

Well-Being Weekends, Retreats, And Camps

Explore Another Time, Another Place, Another You

608.553.0728 <http://thewalkerhouse.org>

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Well-Being, Our View

At the Walker House, we employ Well-Being the way the Greek philosopher Aristotle (c. 384 BCE-322 BCE) might have used it almost 2,500 years ago. Aristotle frequently utilized in his works the Greek word *eudaimonia*, which scholars have traditionally translated as happiness or more recently well-being. But Aristotle probably meant by *eudaimonia* something closer to human flourishing. At the Walker House, we devise the programs of our Well-Being Weekends, Retreats, and Camps to accomplish two goals:

- To help free guests from all shackles and limitations;
- To help guests flourish in body, mind, and spirit.

Why Now? Why The Walker House? Me, Really?

Q: Why Now? A: It's Another Time. You've talked about putting time aside for yourself, and now you'll do it. Only one other time will count: Your Time. You'll journey from the You that brought you here to the You that will take you home at the end of the program.

Q: Why The Walker House? A: It's Another Place. Your body roots you to a place, and then you find your bearings in this place and draw your sustenance from it. Your sense of place represents your well-being's foundation. There is no better place to reflect on your life and to explore another you than the historic and beautiful Walker House, your home away from home during the well-being program. One of the world's treasures, the block-long Walker House (almost 16,000 sq. ft.) is carved in the same rock where mineral ore was first discovered

in the 1820s. Yes, the House is almost 200 years old with original miners' caves on the first floor. Updated with every modern convenience (including a 1,500 sq. ft. commercial kitchen in the 1980s), the House has nonetheless retained its elemental features—calm and quiet (no TVs or piped music), stone (2-foot stone walls inside and out), fire (3 indoor and outdoor wood-burning fireplaces), indigenous wood (most of the furniture made onsite from trees felled by the owners), water (it sits on Brewery Creek), and beauty (hundreds of artworks grace its interior walls, and 300 plants and flowers dot the 3-acre campus). At the Walker House, you will grow your well-being in a place as solid and basic and beautiful as the earth.

Q: Me, Really? A: Yes, It's The You Of Yesterday And The You Of Tomorrow, Another You. Statesman, inventor, and founding father of the United States Ben Franklin provides strong guidance for effective teaching and learning (variations of the proverb also come from the Chinese and Native Americans):

Tell me, and I will forget.
Show me, and I may remember.
Involve me, and I will learn.

During the program, talented faculty will tell you their theories related to well-being, and they will also show you how those theories have impacted their lives. You can expect the talks, and the lively discussions following them, to be interesting, probably fascinating. But talk by itself does not create Another You. You also need involvement, practice, and repetition. In almost every session, you can expect to test the theories and research you hear about with some kind of activity that will involve you, present you with the opportunity to practice the activity, and, if you choose, to repeat it so that Another You can begin to take form. At the conclusion of the program, you will be able to decide whether the incipient New You fits you well enough to take home. We think Ben Franklin would love spending time at the Walker House, and, if you're serious about your well-being, you will, too.

Program Dates

6/24/2015 Well-Being Toolbox, One Day, \$95
Featuring Dr. Dan Vaillancourt

6/27/2015 Forgiveness, One Day, \$95
Featuring Beth Turner

Please keep checking for the following programs, which are currently in development:

- Well-Being: Body, Mind, Spirit—One Day
- Healthy Living: Food And Thought—Two Days
- Birthing Your Story—One Day

- The Sustainable Paradigm For Human Beings
- Spirituality Of Nature—One Day
- Leisure—One Day
- When Gluten-Free Is Life Or Death—One Day
- Cooking Series: I Can Do All That With... —One Day
 - Quinoa
 - Non-Wheat Flours
 - Spelt
- Camp: Well-Being For Returning College Students
- Camp: Learning To Write For College

Faculty

Vaillancourt Ph.D., Dan

Dan earned his Ph.D. in Philosophy from DePaul University, and spent two years studying in Paris, France, first on a French Government Scholarship and later as a Fulbright Scholar. He is currently Full Professor in the Philosophy Department at Loyola University Chicago, where he has taught 35 different courses over the past 45 years and earned more than 15 awards for his teaching. Working in six languages, Dan has published over 100 works, including most recently the Well-Being article in the New Catholic Encyclopedia. Co-owner of the Walker House, he is positioning the House as a world center for programs that address what Aristotle called *eudaimonia*, translated as human flourishing or known today as Well-Being.

Vaillancourt, Kathy

Kathy earned her B.A. in Philosophy and Creative Writing from Mundelein College Chicago. She is the co-founder of Memoir For Change, and author of more than a hundred poems, children's stories, newspaper columns, and the book *Looking Glass Woman: Reflections and Poems: A Memoir*. She has worked with Dan in the classroom for two decades, and most recently as the director of the memoir projects in Dan's aesthetics classes. Co-owner of the Walker House, Kathy is the Chief Operating Officer of the House Services and Programs.

Steele, RN, BSN, Joan

Joan earned her BSN degree from Regents External Degree Program in New York. She has been CCRN certified and ACLS certified throughout her career.

