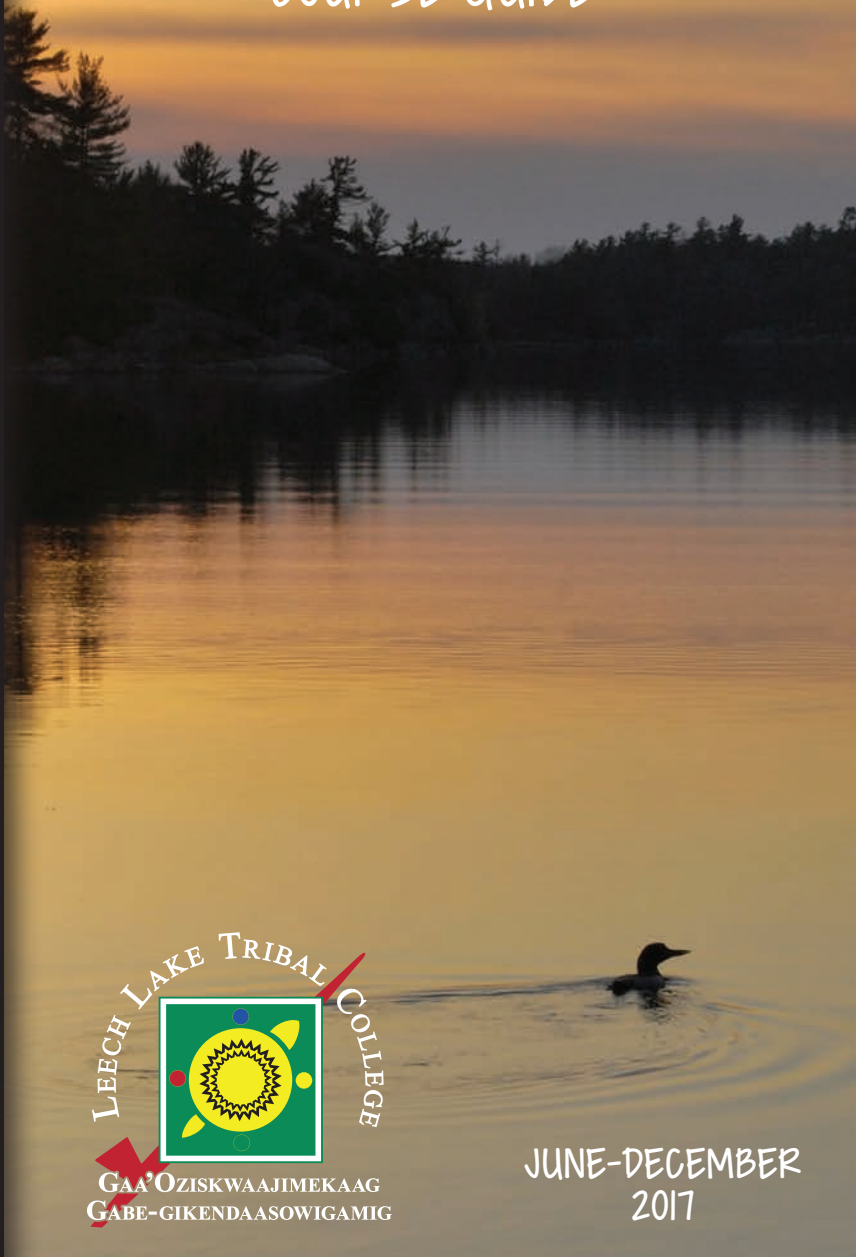


EXTENSION & COMMUNITY EDUCATION - COURSE GUIDE -



JUNE-DECEMBER
2017



EXTENSION & COMMUNITY EDUCATION

Our goal is to build connections and relationships between the Leech Lake Tribal College and members of all communities on the Leech Lake Reservation.



All Extension & Community Education classes are:

- FREE!
- Welcome to the entire family (with parent discretion)

Examples of classes range from moccasin making, beading, and cooking to workshops on nutrition, gardening, baking & cooking and sewing.

The Extension & Community Education program has an emphasis on sustainability and food security as part of the program's overall goal to help families make healthier choices and strengthen our community.

The Extension & Community Education manages the gardens and high tunnel on the LLTC campus. The community is welcome to help & tour the garden area.

HOW CAN WE, AS INDIVIDUALS, MAKE BETTER CHOICES TO SAVE OUR ENVIRONMENT?

