

Pepin Community Education Winter 2018

In The Kitchen

Let's Do Fondue!

\$25, Monday Feb. 5, 6-8pm, Home Ec. Room

Description: Cooking 1 bite of food at a time is a great way to entertain family & friends, and let them do some of the work for you. We'll prepare & dip into 4 variations: Traditional Swiss Cheese, Chinese Chicken Hot Pot, Beef Burgundy and—of course—Chocolate! (Now where did I put that fondue pot???)

8 minimum, 12 maximum

Instructor: **Judy Krohn**, of rural Stockholm, prepared food at the Harbor View Café in Pepin for 32 years. She still enjoys cooking and continues to share her skills by teaching classes and arriving at events with a basket full of delicious surprises.

Make a Mardi Gras Gumbo

\$25, Monday, Feb. 12, 6-8pm, Home Ec. Room

Gumbo is a soup/stew often associated with the South. In this class, Fred Harding will show you how to construct a stock, make a roux, develop a spice blend, and prepare the vegetables, chicken, and sausage that go into a gumbo. This recipe can easily be changed to include other proteins, including shrimp or turkey. When we're done, we'll enjoy a bowl together!

Instructor: **Fred Harding** has traveled and worked in Louisiana, and wants to share his love of the unique food and culture found there.

Soup, Salad & Bread: A Full Meal

\$25, Monday, March 5, 6-8:30pm, Home Ec. Room

Make soup, salad and bread to satisfy anyone's need for a full meal. Please bring "to go" containers
Minimum 7, Maximum 12

Instructor: **Stuffi Stephens** enjoys baking and cooking regularly in Pepin and Stockholm.



Cook Up Some Soap

Let's Make Soap!_Class

\$26, Saturday, Feb. 24, 8-11am, Home Ec. Room

Learn how to make organic, herbal soap using the cold-process method. Learn about soap-making safety, equipment and ingredients, and a bit about the history and chemistry of turning oil and water into a bar of moisturizing, cleansing soap! Each participant will take home a 4-oz. organic cold-processed bar of soap.

Minimum 6, Maximum 16

Let's Make Soap! Lab

(For students who have recently taken a soap-making class with Nancy.)

\$22 plus supplies, Saturday, Feb. 24, 11:30am-2:30pm, Home Ec. Room

You now know how to make soap, but if you would like the benefit of having Nancy available for questions and direction while making your first batch of soap, this lab is for you! You'll go home with your own full batch of soap. Bring your own equipment and supplies to this class (see list on pages 5-7) or arrange through the instructor for purchase of a supply kit. [E-mail: shadylanefarm@yahoo.com](mailto:shadylanefarm@yahoo.com)

Minimum: 4 Maximum: 6

Instructor: **Nancy Brooks**, her husband Pete, and several of their children operate Shady Lane Farm near Martell, WI, where they produce organic, herbal bath and body products, along with organic chickens and eggs. Nancy is a certified soap maker with teacher status through the Hand-Crafted Soap and Cosmetic Guild, and she presents many natural skin care classes, and other herb-based classes and native plant walks locally throughout the year.



HANDWORK

Flax to Linen

\$10 Sunday, Feb. 18, 2-4pm, Home Ec. Room



This informational session will introduce participants to textile flax and its use in linen production. Flax can be readily grown in our area, and was traditionally processed by hand to prepare the fiber for spinning and weaving. Andrea Myklebust is presently working under a USDA Sustainable Agriculture grant to grow and process flax for small-scale linen production. During the class, we will have a hands-on opportunity to use the tools of flax dressing, see flax being spun into linen thread, and handle linen cloth and paper. Andrea will provide an update on year one of the USDA grant, and a look ahead at year two.

Minimum 4, Maximum 24

Instructor: Andrea Myklebust is a shepherd, hand spinner and weaver. She began growing flax at her farm near Stockholm, Black Cat Farmstead, in 2012.