After finishing nursing school in Portland, Maine, Joan worked at Massachusetts General Hospital and eventually at Holy Cross Hospital in Ft. Lauderdale, Florida, where she navigated her 39-year career from Coronary Care Nurse to Critical Care Educator, and then Director of the Heart & Vascular Services. During those years, she co-founded the Cardiac Rehabilitation Program, created and taught the Coronary Care Course certified by the American Heart Association, coordinated and taught the CCRN certification preparatory course,

created and directed several educational films for patients, nurses, and managers. She was a long-term member of the American Heart Association, where she served on the Education Committee and the Heart Ball Committee.

Joan recently retired from nursing and spends her time volunteering at the Humane Society and local Soup Kitchen, flower arranging, managing some Real Estate, and travelling to The Walker House to help Dan and Kathy as needed.

Turner, Elizabeth A.

Beth received her B.A. in journalism from the University of Wisconsin Madison. She spent more than 15 years in broadcast news as an anchor and reporter in Dubuque, Minnesota, Chicago, and San Francisco. Beth is currently a freelance writer, co-owner of Yellow Dog Productions (a video production business she runs with her husband Marv), and mom to three wild and delicious boys ages 18-12, and...one large black lab. She has deep roots in the Spring Green, Dodgeville, and Mineral Point area and feels a strong connection to the land and people in this area. Her passion is to see people live and breathe and move in God's original design for them, in freedom, creativity, and purpose.

Books

Coming Soon.

Online Walker House Food Market

(We have hundreds of items ready to go, and we're adding them to our Online Market as quickly as possible. Please check regularly.)

Welcome, we're glad you're stopping by. Typically, guests and diners enjoy the meals we've prepared for them so much that they want to take more entrées, sides, and desserts home. Other times, they want to make their own healthy meals at home, but they have difficulty finding special ingredients. We're here at the Walker House to help you eat clean and healthy. Please follow these 3 steps to place your order:

1. Identify the item you want by its number (N).
For example, N1 identifies our Cornish Beef Pasty.
2. Select the quantity (Q) you want, and identify it with a Q.
For example, if you want six pasties, you indicate Q6.
3. Place your order by calling 608-553-0728, or send an [email](#).
For example, the Cornish Beef Pasty order above is N1Q6

Come by the Walker House at your convenience to pay (cash or check only) and pick up your order.

Store items fall into these categories:

- From Our Kitchen (prepared foods)
- From Our Pantry (ingredients)
- From Certified Area Farmers (fresh produce)

From Our Kitchen (prepared foods)

1

Cornish Beef Pasty 7 oz.

1 for \$3:50, 6 for \$19, 12 for \$36

BEEF PASTY

INGREDIENTS

Crust: Wheat Flour, Lard, Water, Salt

Filling: Potatoes, Beef, Onions, Rutabaga, Beef Suet, Salt, Pepper



Notes

- We use Jerry Marr grass-finished beef in our pasties.
- We also offer a no-onion Cornish Beef Pasty.
- You can request your Cornish Beef Pasty frozen or hot (ready to eat).

2

Vegetarian Pasty 7 oz.

1 for \$4, 6 for \$22, 12 for \$42

VEGGIE PASTY

INGREDIENTS

Crust: Wheat Flour, Butter, Water, Salt

Filling: Potatoes, eggs, green beans, carrots, onions, Pepperjack cheese, rutabaga, celery, honey mustard, garlic, pepper, salt



Notes

- We also offer a no-onion Vegetarian Pasty.
- You can request your Vegetarian Pasty frozen or hot (ready to eat).

3

Chicken Pasty 7 oz.

1 for \$4, 6 for \$22, 12 for \$42

CHICKEN PASTY

INGREDIENTS

Crust: Wheat Flour, Lard, Water, Salt

Filling: Chicken, Potatoes, Carrots, Onions, Rutabaga, Celery, Chicken Stock, Salt, Pepper, Curry



Notes

- We also offer a no-onion Chicken Pasty.
- You can request your Chicken Pasty frozen or hot (ready to eat).

4

Gluten-free Beef Pasty 10 oz.

1 for \$5, 6 for \$27

GLUTEN-FREE PASTY

INGREDIENTS

Crust: Blend of Rice, Brown Rice, and Oat Flour, Lard, Water, Salt

Filling: Potatoes, Grass-Finished Beef, Onions, Rutabaga, Beef Suet, Salt, Pepper



Notes

- We use Jerry Marr grass-finished beef in our pasties.
- We also offer a no-onion Gluten-Free Beef Pasty.
- You can request your Gluten-Free Beef Pasty frozen or hot (ready to eat).

5

Pork Pasty 7 oz.

1 for \$4, 6 for \$22, 12 for \$42

PORK PASTY

INGREDIENTS

Crust: Wheat Flour, Lard, Water, Salt

Filling: Pork, Pork Sausage, Potatoes, Onions, Celery, Salt, Cinnamon, Cloves



Notes

- We also offer a no-onion Pork Pasty.
- You can request your Pork Pasty frozen or hot (ready to eat).

COMING SOON!

Walker House Pizzas

Complete Meals