We can reduce the use of plastic and utilize reusable containers, feast bundles and other environmentally friendly tools.

We practice:

- "Gaween Plastic" - *no bottled water, no plastic containers*
- Feast Bundles for Meals - *no styrofoam (we can wash our dishes)*

Our Mother Earth is sacred and should be treated with care and respect. Many modern day conveniences endanger the well-being of our environment, which is why we encourage everyone to be mindful of their actions. If each one of us practiced environmentally friendly actions a few times per day, it would have a great impact on our environment.

Miigwech



LEARNING TOGETHER DAYS (LTD)

Instructor: Community members come and share their gifts & knowledge.

Location: LLTC Campus - meet in the Drum Room - Cedar Hall

Date: 3rd Saturday of each month

Time: 12pm-5pm *Potluck Lunch: 12pm-1pm

We have 3-4 classes that participants can take part in throughout the day. Specific classes will be posted on the LLTC website or Facebook page as they are confirmed. These are family orientated classes.

OPEN CRAFTING DAYS

Instructor: We inspire & motivate one another

Location: LLTC Art Room - Cedar Hall

Date: Last Sunday of each month

Time: 10am-3pm *Potluck Lunch: 12pm-1pm

This is NOT a teaching class, but a place to bring a project you are working on and share creative space and ideas with other crafters. Free and open to everyone!



What will be provided?

Sewing Machines • Thread • Needles • Fabric • Scissors • Cutting Boards • Rulers • Rotary Tools and GREAT company who will motivate you to complete unfinished projects or begin a new one!

GRANT WRITING 101

Instructor: Pamela Standing

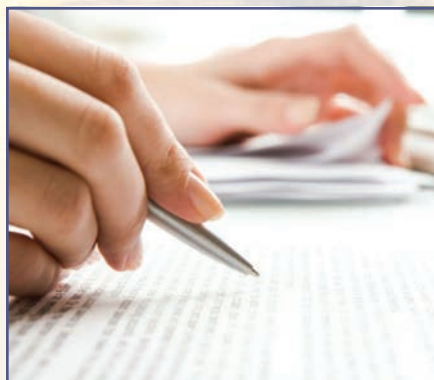
Location: LLTC Drum Room - Cedar Hall

Date: TBA

Time: TBA

This four-part series will demystify the compounds of a proposal and teach steps in how to prepare a compelling funding request.

**If you have a funding request that you are interested in applying for, please bring it to class and we can work on it as a group.*



RIBBON SKIRTS & APPLIQUE

Instructor: TBA

Location: LLTC Drum Room - Cedar Hall

Dates: Class 1: October 14th-15th

Class 2: November 11th-12th

Class 3: December 9th-10th

Time: 10am-3pm each day

There are 3 classes offered - each to a new group. Registration is required and participants must attend the whole 2-day class. 100% attendance is encouraged.

The class will start out making a simple ribbon skirt and move into learning applique designs and stitching techniques to accentuate the skirt. Most of the materials will be provided, but participants are welcome to bring or donate fabric they'd like to use. This class is open to all genders and ages.



NEEDLE FELTING - ADVANCED

Instructor: Jane Carlstrom

Location: LLTC Room TBA

Date: September & October

Time: TBA

Jane Carlstrom from *The Tranquil Nook* will be returning for another class of needle felting. This is a more advanced hands-on class for adults and older children due to the use of long sharp needles. All materials will be provided.



KUNDALINI YOGA

Instructor: Kathryn Gonzalez

Location: TBA

Date: TBA

Time: TBA

Move your body! Deepen your breath! Release your tension!

Learn to practice ways to care for yourself in Mind, Body & Spirit using Kundalini yoga principles and energy awareness. Mats and oils will be provided. Please wear comfortable clothing.





TAKING CARE OF OURSELVES...NATURALLY

Instructor: Community Members

Location: LLTC Drum Room - Cedar Hall

Date: Last Sunday of each month

Time: 10am-12pm

Shontel Michaud, Teresa LaDuke, Diane Pittman, Donna Morris and Becca Dallinger have all shared their knowledge of using our native plants for medicine. The classes teach what plants to use for certain ailments and when to gather the plants. Participants will be able to bring home what is created in this class.



LEARN TO GIVE & GET A MASSAGE

Instructor: TBA

Location: LLTC Room TBA

Dates: December - 2 evenings

Time: 5pm-8pm each day

There are 2 classes offered. You must register with a partner to take this class. There is limit of 5 pre-registered partners per class. Please wear comfortable clothing.