Twister quilting

\$30 plus cost of pattern, Thursdays, Feb. 22, 6-7:30, March 8 & 15, 6-9 Home Ec. Room

The Twister Quilt template is used to make a simple pattern that is recut and sewn together to look like pinwheels. This pattern uses pre-cut layer cake 10" squares (pattern cost \$19.50) or 5" charm packs (pattern cost \$10.50). The larger quilt is 62 X 62. The smaller project is a table runner or wall hanging. 1st night: view examples of quilts and smaller twister projects, learn some basics in quilting and tips on fabric selection, see a demo of the twister template and layout tips, order pattern. 2nd night: sew quilt blocks together, add 1st border 3rd night: use twister template to cut quilt blocks. Add final border. Supplies needed at the 2nd and 3rd class: sewing machine, rotary cutter, template, mats, thread, flannel backed tablecloth, post-it notes, camera. Some sewing experience is required.

Minimum 5, Maximum 10

Instructor: Connie Anderson was a Family and Consumer Education teacher for 35 years. She has been quilting since the 1980s and been teaching quilting classes since the 1990s. She is an avid quilter who loves to share her love of quilting with others.



Serendipity Silk Scarf Dyeing

\$45, Saturday, March 3, 10am-12, Home Ec. Room
Dye a silk scarf with translucent dyes that set without chemicals or steaming. The process is very serendipitous as the dyes move across the scarf surface coloring the silk in a random pattern. These "no fear" dyes allow you to overlay colors without them becoming muddy. After your scarf is dyed you can add a touch of metallic "bling." Add your signature and wear your beautiful scarf home or give it as a gift.

Students will learn color theory, how dyes react to fibers, use of fabric paint sticks, and surface design techniques

Students should bring a large bath sized towel to dry their scarf. (Some slight staining may occur.) Optional: a piece of clothing for inspiration. A color wheel.

Minimum 6, Maximum 12

Instructor: Jane Foes is a textile artist whose beautiful silk scarves can be seen at regional art fairs, in area shops, and on many necks. Using techniques such as thread sketching, dyeing, fusing, painting, stamping and raw edge applique she layers color and texture to create patterns and images.

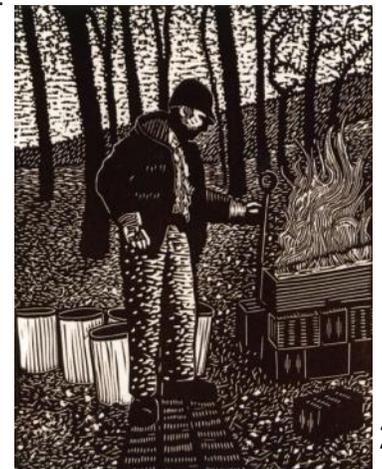
Miniature Printmaking

\$50 Monday-Wed. March 12,13,14, 6-8pm, Tech Ed. Room

Students will draw 4" x 6" (maximum) images and transfer them to linoleum plates. The plates will be carved, then inked, and run through an unconventional press to produce prints. The images may be used to create postcards or greeting cards.

Minimum 4, Maximum 8

Instructor: Gary Egger has been a lifelong resident of the Mississippi River Valley, from the Quad Cities (IL) to the Twin Cities (MN), and currently resides in Stockholm Township (WI). His printed images portray the people and terrain of those areas.



FITNESS

Yang Style Tai Chi Chuan for Health and Wellness

\$80 Saturdays, Feb 10-April 7, 9:00-9:45 am, Small Gym or Cafeteria, no class on March 17

This series of eight one-hour classes will teach the First Section of the Yang Style Tai Chi Chuan Short Form. Class is open to all and will serve as a basic start for those new to Tai Chi as well as a refresher for anyone with previous experience in Tai Chi. There is no prerequisite. Class will consist of a short series of warm-up movements followed by Tai Chi posture instruction. Please come in comfortable clothes and shoes.

Minimum 6

Intermediate Yang Style Tai Chi Chuan

\$80 Saturdays, Feb 10-April 7, 10:00-10:45 am, Small Gym or Cafeteria, no class on March 17.

