

New Ventures Community Ed

Northwood School's Winter/Spring 2009 Class Listing

Enjoying the now, preparing for later

The area's resources and wildlife, crafts, alternative healing methods, fitness, job skills, art, event planning, comfort food, and moving forward in these uncertain times – and eventually, in prosperous times – are some of the tempting learning opportunities we're offering this semester.

Classes will be at Northwood School except where noted. You can register for them by mailing your payment and the registration form (back page) to the community ed program at the school. SEND A SEPARATE CHECK FOR EACH CLASS. Registration deadlines are listed as "RD"; anyone registering later should call first to ensure the class is not already full or cancelled due to low enrollment.

I need more class suggestions, and of course I'm always looking for people willing to teach a class or make a presentation. If you have ideas, please drop me a line, call 466-4692 (ext. 501), or e-mail Julie_Hustvet@northwood.k12.wi.us.

Julie Hustvet, Community Ed Director

Art: Drawing Beloved Landscapes

10 a.m.-4 p.m., Sat., Feb. 28; \$25

Draw favorite places using photos as reference. Demonstration and practice in the use of black and white materials, including pencil, conte crayon and/or charcoal pencil. Participants will explore and fine-tune perceptions of contour, values (the range of black to white), texture, visual perspective, and focal point. Workshop is open to beginners to advanced artists. Supply list will be sent upon registration. Instructor: Diana Randolph, Once in a Blue Moon Studio. *RD: Feb. 20.*

Art: Exploring Watercolors

9 a.m.-3 p.m., Sat., April 4; \$20

Realism and abstract watercolor techniques will be covered, including some sketching, color blending, creating personal expressions, color glazing, and using pen with watercolor. Instructor: Kathy Maas. *RD: March 26.*

Aromatherapy: An Introduction

6:30-8 p.m., Mon., Feb. 23; \$10

What aromatherapy is and the benefits that can be experienced through using essential oils. Information will include history of the oils, how they can be used, scientific facts, safety, and precautions. Ten essential oils that are a good basic care kit will be reviewed (and their scents enjoyed). Instructor: Nicole Wenner, Young Living. *RD: Feb. 16.*

Aromatherapy: Creating Blends and Perfume

6-8 p.m., Tue., March 3, \$15

Guidelines for blending one's own recipes, the benefits that can be achieved, and how blends can be used. Class participants will take home a custom-made blend. Instructor: Nicole Wenner, Young Living. *RD: Feb. 24.*

Aromatherapy: Essential Oils for Students

6:30-8 p.m., Tue., April 7; \$10

With school, homework, sports, tests, and all of the work that goes along with

being a student, find out how essential oils can help you with concentration, your appetite, insomnia, anxiety, stress, and aches and pains from over-exertion in sports. The essential oils that can help with those challenges and their benefits will be discussed and their scents savored. Instructor: Nicole Wenner, Young Living. *RD: March 31.*

Basic Dog Obedience

6-7 p.m., six Mon., Feb. 23-March 30; \$30

A class – or a refresher course – for teaching a puppy or dog (and its human companion) the basics of heel on a leash, sit, down, and come when called. Instructor: Lynn Corrado, Mushing Paws Kennel. *RD: Feb. 12.*

Basket: Easy Oval Twill

6-9:30 p.m., three Mon., March 9-23, \$24, includes materials

Approximately 13x10x8 inches not including handle. Uses a wooden base; woven in a 2/2 twill in a continuous weave. Great catch-all basket. Some weaving skill helpful but not necessary. Instructor: Kelly King. *RD: Feb. 25.*

Basket: Fruit Basket

6-9:30 p.m., three Wed., April 22-May 6, \$25, includes materials

Can be used for much more than holding fruit. Unique basket has a heart-shaped base. Approximately 7x7 inches with the front height at 5 inches and the back at 12; has color accent rows of weaving. Weavers will use a back weaving technique plus a different cut-and-tuck method. Advanced beginner to intermediate. Instructor: Kelly King. *RD: April 9.*

Basket: Shellie's Tote

6-9:30 p.m., three Wed., Feb. 18-March 4, \$32, includes materials

Approximately 8x14 inches. Tote has natural and dyed weavers and shaker tape handles that match the dyed weavers and are long enough to carry over the shoulder. Good basket for carrying items to and from work. Any weaving level. Instructor: Kelly King. *RD: Feb. 9.*

Basket: Wooden Base Leaf Bowl

6-9:30 p.m., three Wed., April 1-15, \$38, includes materials
This bowl-shaped basket is woven with natural reed, green spokes, a twill spiral around the basket., bulky yarn as the rim filler, and two wrought iron leaf handles. For any skill level. Instructor: Kelly King. *RD: March 23.*