What will be provided?

Mats • Oils • Soothing Music & Atmosphere



MAKING KOMBUCHA

Instructor: Lolly Aguilar

Location: LLTC Room TBA

Dates: November 16th & 30th & December 1st

Time: 5pm-7pm each day

This is 1 class with 3 meeting times. Kombucha is a fermented tea-based beverage that has many health benefits & medicinal purposes such as: improving digestion, healthy skin & hair, assists in weight loss, reduces stress, improves the immune system, boosts your energy and cleans your liver. All materials will be provided.



FLINT FIRE STARTING

Instructor: Matt Matson

Location: LLTC Room TBA

Dates: December 18th

Time: 4pm-6pm

Knowing how to start a fire using flint is very useful and can save you a lot of trouble. Unlike matches, flint can be used in almost any situation and you don't have to worry about your flint getting ruined if it gets wet. All materials will be provided.



LEARN TO PLAY NATIVE FLUTE

Instructor: Jake Kaehne

Location: LLTC Room 113 - Oak Hall

Dates: TBA

Time: TBA

There are 2 classes offered with a limit of 5 pre-registered students per class. Participants who attend every class in its entirety will earn the flute, booklet and CD that is provided.



PAINT A GOURD BIRD HOUSE

Instructor: Brian Dow

Location: LLTC Room TBA

Dates: October 5th & 12th

Time: 5pm-7pm

There are 2 classes offered with a limit of 8 pre-registered students per class.

Dried gourds are the natural choice when crafting a bird house. All materials will be provided.



MAKE AN ADIRONDACK CHAIR

Instructor: TBA

Location: LLTC Room TBA

Dates: TBA - 3 evenings

Time: 5pm-8pm

There is 1 class offered. You must register with a partner to take this class. There is a limit of 5 pre-registered partners - each pair will make 1 chair. All materials will be provided.





MAKING BEAR OIL

Instructor: TBA

Location: LLTC Room TBA

Date: October

Time: TBA

Learn how to render bear fat into oil for many uses such as cooking, waterproofing leather, etc.



HOMEMADE JAM

Instructor: Tonya Losh

Location: LLTC Drum Room - Cedar Hall

Dates: Class 1: September 25th & 26th

Class 2: November 28th & 29th

Time: 5pm-8pm each day

There are 2 classes offered - each to a new group. Registration is required and participants must attend the whole 2-day class.

Once you taste your own homemade jam you won't go back to the store to buy those overly sugared jams. If you have never canned jam before, you will realize how fun and easy it can be!

The Extension Program will collect and freeze a variety of berries and fruits to provide participants with as many jam options as possible. All materials will be provided, but participants are welcome to bring their own berries/fruits if desired.



SETTING THE TABLE WITH GOOD SPIRIT FOODS

Instructor: TBA

Location: LLTC Drum Room - Cedar Hall

Dates: Class 1: September 12th

Class 2: October 10th

Class 3: November 14th

Class 4: December 12th

Time: 5pm-7pm each day

Learn to harvest from nature. Classes will touch base on processing acorns, hazelnuts, yard greens, wild fish & game, roots and more!



HOW TO REGISTER FOR A CLASS

For the classes that require registration, please call 218-335-4247, or fill out the Registration Sheet on page 8 and mail it to:

Leech Lake Tribal College
Extension & Community Ed
6945 Little Wolf Road NW
Cass Lake, MN 56633

UPCOMING CLASSES

Keep posted - we look forward to hosting these classes in the near future:

- Baking Bread
- Venison Canning
- Wild Rice Finishing
- Exercise & Fitness

SEEKING LOCAL ARTISTS & CLASS PROPOSALS!

The Extension & Community Education program is continually seeking local artists to share their gifts and knowledge. Each teacher decides what project they will teach and when. In most classes, the Extension & Community Ed will provide all necessary items and supplies. Proposal forms can be found on the LLTC Extension & Community Education webpage.

We need individuals with knowledge in the following areas:

- Soap Making
- Making Moccasins
- Edible weeds and grasses
- Body creams and butters
- Herbalism - Herbalism is the use of plants for medicinal purposes. Plants have been a basis for medical treatments through much of human history and continues today.
- Reiki

Please contact the Extension Program at 218-335-4247 if you are interested in teaching a class.