This series of eight one-hour classes will continue instruction of the Yang Style Tai Chi Chuan Short Form. Class is open to all who have completed the First Section of the form or with instructor's permission. Class will consist of Tai Chi Standing Meditation practice and warm ups followed by Tai Chi posture instruction. Please come in comfortable clothes and shoes.

Minimum 6

Instructor: **Richard Palmer** has been studying and teaching Tai Chi for more than ten years and is a teacher of Yang Style Tai Chi Chuan.

Introduction to Disc Golf

\$25, Saturday, March 24, 1-4pm, Small Gym

Learn the basics of disc golf (aka frisbee golf). Each participant will get a putter disc to learn with and bring home at the end of the session. We will learn the basic rules and different shot types and talk about where and how to expand these skills onto courses around the area.

Minimum 2, Maximum 14

Instructor: **Matt Sime** is a traveler with a passion for disc golf. He has played over 1300 courses in 48 different states and has worked on building several different courses around the region, he is excited to share his passion with the community.

MOVIE NIGHT

Seed: The Untold Story

Free will donation, Thursday, March 22, 6-8pm, Library

SYNOPSIS Few things on Earth are as miraculous and vital as seeds. Worshipped and treasured since the dawn of humankind. SEED: The Untold Story follows passionate seed keepers protecting our 12,000 year-old food legacy. In the last century, 94% of our seed varieties have disappeared. As biotech chemical companies control the majority of our seeds, farmers, scientists, lawyers, and indigenous seed keepers fight a David and Goliath battle to defend the future of our food. In a harrowing and heartening story, these reluctant heroes rekindle a lost connection to our most treasured resource and revive a culture connected to seeds. SEED features Vandana Shiva, Dr. Jane Goodall, Andrew Kimbrell, Winona Laduke and Raj Patel.

TECH

Microsoft Excel for Almost Beginners

\$15, Tuesday, Feb. 20, 6-7:30pm, Computer Lab

Microsoft Excel is a program with a lot of potential but most of us use it at less than 10%, maybe 5% of its potential. Come to this class prepared to learn a lot of things that will make using spreadsheets easier and more fun. All participants should have a beginning knowledge of spreadsheets, the structure of columns and rows, some experience with formulas, and a basic understanding of what you want to do with the software would be beneficial as well.

Minimum 3, Maximum 10

Instructor: **Beth Anderson** has been using, programming, building, supporting and playing with computers for 35 years. Currently a website designer, she thinks of her ease with computers like some people can learn many languages. She says "she speaks geek so you don't have to", and this makes her classes understandable and fun.

WRITING

The Writing and Repair of Poetry Workshop

\$60, Sundays March 4,11,18 & 25, 2-4pm, School LMC

Celebrate the extra hour of sunshine this month by waking the poems hibernating in you. Enjoy the serious play of shaping language to show what you have to say. Hone existing skills and discover new ones. Experience a mature writing community that listens well enough to say "YES" and cares enough to say "but . . ."

An email address and access to a printer are necessary to receive weekly worksheets.

Minimum 5, Maximum 7

Instructor: **John Graber** holds an MFA from the University of Iowa Writers Workshop. His poems have been published in many magazines and by Wisconsin's Parallel_Press. His book Thanksgiving Dawn was nominated for the national Pushcart Prize. He's taught writing at several colleges and English at Pepin High School.



Community Education Registration Form

Name _____ Address _____

City, State, Zip _____

Phone _____ Email _____

Day	date	Class title	cost	total
Monday	Feb. 5	Let's Do Fondue	\$25	
Saturdays	Feb. 10-April 7	TaiChi	\$80	
Saturdays	Feb. 10-April 7	Intermediate Tai Chi	\$80	
Monday	Feb. 12	Gumbo	\$25	
Sunday	Feb. 18	Flax to Linen	\$10	
Tuesday	Feb. 20	Microsoft Excel for Almost Beginner	\$15	
Thursday	Feb. 22, March 8, 15	Twister Quilting	\$30	
Saturday	Feb. 24	Let's Make Soap!	\$26	
Saturday	Feb. 24	Let's Make Soap! Lab	\$22	
Saturday	March 3	Serendipity Silk Scarf Dying	\$45	
Sunday	March 4, 11,18 & 25	Writing and Repair of Poetry	\$60	
Monday	March 5	Soup, Salad & Bread: A Full Meal	\$25	
Mon-Wed.	March 12,13,14	Miniature print making	\$50	
Thursday	March 22	Movie: Seed, The Untold Story	free will	
Saturday	March 24	Introduction to Disc Golf	\$25	
		TOTAL		

