming is a valid and distinct state of dreaming, and then surveys cutting-edge findings in the field. The course is taught by Robert Waggoner, an internationally known lucid dream pioneer and author of *Lucid Dreaming*. It is based on his presentation at the 2018 IASD Conference in Scottsdale, Arizona.

To enroll in either or both of these courses, please click on <http://iasdreamcourses.org/mod/page/view.php?id=1358&inpopup=1>



IASD Dream Study Groups Program (DSGP)

Michelle Carr and Angel Morgan, DSGP Co-chairs

Enroll in the IASD online Dream Study Groups Program (DSGP), featuring two new series: Dreams and Ethnicity, and Dreams and the Arts!

In the third year for IASD, members and non-members alike can join the IASD Dream Study Groups Program (DSGP), where like-minded individuals will be able to meet and interact in our "DSGP Tea Room" forum, and will follow course content together over the period of one year in an engaging and interactive way, with access to review questions and discussion forums.

- The cost for participation in the DSGP, \$50 for IASD members and \$75 for non-members, will include:
- Access to the "DSGP Tea Room", a global forum for dreamers.
- Access to either the DSGP Dreams and Ethnicity Series, or the DSGP Dreams and the Arts Series.
- A one-year membership in either course, where members will interact on forums and discuss course content over the year.

The DSGP Dreams and Ethnicity Series and the Dreams and the Arts Series bring together presentations gathered from IASD's 2021 Annual Conference, which featured global leaders on these topics. Both of these series include video presentations, written abstracts, and quiz review questions to prompt conversation in forums with other DSGP members. You will take a quiz after each presentation to earn a certificate of completion.

These new series will start March 1, 2022. Registration will open January 1, 2022. For more information click [here](#).



Regional News You Can Use

As the pandemic waves on, we continue to highlight our Regional Representatives. This month we highlight Johanna Vedral. If you want to be highlighted in a future e-news, contact Jeanne at vanjvb@gmail.com



Johanna Vedral (Vienna/Austria) is a psychologist, writer and writing teacher with a passion for dreams and collages. Connecting with the IASD community in 1999 changed her life forever and encourages her on her path as a dreamer since then. With her books and Collage Dream Writing Workshops she inspires writers, psychotherapists and others to dream on paper. She teaches creative dream writing to start a deep conversation with the dreaming self. As the editor of *SchreibRäume: Magazin für Journal Writing, Tagebuch und Memoir*, she publishes "Visual Diary & Dream Journal" (March 2022), with contributions from Lauren Schneider, Victoria Rabinowe, Tzivia Gover, Marta Aarli, and Johanne Hamel. The artist who designed this issue is Harshita Ilango.

As a bilingual person, Johanna offers her online workshops to German and English speaking dreamers who are open to adding another layer of translation to their dream sharing experience.

<https://shop.schreibstudio.at/produkt-kategorie/workshops>

<https://writersstudio.at/collagewriting.php>

<https://ksqd.org/collage-dreaming-with-johanna-vedral/>

<https://schreibraeume-magazin.at/>



IASD DREAMS AND ETHNICITY PORTAL – NEW DEI STUDENT RESEARCH AWARD ANNOUNCED

DEI Student Research Award Announced

Intent

With the intent of promoting our commitment to diversity, equity, and inclusion (DEI), as of the 2021-2022

Ernest Hartmann Student Research Awards Call for Submissions, IASD has added a new annual \$500 award for quantitative or qualitative student dream research related to cultural diversity in particular, open to student applicants who identify as members of ethnic groups that have been underrepresented in dream research.

Application Procedure

Submissions for this new annual award, designated **DEI Student Research Award**, will follow the same procedure, requirements, and deadline as the existing awards for quantitative or qualitative research, with the addition of a short statement (a few sentences) confirming the applicant's identity as a member of an ethnic group that has been underrepresented in dream research. Applicants for the DEI Student Research Award will also be considered in the existing quantitative and qualitative award categories, depending on the method of the student's research.

IASD DIVERSITY FINANCES

[Click here](#) to read the **IASD Diversity Finances** section, with information about several new Board approved programs from the Diversity Task Force Advisory Committee (DAC), including:

- IASD DEI (Diversity, Equity, and Inclusion) Dream Research Grants,
- BIPOC Conference Scholarships and Grants,
- Culture-Keeper Memberships,
- and more.

If you want to help fund these important new programs, please [click here](#) and donate to **IASD Diversity**. This category supports IASD's pledge to grow an intentional inclusive process for Black, Indigenous, and People of Color (BIPOC) with expertise or interest in dreams, expand IASD's ethnic diversity, and increase the ethnic diversity of invited speakers at future conferences.

Contact diversityresponse@asdreams.org to learn more about any of these initiatives, including special opportunities to sponsor scholarships and awards. And remember: That's the contact address for any comments on ethnic and racial Diversity, Equity, and Inclusion in all IASD functions.

Thank you for your support!