CLASS REGISTRATION FORM

PARTICIPANT INFORMATION

Name: _____

Address: _____

Phone Number: _____

Email: _____

COURSE INFORMATION - register for up to 3 classes per form

Class Name: _____

Date(s): _____ Time(s): _____

Class Name: _____

Date(s): _____ Time(s): _____

Class Name: _____

Date(s): _____ Time(s): _____

Mail completed registration form to:

LLTC Extension & Community Ed
 6945 Little Wolf Rd NW
 Cass Lake, MN 56633

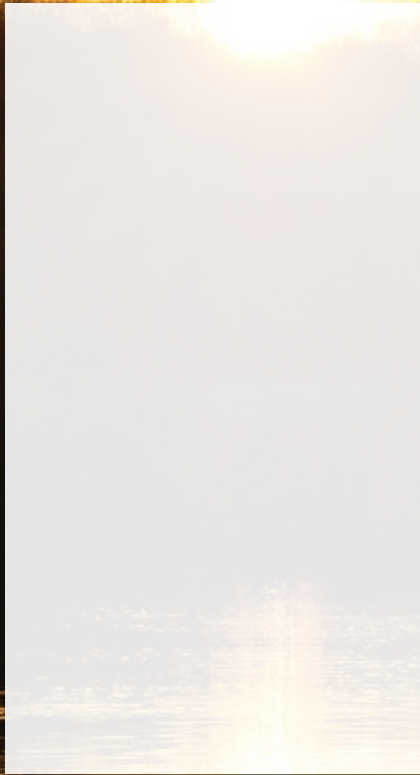
Please contact Esther Humphrey with any questions at 218-335-4247.
 Please use separate form for each person registering.

COURSE	DATE	TIME	LOCATION	INSTRUCTOR	PG
Learning Together Days	3 rd Saturday of each month	12pm-5pm	LLTC Drum Room (Cedar Hall)	Community Members	2
Open Crafting Days	Last Sunday of each month	10am-3pm	LLTC Art Room (Cedar Hall)	Everyone	2
Grant Writing 101	TBA	TBA	LLTC Drum Room (Cedar Hall)	Pamela Standing	2
Ribbon Skirts & Applique	Class 1: Oct. 14 th -15 th Class 2: Nov. 11 th -12 th Class 3: Dec. 9 th -10 th	10am-3pm	LLTC Drum Room (Cedar Hall)	TBA	3
Needle Felting - Advanced	Sept. & Oct.	TBA	LLTC Room TBA	Jane Carlstrom	3
Kundalini Yoga	TBA	TBA	TBA	Kathryn Gonzalez	3
Taking Care of Ourselves Naturally	Last Sunday of each month	10am-12pm	LLTC Drum Room (Cedar Hall)	Community Members	4
Learn to Give & Get a Massage	Class 1: December Class 2: December	5pm-8pm	LLTC Room TBA	TBA	4
Making Kombucha	Nov. 16 th , 30 th & Dec. 1 st	5pm-7pm	LLTC Room TBA	Lolly Aguilar	4
Flint Fire Starting	December 18 th	4pm-6pm	LLTC Room TBA	Matt Matson	5
Learn to Play Native Flute	Class 1: TBA Class 2: TBA	TBA	LLTC Room 113 (Oak Hall)	Jake Kaehne	5
Paint a Gourd Bird House	Class 1: Oct. 5 th Class 2: Oct. 12 th	5pm-7pm	LLTC Room TBA	Brian Dow	5
Make an Adirondack Chair	TBA	5pm-8pm	LLTC Room TBA	TBA	5
Making Bear Oil	October	TBA	LLTC Room TBA	TBA	6
Homemade Jam	Class 1: Sept. 25 th -26 th Class 2: Nov. 28 th -29 th	5pm-8pm	LLTC Drum Room (Cedar Hall)	Tonya Losh	6
Setting the Table with Good Spirit Foods	Class 1: Sept. 12 th Class 2: Oct. 10 th Class 3: Nov. 14 th Class 4: Dec. 12 th	5pm-7pm	LLTC Drum Room (Cedar Hall)	TBA	6

"TBA" classes will be announced as they are confirmed via: LLTC website, LLTC Facebook page, LLBO website and flyers.

If you prefer to receive mailings, please call the Extension & Community Education at 218-335-4247 and provide your mailing address.

PLACE
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HERE



Leech Lake Tribal College
6945 Little Wolf Road NW
Cass Lake, MN 56633
218-335-4200 • www.lltc.edu