Write check payable to: **Pepin Area Schools.**
 Deliver check to the school office or mail to:
Pepin Area Schools,
Community Education
510 Pine Street
PO Box 128
Pepin, WI 54759

If school closes due to bad weather, Community Education classes will also be cancelled. We will send an email or call to confirm.

Your place in class is reserved when your payment is received.

For updates on classes and to see the latest Community Education news, visit and "like" **Pepin Community Education** on Facebook.

Please call Kitty to assure space in the class if you are registering less than a week before the scheduled date.
 715-442-2419

Send your ideas for new teachers or classes to kitty!@pepin.k12.wi.us

Let's Make Soap! with *Shady Lane Farm*

Soap Lab - Ingredients *Please read this page carefully.*

The following ingredients are required for your batch of cold-process soap. This is for a standard 4# batch of soap, yielding about 20 four-ounce bars, depending on how the soap is cut. If you prefer, you may make a ½ batch (2 lbs), see note below.* You may choose to purchase these items on your own and bring them to the lab, OR you can purchase them from Shady Lane Farm, and they'll be available for you to use at the Soap Lab. (Items marked with an * are certified organic when purchased from Shady Lane Farm.)

- Distilled water or filtered rainwater (24 oz)
- Lye (Sodium Hydroxide) (9.7 oz)
- *Olive oil (42 oz)
- *Coconut oil (21 oz)
- *Castor Oil (4 Tbsp/2 oz)
- Additive, if desired (1/2 cup or so, *lavender blossoms, *chamomile blossoms, *calendula petals,*rolled oats, etc.)
- *Essential oil(s), if desired: 15 ml for cold process, 10 ml for hot process. (Measurements are **not** the same for synthetic fragrance oils.)

*If you choose to make a half batch, please adjust ingredient quantities along with the size of your soap mold box and kettle accordingly.

The above listed ingredients are available for you to purchase from Shady Lane Farm: **\$40.00** for a 4# batch of high-quality, *organic*, hand-made herbal soap. (**\$20.00** for ½ batch.) The cost of your finished product will be approximately \$2.00 per bar. *Please indicate your choice on Page 2: Oats 'n Honey (organic rolled oats, Maple Leaf Orchard honey), Pure Peppermint (peppermint leaves and essential oil), Lavender (lavender essential oil and lavender blossoms, or Warm Calendula (patchouli & orange essential oils, calendula petals).*

Places where you can purchase your own ingredients:

- Distilled water: any grocery store, laundry or water section
- Lye: Ace Hardware Stores (read label carefully – look for 100% lye)
- Olive Oil: any grocery store, Trader Joe's has organic for a decent price
- Coconut Oil: some grocery stores, natural foods dept., Trader Joe's, health food stores (expect this to be expensive—even low grades)
- Castor Oil: health food stores, cosmetic dept. Be sure it's 100% castor.
- Additives: depending on what you choose to add and what quality you desire, you may find things like rose petals at a craft store (low quality), cornmeal or oats at the grocery store, or order on-line; see Resources hand-out
- Essential oil: health food store, or order on-line; see Resources hand-out (distributed at class)

Let's Make Soap! with *Shady Lane Farm*

Cold Process Soap Lab *Please indicate your plans and preferences on this page and return it to Nancy.*

Name: _____

Class Location/Community School: Pepin Area Schools

Date of Lab: Saturday, Feb. 24, 2018

Please check one:

I will furnish my own ingredients according to the list on Page 1.