Career Exploration and Financial Aid

6-8 p.m., Wed., Feb. 18; free, but registration is required
Want to reinvent yourself or get more training? Take assessments, gain insight on labor changes expected over the next 10 years, and learn what training is available and how to apply for financial aid for education. Instructor: Jim Dzimiela, Educational Opportunity Center, UW-Barron County. *RD: Feb. 13.*

Celebrate Spring on a Down To Earth Tour

9 a.m. to 4:30 p.m., Sat., May 9; \$49 (discounted price), plus lunch on one's own at a restaurant along the way
Go off the beaten track to visit hidden gems of Bayfield, Sawyer, and Douglas counties in a tour that combines geo, eco, nature, and historical elements into a balanced and diverse experience. Learn about the regional and local heritage, flora and fauna, geologic and glacial history, and the forests and waters. The tour covers about 100 miles aboard a comfortable mini-bus with a dozen stops and short hikes along the way. Pick-up will be at the Gordon Town Hall. More information is available by visiting www.downtoearthtours.com or by calling tour guide Dave Thorson, 376-4260. *RD: May 1.*

Computer: PowerPoint Basics

6-8:30 p.m., two Thur., March 5-12; \$15
How to use Microsoft PowerPoint to make a simple presentation. Students should go to class with an idea for their slide show. Clip art and pictures will be used. Photos can be taken to class on a flash drive, CD, or memory card. Instructor: Diann Parker. *RD: Feb. 25.*

Cooking: Art of Syrian and Jordanian Cooking

6-8:30 p.m., Mon., April 20; \$10
Sample and learn how to prepare a meal of some authentic Jordanian and Syrian recipes that have been a family's favorite for generations, including Ships Pasta (actually a chicken and rice dish, with a unique twist), special salad, and stuffed grape leaves. Instructor: Andrea Ibzag. *RD: April 13.*

Cooking: Killer Pasta

6-9 p.m., Mon., April 6; \$15
Sample and learn to make pastas with killer flavor – cheese-stuffed shells and lasagna with meatballs and a signature homemade sauce. Instructor: Andrea Ibzag. *RD: March 30.*

Cooking: Knife Skills

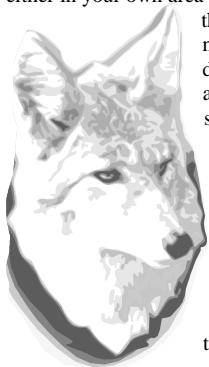
5:30-7 p.m., Mon., Feb. 16; \$15
The basics of how to use a knife safely, which knife to use for what purpose, and how to sharpen them and keep a good edge on them. Students can take up to two knives to class to be sharpened. Instructor: Jeff Homuth, Hayward Mercantile Company (formerly Truly Delicious Chef Shop). *RD: Feb. 12.*

Eco-Adventures

Hunt Hill Audubon Sanctuary and Nature Center near Saronia is hosting some eco-adventures this season. Contact Hunt Hill directly at 635-6543 for registration information.

Annual Midwest Crane Count

6-7:30 a.m., Sat., April 18; free; Hunt Hill registration
Bird enthusiasts are invited to take part in the Annual Midwest Crane Count, either in your own area or at Hunt Hill. The count dates back to 1976, and one of the primary purposes of the event is to allow the International Crane Foundation to monitor the abundance and distribution of cranes in the Upper Midwest. In the 1930s an estimated 25 pairs of Sandhill Cranes lived in Wisconsin. In 2000 more than 13,000 were tallied.



Sturgeon Watch

9 a.m.-2 p.m., Sun., May 31; \$5, plus \$2 lunch
Hunt Hill registration
Be part of the Sturgeon Watch Arpin Dam Squad. Start with an introduction to the biology, life cycle, and history of the magnificent fish, plus the need for the SWAD Squad, then spend the day on the banks of the Chippewa River near Radisson, watching the fish.

Wolf Tracking

6 a.m.-6 p.m., Sat., Feb. 7; \$5 plus gas cost share; Hunt Hill registration
A rendezvous point will be Northwood School
Learn the basics of carnivore tracking while spending a day in Block 2 of the Department of Natural Resource's Winter Carnivore Tracking program, amid Douglas County forest, checking on two or three wolf packs. The data collected will become part of the program's 2009 records. Participants will carpool in 4WD vehicles and possibly track on foot. Take a lunch and wear warm clothing and footwear.

