

# Ninth Annual Traditional & Green Skills Event

Saturday, March 9, 2019 8:00 a.m. – 3:15 p.m.

Prairie Farm High School, 630 River Ave. S. Prairie Farm

Sponsored by Hay River Transition Initiative and Prairie Farm Community Education

**Registration & Coffee Hour** **8:00 – 9:00**  
Socializing, coffee, tea, milk and goodies Commons Area

**Session 1** **9:15 – 10:00**

**Growing Flowers for Cutting** Art

**With Maggie Sheehan**

Growing seasonal cut flowers from seed to bloom. For both farmers and gardeners: benefits, challenges, beneficial insects, improving biodiversity.

**Appreciation, Gratitude, Mindfulness, Contentment** English

**With John Samuelson**

Introduction to a more meditative way of living.

**Plant Medicine: Balms, Oils, Tinctures** FC/E

**With Lisa Kofakis**

Instructions on general tincture & balm making. Make a simple calendula flower balm and medicinal pickled garlic in class!

**Introduction to Basic First Aid** History

**With Katie Bovee**

Learn from an advanced EMT! Essential elements of wound management, what to do in medical/environmental emergencies, resources for continuing education.

**Farm Accounting and Taxes** Math

**With Matt Hoff**

Learn the basics and get briefed on the latest state and federal tax changes.

**Grass Farming** Tech Ed

**With Isaiah Grinder**

Bring animals to their food, instead of food to your animals! Basics of raising cattle, pigs and chicken on pasture using temporary electric fencing.



**11:45 – 1:00 LUNCH Multipurpose Room**

*Visit the Local Products Bazaar in the Commons Area!*

**Session 3** **1:00 – 1:45**

**26 Native Plants All Wisconsinites Should Know** Art

**With Jan Szalai**

If you walk in native woods or prairies, you will enjoy learning more about these plants you may already recognize!

**Qigong – Movement for Health** Business

**With Mark Stuber**

Slow, coordinated movement exercises for better energy, circulation, balance and relaxation.

**Trees for Our Future** English

**With Douglas Owen-Pike**

Given our changing climate, come learn about principles to consider when adding diversity to your forest or home landscape.

**Developing a School/Community Garden** FC/E

**With Jean Wallner**

Organizing from the ground up!

**Home-Building with Minimal Expenses** History

**With Brenda Falk & LouAnn Binfield**

Sharing first-hand experience in minimizing expenses - downsizing to a camper during construction, using repurposed materials, building it yourself.

**Growing Elderberries** Math

**With Natasha Simeon**

If you are considering adding fruit diversity, put elderberry on your list!

**Alpacas 101** Tech Ed

**With Jess & Chris Fredericks**

Everything you ever wanted to know about alpacas.

**Session 4** **2:00 - 3:15**

**Kombucha** Art

**With Deborah Scherz and Jennie Nesseth,**

Kompass Kombucha shows how to create this healthy, sparkling beverage.

**Animal Management – Their Point of View** Business

**With Nancy Frank**

Tricks from a pro on how to best respond to the needs of your animals.

**Show & Tell: Sharing Solutions** English

**With Many of Your Neighbors**

See demonstrations of over 20 nifty practical ideas to solve unique challenges - from blocking the wind to keeping the deer out to cleaning seed to watering ducks in winter to using a broad fork...and more!

**Making Lefse** FC/E

**With Katie Bovee**

Boiling & mashing potatoes, rolling dough, slipping onto a hot griddle, and keeping our lefse stories alive. New tools added from last year's class. And of course tasty samples!

**Amish Living & Traditions** *[repeat from Session 2]* History

**With John Miller**

Amish presenter discusses the Amish lifestyle, skills and traditions

**Manage Buckthorn with Goats/Green Methods** Math

**With Allyse Sorensen**

European buckthorn may be hurting your crops, native plants, and song birds. Learn identification & "green" control techniques including goats to manage this invasive.

**Bicycle Repair & Maintenance** Shop

**With Tony Kofakis**

Bike basics every rider should know.



**All Day: Locally-Made Products Bazaar!**

Discover your talented neighbors!

Shop local vendors for quality products and services!