(Please note that this list does not include palm oil, as it is not readily available for purchase locally. Your recipe will be for the coconut oil/olive oil soap, superfatted with castor oil.)

I will purchase my ingredients from Shady Lane Farm (if you purchase ingredients from Shady Lane Farm, your soap recipe will include coconut oil, olive oil, palm oil, and castor oil, along with flowers or other additives, and essential oils, if your recipe choice calls for them.)

If purchasing from Shady Lane Farm, please complete the remainder of the page.

Your soap preference: (see descriptions on previous page)

Lavender

Warm Calendula

Oats & Honey

Pure Peppermint

Batch Size (circle): 2 lb 4 lb

\$40.00 (4 lb. batch) \$ _____

\$20.00 (2 lb. batch) \$ _____

I wish to reserve an equipment Kit (See "Equipment" page) \$ _____
(Please check availability before paying for the equipment kit.)

Total Lab Costs and Fees \$ _____

Please include payment. Make checks payable to "Shady Lane Farm."

Thank you!

Cold Process Soap Lab - Equipment *Please read this page carefully.*

You can use your regular household items—they will not get “ruined” by making a batch of soap (with the exception of wood). They will clean up fine and can be put back in your cabinets for continued daily use.

Every Soap Lab participant must bring the following (unless I've indicated otherwise):

- Safety goggles
- Long apron
- Durable rubber gloves (like Playtex--an extra pair is a good idea)
- Immersion blender (stick blender) in good working condition (a stand or hand-held mixer **will not** work—please do not bring one) I do not recommend Kitchen Aid—it's too powerful. A good brand for soapmaking (if you are buying a new one) is Hamilton Beach (a cheap one!)
- Kitchen scale weighing in 10^{ths} of ounces (can be shared or you can use mine)
- 4-cup **glass** measure (heat-proof plastic will work if you're OK with potential chemical leaching)
- 2-cup **glass** measure (plastic is OK)
- Plastic dishpan or shallow plastic tub with sturdy, flat bottom
- **Stainless steel*** mixing spoon (not huge--to be used w/4-cup measure)
- **Stainless steel*** measuring spoons: teaspoon & Tablespoon (available at Walmart)
- Small measuring cup (1/4 cup with Tablespoons marked) (Walmart has these)
- Silicone spatula (just about any grocery store or Walmart, Target, etc., has these)
- Small plastic scraper (Pampered Chef or Walmart, etc.)
- One-quart spray bottle filled with white vinegar (can be shared with a friend)
- Paper towels
- Small bottle dish soap (just a few Tbspns)
- Plastic bag to use for garbage
- Heavy paper plate or disposable plastic plate for spoon resting
- Shallow cardboard box to use as a mold (11" x 14" or equivalent for full batch, 11" x 7" or equivalent for ½ batch)
 - Large piece of flat cardboard or lid to cover above box
 - Butcher paper or parchment paper to line above box
 - Masking tape or duct tape
 - Scissors (to cut the paper)
 - Pen for marking
 - Yard stick or long ruler for cutting along straight lines (optional)
- Kitchen thermometer (digital works best-Walmart has a good one) – glass is **NOT** recommended
- 1 pot holder/hot pad
- **Stainless steel*** kettle— 6 qts. for 4# batch (bigger is OK, but too big will be hard to stir)
- Towels and/or blankets to insulate your cold-process soaps

*Please note: Sodium hydroxide will interact with aluminum and iron to create a huge mess and spoiled soap; essential oils may “melt” certain plastics; wood warps. Please use stainless steel for best results.

Important!! Please be sure you bring EVERYTHING on the above list. If you come to the soap-making lab without some of the above items, it is possible that you won't be able to make your soap! If you absolutely can't find something, please let me know and I'll try to suggest a place where you may be able to purchase it. Thrift stores are a great place to start.

Please keep in mind that a limited number of equipment kits (which include all of the above items) are available for use at our soap-making labs. The fee per use is \$15.00. Please inquire if interested. Kits must be reserved in advance. Towels are NOT furnished with equipment kits—you must bring your own either way.