EFT (Emotional Freedom Technique)

6:30-8:30 p.m., Tue., March 24; \$5
EFT is a new discovery that can provide relief from pain, disease, and emotional issues. Tapping with one's fingertips stimulates well-established energy meridian points, like acupuncture but without the needles. The technique is easily learned and applied to one's self. Results can occur in minutes. Instructor: Jo Peterson, Jack Pine Rock Shop. *RD: March 17.*

Event Planning

6:30-8:30 p.m., Tue., March 17; free, but registration is required
Whatever the occasion, planning an event can be a daunting task. Whether it is thinking up party themes, putting on a club function, overseeing a corporate event, or just hosting a small family get-together, the key is planning. This class will provide the tools to break that down into small action steps for easy management of the many details and for meeting the deadlines needed to make the gathering a success. Instructor: Adrienne Lord. *RD: March 10.*

Furniture Stripping and Refinishing

Stripping furniture – 6-8:30 p.m., two Tues., April 21-April 28; \$15
Refinishing furniture – 6-8:30 p.m., two Tues., May 5-May 12; \$15
Both classes – 6-8:30 p.m., four Tues., April 21-May 12; \$25
Stripping and refinishing furniture is an art. Students will learn tricks of the trade for achieving professional results through hands-on experience on their own (small) piece of furniture. List of materials will be sent upon registration. Instructor: Nancy Neuman. *RD for each session: April 14.*

Garden Seminar

9:30 a.m.-3:15 p.m., Sat., March 21; \$13, includes lunch
See back page for information.

Getting that Job (a class for those with jobs, too)

6-9 p.m., Tue., Feb. 17; free, but registration is required
A class for those looking for a job, and for those who are currently employed. Impressions are made within 30 seconds, so make that time count during job searches by learning how to market yourself and sell yourself as the right fit for the job you want. Tips on writing a cover letter, creating or updating resumes, and excelling in an interview. File away the tips for future reference, too. Instructor: Brad Gringas, CEP (Concentrated Employment Program). *RD: Feb. 10.*

Herbalism

6:30 p.m., Thur., Feb. 19 (introductory meeting), free, registration required
A two-fold meeting: To gauge interest in meeting to study herbs, especially medicinal uses, and to possibly jointly study herbalist Rosemary Gladstar's correspondence course "The Science and Art of Herbalism." Regular price of course is \$375, but study group participants can buy it for \$175 (or \$295 if a minimum number is not met). The course will be on hand for review. Course information is at www.sagemountain.com. *RD: Feb 17.*

Ice Age in Your Front Yard

6:30 p.m., Tue., March 24; free, but registration is required
This presentation will examine how the Superior Lobe of the Wisconsin glacier formed the Bayfield Sand Plain, how Glacial Lake Duluth scoured out the Brule and St. Croix rivers, and how area lakes and the shape of the landscape from Solon Springs to Spooner along Highway 53 were created. The glacier is the most recent with glacial ice in Douglas County, just 9,500 years ago. Dave Thorson, Down to Earth Tours. *RD: March 17.*

Law of Attraction – Harmonic Wealth

6:30-8:30 p.m., p.m., Tue., March 10; free, but registration is required
An introduction to the teachings of James Arthur Ray, who teaches how everyone can have "Harmonic Wealth" in all areas of their life: financially, relationally, emotionally, physically, and spiritually. He is an author and one of the speakers featured in the movie *The Secret*, a film presenting some of the great teachers in the fields of transformation, philosophy, and consciousness expansion. Instructor: Mona Callies. *RD: March 3.*

Quilting: Beginning, with Stunning Stars

5:30-8:30, two Wed., March 18-25; \$15

Students will complete a stunning star table topper in the first class after learning how to properly press, cut, and piece the fabric. In the second class, students will learn to layer the quilt top to quilt and finish it envelope-style (without binding) or with traditional binding. Materials list sent upon registration. Instructor: Deb Wertanen, Thimbles Quilt Shop. *RD: March 11.*

Quilting: Bindings Galore

6-9 p.m., Mon., March 30; \$15

The top is quilted – now what? Multiple techniques for bindings and edging treatments for quilts will be demonstrated. Cameras are welcome. Instructor: Norma Riehm, Granma's Workshop. *RD: March 23.*

Quilting: Fabric Confidence

1-3 p.m., Wed., March 11; free, but registration is required

1-3 p.m., Wed., April 15; free, but registration is required

Select with confidence the perfect colors and fabrics for your quilts to give them the look and/or bling you want. The whys of what works and what doesn't will be explained and demonstrated. A visual class with hands-on application. Will be held at Thimbles Quilt Shop, Trego. Instructor: Deb Wertanen, Thimbles Quilt Shop. *RD: March 4 for March 11 class; April 8 for April 15 class.*