COVID-19 DREAMS PORTAL



Covid-19 and Dreams Portal | Popular Addition to the IASD Website

There are many people around the globe reporting "COVID-19 dreams" which reflect the unexpected situation in which we all find ourselves. Esteemed IASD members have been contributing interviews, articles and research on dreams during the pandemic, which we have collected to create a page on the IASD website. Dreamers have been finding this compilation of information to be useful. Updates are made on a regular basis. For an up-to-date list of links to articles and dream research opportunities go to <https://www.asdreams.org/covid-19-dreams/>

MEMBERS IN THE MEDIA

INTERNATIONAL CONFERENCE "I FEEL THEREFORE I AM" AT JUNG INSTITUTE - CALL FOR PAPERS

Interdisciplinary Conference in Zurich Call For Papers



Announcing a 3-day international and interdisciplinary conference to be held June 30 – July 2, 2023, at the C. G. Jung Institute near Zurich, Switzerland in celebration of the institute's 75th anniversary. We're very pleased that Dr. Pilleriin Sikka (Finland) will be joining us as one of our five keynote speakers. If you, like her, are involved in research related to emotions in therapy and/or dreams, please consider submitting a paper proposal with an abstract (ca. 300 words), a short biography that includes your clinical and/or academic background, professional affiliation(s), and a list of any recent publications.

Submissions should be in English and/or German and attached as a Word document in an email sent to [2023conference \(at\) junginstitut.ch](mailto:2023conference@junginstitut.ch)



In this issue Hot Off the Press focuses on religion and spirituality in dreams. This column publishes links to evidence-based scientific articles on dreams that are written for a non-research audience.

RELIGIOUS SCHOLAR HAS AN INTERESTING TAKE ON WHY DREAMS FEEL SO REAL BY LISA CAPRETTO

Thomas Moore has been a lifelong spiritual seeker and teacher. He spent 13 years as a Catholic monk before going on to earn a PhD in Religious Studies and become a practicing psychotherapist. Now, Moore has decades of religious study and 16 books under his belt, and though it all, he has come to believe that a sense of wonder is crucial to a spiritual life. And what could hold more wonder than a dream?

SOURCE: [HUFFINGTON POST](https://www.huffpost.com/entry/thomas-moore-dreams)

HOW DREAMS SHAPED THE EVOLUTION OF SPIRITUALITY AND RELIGION BY CAROLYN GREGOIRE

In his new book "Big Dreams: The Science of Dreaming and the Origins of Religion," dream researcher and theologian Dr. Kelly Bulkeley picks up this inquiry where Jung left off. Bulkeley scientifically explores these types of vivid, imaginative dreams as a "primal wellspring of religious experience," and argues that they play a universal role in the evolution of spirituality and religion across cultural contexts.

SOURCE: [HUFFINGTON POST](https://www.huffpost.com/entry/big-dreams-the-science-of-dreaming)

IASD November 2021 Membership

Misa Tsuruta, Membership Committee

Total new and renewing memberships = 41

New memberships = 5

Elizabeth H. Grund
Elizabeth A. Koehler-Pentacoff
Paul Sheldon
Natalie Barnett
Niki Jaimes

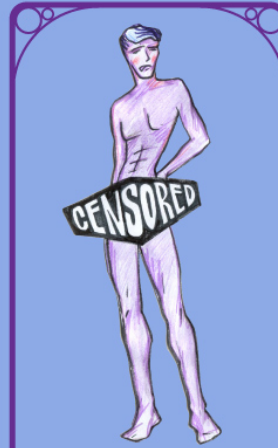
Renewing memberships = 36

Laurie Greenberg
Brigitte Holzinger
Rosemary Watts
Arthur T. Funkhouser
Evelyn M. Duesbury
Ole Vedfelt
Daniel Erlacher
Pieter de Jong
Willem J. J. Fermont
Mary C. Walsh
Cindy Lubar Bishop
Marion Rollings
Sue Llewellyn

Dream Toon with Delia Puiatti Dream Illustrator

Kimberly R. Mascaro
 George Gillespie
 Sonia M. Snyder
 Ruth A. White
 Brett S. Dungan
 Walter E. Berry
 Layne Dalfen
 Cynthia Pearson
 Laia Molina
 G. Nathan Feinstein
 Inoshi D.
 Jaime Lundquist-Munoz
 Erik Craig
 Craig Borden
 Chris Cuniffe
 Hans Ole Ostergaard
 Laura V. Grace
 Anonymous = 6

MONEY \$AVING DREAM BALL COSTUME IDEAS!



THE WHOOPSIES

THAT DREAM WHERE YOU GAVE A TED
 TALK BUT FORGOT TO WEAR CLOTHES.
 NO SHIRT, NO SHOES,
 NO DRY CLEANING!
 *DON'T FORGET THE EXTRA BLUSH!



SHABBY-CHIC SHADOW

THAT CREEPY SHADOW FIGURE FROM
 THOSE NIGHTMARES.
 METHOD: DON'T SHOWER, BRUSH
 HAIR, OR CHANGE CLOTHES
 FOR A YEAR.
 SUPER MONEY SAVER!



THE SCREAMER DREAMER

THAT NIGHTMARE WITH ALL THE
 CHASING AND YOWLING.
 WEAR ANYTHING, BUT RUN
 SCREAMING FROM EVERYONE AT
 THE DREAM BALL.
 THEN ASK THEM FOR A GIFT.



THE NO-RECALL
 NO DREAM-BALL

THAT DREAM YOU LOST ALL
 RECALL OF THANKS TO THE DANG
 ALARM CLOCK.
 JUST DON'T SHOW UP TO THE
 DREAM BALL!

Handwritten signature



STAY CONNECTED