Quilting: Machine Quilting – Beginning

6-9 p.m., Tue., Feb. 17; \$20, materials included

Learn the basics of machine quilting—what you need for supplies and how to do it in this hands on class. Bring your own sewing machine: you should be familiar with it's operation and the feed dogs need to be lowered. Sewing supply list provided upon registration from instructor. Instructor: Norma Riehm, Granma's Workshop. *RD: Feb. 12*

Quilting: Machine Quilting – Taking It a Step Further

6-9 p.m., Mon., March 16; \$20, materials included

This class takes off where Machine Quilting, Beginning leaves off. You will learn multiple overall quilting designs, and marking techniques with stencils. Quilters with basic machine quilting experience are welcome. Bring your own sewing machine: you should be familiar with it's operation and the feed dogs need to be lowered. Sewing supply list provided upon registration from instructor. Instructor: Norma Riehm, Granma's Workshop. *RD: March 9.*

Ramping

4-5 p.m., six Tue., Feb. 24-March 31; \$18

5:15-6:15 p.m., six Tue., Feb. 24-March 31; \$18

4-5 p.m., six Tue., April 7-May 12; \$18

5:15-6:15 p.m., six Tue., April 7-May 12; \$18

Beginning ramping for adults is a low-impact cardio workout using varied movement patterns on an inclined ramp. Choreography is basic, but using the ramp (and fun music) will boost intensity and add variety as you press against the inclined surface for a low-impact workout with a lower-body focus. Arm movements and high intensity movements are optional and can be added for a more intense workout at the discretion of each exerciser. Ramping is as easy as treadmill walking, but so much more fun! Instructor: Tammy Davis. *RD: Feb. 17.*

Stone and Crystal Energy

6:30-8:30 p.m., Thur., March 19; \$5

What is the energy of crystals and stones? How does it work? Stones and crystals are said to have the ability to help heal physical and emotional ills, enhance intuitiveness, inspire harmony, and dispel negativity. Which stones do what? Instructor: Jo Peterson, Jack Pine Rock Shop. *RD: March 12.*

The Success Principles

6:30 p.m., Tue., Feb. 24; free, but registration is required

This will be a gathering to consider jointly studying and working through "The Success Principles," a renowned book by Jack Canfield. The book is described as a "roadmap for anyone – from marketing professionals to small business owners, and from teachers to students and parents – striving to achieve their professional and personal dreams or goals. Touching on every aspect of our lives, Jack Canfield offers 64 practical and inspiring principles to get any aspiring person from where they are to where they want to be." *RD: Feb. 19.*

Up the St. Louis, Down the St. Croix

6:30 p.m., Tue., April 7; \$5

With this unique program follow an ancient white pine log in 1893 as it is cut with a misery whip, hoisted out of the Northwoods with oxen and a go-devil, hauled overland to the headwaters of the Eau Claire River, and sent downstream

to the lumber mills at Stillwater on the Lower St. Croix River. Instructor:

Dave Thorson, Down To Earth Tours. *RD: March 31.*

Wedding Planning

6-9 p.m., Thursday, Feb. 19; free, but registration is required

For those planning a wedding – or planning to some day. Planning a wedding is exciting but it can also be stressful. It takes patience and creativity to plan the wedding day that you and your partner have always dreamed of. The wedding tips, ideas, and advice in this class will help you understand the most important tasks and elements of your very special day. Topics will include guest lists, budget, choosing the venue, contracts, the cake, the dress, vendors in Northwest Wisconsin, and tons more. Instructor: Adrienne Lord. *RD: Feb. 13.*



Winter Environmental Film Festival

The nonprofit Happy Tonic of Shell Lake is sponsoring a film festival in support of its exhibit at the upcoming Water Conservation and Xeriscape Expo in Albuquerque, New Mexico. The exhibit promotes the Monarch Butterfly Habitat in Shell Lake, environmental education, and eco-tourism in Washburn County. Mary Ellen Ryall, formerly of Minong, is the organization's executive director. As part of the film festival, the following will be shown at Northwood School.

6:30 p.m., Mon., Feb. 9; free-will offering; registration is required

Papalotzin – The Flight of the Monarch Butterfly (1 hour)

An extraordinary adventure of pilot Vico Gutierrez and his team, who in their ultra-light plane embark on a 3,000-mile expedition from Canada to Central Mexico to journey beside the migration of 50 million Monarch butterflies. Features an unforgettable adventure through microscopic animation, ancient legends, and spectacular aerial shots. *RD: Call 466-4692, ext. 501, by noon on Feb. 9.*

6:30 p.m., Mon., March 9; free-will offering; registration is required

Not for Sale (31 minutes) – discussion follows

Engaging documentary explores some little-known aspects of global trade agreements like the World Trade Organization through stories of everyday people. Patents and other intellectual property rights are expanding what corporations can own and control – including knowledge and living creatures. What does that mean for the environment, the food supply, and human rights? Beautiful footage of the Amazon and farms in Washington and Iowa, India and Peru. *RD: March 2.*

Wrapped Fabric Bowls

6-9 p.m., Mon., March 2; \$20, cording for bowl included

Crafters will make a useful, pretty fabric bowl from cording, fabric, and thread. The popular and fun technique uses up those scrap fabrics and yarns. Students will use their own sewing machine (with zigzag). Sewing supply list provided upon registration. Instructor: Norma Riehm, Granma's Workshop. *RD: Feb. 23.*

Yoga

4-5 p.m., six Mon., Feb. 16-March 23; \$30

5:30-6:30 p.m., Mon., Feb. 16-March 23; \$30

A blend of two beautiful yoga traditions, Kundalini and Hatha. Through postures, movements, meditation, and breathing techniques students will increase flexibility, decrease muscular tension, strengthen their nervous system, and learn to quiet their mind. If sitting on the floor is difficult, students can have along a pad or pillow to sit on or they can use a chair. Students with a yoga mat and/or sheepskin can use them. Instructor: Marie Klunze. *RD: Feb. 12.*

UPCOMING EVENTS

All-School Fundraiser, 11 a.m. to 4 p.m., Feb. 8

Many activities are planned

Family Math Nights, Feb. 25 and Apr. 10

Student Art Show (Wascott Town Hall), March 28-29

"Peter Pan" musical, April 25-26

Middle/High School Concert, 7 p.m., May 6

Elementary School Concert, 7 p.m., May 13

Northwood School

New Ventures Community Ed

N14463 Hwy. 53

Minong, WI 54859

715/466-4692, ext. 501

Julie_Hustvet@northwood.k12.wi.us

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See Northwood
School newsletter
and community ed
class listing inside,
gardening seminar
information below!

BOXHOLDER

Time to garden

The ninth annual New Ventures Gardening Seminar hosted by Northwood Community Ed and Spooner Garden Club, with assistance from the North Country Master Gardeners, will delight gardeners on Saturday, March 21.

Four sessions will be featured at the event (which is always held the third Saturday of March):

- "Inspiration from Public Gardens" by Mary Lou Santovec of Jefferson, Wisconsin, author of *Wisconsin Gardens and Landscapes*. Jewels from Northern Wisconsin and across the state offer many a vignette with ideas for one's own garden. See some of the gardens that "made the cut" for Santovec's book. Her book will be available at the seminar for purchase at a discounted price.

- "Glorious Clematis" by Carrie Larson of River Falls, Wisconsin, McHutchison Horticultural Distributors. Clematis are one of the most versatile vines, and they can be used for so much more than just gracing a trellis alongside the garage. Find out which are best for sun or shade, which thrive in your growing area, and how to use them in your yard, containers, and gardens. Larson grows 28 clematis.

- "Container Gardens for Beauty and Food" by Carrie Larson. Learn how to use the newest varieties, along with your favorite plants, to make durable, colorful, and exciting blooming bouquets. A 175-page, color book with detailed information on the plants discussed – and many more – will be available for \$5.

- "Nothing is Constant" by Joe Braeu of Edelweiss Nursery, Duluth. It is a wondrous time with advances in tree and shrub propagation opening up more choices. Examples of fascinating introductions will be presented along with tips for growing them.

The seminar will be from 9:30 a.m. to 3:15 p.m., with registration from 9 to 9:30 a.m. Pre-registration is required by mailing in \$13 (includes lunch and snacks). Speakers will bring the books mentioned above. If desired, books can be pre-purchased by including payment for them with the seminar registration (email or call for price of *Wisconsin Gardens and Landscapes*).

As in past years, 4x6 photos of plants, area gardens, and visited gardens will be displayed during the seminar. Attendees are invited to send photos with their registration, along with the photographer's name and something about the photo.

Class Registration Form

Send check(s) and this form to: Northwood School
Community Ed, N14463 Hwy. 53, Minong, WI 54859.

SEND A CHECK FOR EACH CLASS TAKEN

Name _____

Address _____

City/State/Zip _____

Home/Work Phone _____

E-mail _____

Classes _____

Other Classes I'd Like Offered _____

Possible Instructors for Classes _____
