EXTENSION & COMMUNITY EDUCATION

Our goal is to provide opportunity for relationships to be built between people of all communities on and around the Leech Lake Reservation.

Classes that are hosted by the Leech Lake Tribal College Extension & Community Education (LLTCECE) are:

- FREE!
- Welcome and encourage family involvement (with parent discretion and ability to supervise children)
- Commercial tobacco free (permitted in areas off campus)
- Open to everyone

LLTCECE 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. LLTCECE manages and oversees the garden area, high tunnel, (8) community raised beds, (8) 3 sisters gardens and (new in 2018) a pollinator habitat garden.

LLTCECE has collaborated with area and tribal community programs to bring awareness to and encourage community members to grow our own foods. The LLTC garden is shared space where everyone is welcome to come and share in the planting, the maintenance and upkeep, and the products of the garden.

GARDENS PROVIDE OPPORTUNITIES TO:

- Eat healthy fresh vegetables.
- Encourage and promote physical activity, skill building and creating green spaces.
- Revitalize community by reviving public & shared spaces.
- Improve social well-being through strengthening social connections and connections to the Earth and the food we put into our bodies.
- Encourage environmental stewardship.
- Volunteer.
- Decrease obesity.
- Know exactly what is going into the food we consume.

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)

The 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.

- Migwech
LEARNING TOGETHER DAY (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: 1pm-5pm *Potluck Meal: 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 to all.

APRIL: Garden planning, soil prep, seed sharing, making a salsa or tea garden.
MAY: Demonstration day making wooden rings, welding a smoker, making knives, scraping hides.
JUNE: A day in the gardens.

OPEN CRAFT DAY
Instructor: We inspire & motivate one another
Location: LLTC Art Room - Cedar Hall
Date: Last Sunday of each month
Time: 10am-2pm *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!

*Must bring your own supplies for your projects.

What will be provided?
Sewing Machines • Thread • Needles • Scissors • Cutting Boards • Rulers • Rotary Tools

TAKING CARE OF OURSELVES...NATURALLY
Instructor: Community Members
Location: LLTC Drum Room - Cedar Hall
Date: Last Sunday of each month
Time: 10am-12pm

Classes are taught by people in our community who want to pass their knowledge onto others. All supplies provided.

APRIL: Making sunscreen, taking care of our skin.
MAY: Making oils from birch and pine.
JUNE: Meditation and relaxation skills.

SETTING THE TABLE, NOURISHING OUR SPIRIT
Instructor: TBA
Location: LLTC Drum Room - Cedar Hall
Dates: 2nd Tuesday of each month
Time: 5pm-8pm

Learn to harvest from nature. Classes touch base on processing acorns, hazelnuts, yard greens, wild fish/game, roots and growing and using our own sprout gardens. Class topics vary and are open to all.

APRIL: Fermenting food
MAY: Edible weeds and lawns
JUNE: Fish and berries

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

**QUILL WRAPPED EARRINGS**
Instructor: Jennifer Nowlan  
Location: LLTC Art Room - Cedar Hall  
Dates:  
  - Class 1: April 27th from 5pm-8pm & April 28th from 10am-3pm - Class Full!  
  - Class 2: May 18th from 5pm-8pm & May 19th from 10am-3pm - Class Full!  
  - Class 3: June 22nd from 5pm-8pm & June 23rd from 10am-3pm  
Class Capacity: 10 max. - must pre-register - all supplies provided

**DADS MAKING BABY MOCCASINS**
Instructor: TBA  
Location: LLTC Art Room - Cedar Hall  
Dates: June 10th & June 17th  
Time: 9am-3pm both days (Sundays)  
Class Capacity: 10 max. - must pre-register  

Dads - learn how to make your new little one a pair of moccasins. This two-day class will help you learn the process. You must commit to both days and class duration. All supplies are provided.

**GATHERING OF GATHERERS CONFERENCE**
Instructor: TBA  
Location: LLTC Campus  
Dates: May 4th & May 5th  
Time: 9am-5pm each day  
Class is free - must pre-register  

Additional information will be provided on the LLTC website and Facebook page once confirmed.

**QUILL WORK ON BIRCHBARK**
Instructor: Ron Turney  
Location: LLTC Art Room - Cedar Hall  
Dates:  
  - Class 1: May 8th & May 10th  
  - Class 2: May 15th & May 17th  
  - Class 3: June 12th & June 14th  
  - Class 4: June 19th & June 21st  
Times: 6pm-8pm each day  
Must pre-register and commit to both classes per week. No making up another week. All supplies provided.

**RIBBON SKIRTS & APPLIQUE BASICS**
Instructor: Esther Humphrey  
Location: LLTC Art Room - Cedar Hall  
Dates: 4th Thursday of each month  
Time: 5pm-8pm  
Class Capacity: 8 max. - must pre-register  

Learn to make a ribbon skirt and a simple applique design to accentuate the skirt.

**BEADED HAIR TIES**
Instructor: Savannah Pemberton  
Location: LLTC Room 212 - Cedar Hall  
Dates:  
  - Class 1: May 8th & May 10th from 5pm-8pm  
  - Class 2: June 12th & June 14th from 5pm-8pm  
Class Capacity: 8 max. - must pre-register  

Must pre-register and commit to both classes per week. All supplies provided.
GATHERING FOR & BUILDING A LONG HOUSE STRUCTURE / LODGE

Instructor: TBA
Location: TBA
Dates:
  Gathering: May 29th & 30th from 9am-3pm
  Building: May 31st & June 2nd - 3rd from 9am-2pm

May 29th & 30th
We will meet at LLTC at 8:30am and depart at 9am to gathering location in a caravan. Each participant is responsible for their own transport. Participants are not required to stay until 3pm, they may leave as they choose. Participants can call Esther to get directions to gathering location. Participants responsible for their own gear, food and beverages (no plastic water bottles).

May 31st & June 2nd - 3rd
We will meet at the LLTC garden area, where the lodge will be constructed. Lunch will be provided each day to participants. Registration is necessary to plan the meals accordingly.

Please contact the Extension Program at 218-335-4247 if you want to register for a class.

HOW TO REGISTER FOR A CLASS

For the classes that require registration, please call 218-335-4247. If no answer, please leave a message with your name, phone number, email address and the names/dates of the classes you are interested in registering for (See page 9 for the full list of classes). A confirmation email will be sent to the email address you provide.

UPCOMING CLASSES

Keep posted - we look forward to hosting these classes in the near future and will be added to the LLTC website & Facebook page once confirmed:

- Evening Walking Club
- Rise & Shine Exercise Regime
- Starting a Day with a Smoothie
- Making an Adirondack Chair with a Partner
- Basket Making
- Berry Picking
- Knife/Hide Scraper Making
- Drying/Smoking Meats
- Plumbing 101
- Basic Home Repairs
- Writing Grants with a Group
- Business Bootcamp

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 are looking for individuals with knowledge in the following areas:

- Soap Making
- Edible Weeds and Grasses
- Herbalism
- Reiki
- Ojibwe Language
- Parenting / Child Rearing
- Woodworking

Please contact the Extension Program at 218-335-4247 if you are interested in teaching a class.
CLASSES TO REGISTER FOR:

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
<th>INSTRUCTOR</th>
<th>PG</th>
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<tbody>
<tr>
<td>Quill Wrapped Earrings</td>
<td>April 27</td>
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<td>Ribbon Skirts &amp; Applique Basics</td>
<td>April 26</td>
<td>5pm-8pm</td>
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<td>Esther Humphrey</td>
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<td>Ribbon Skirts &amp; Applique Basics</td>
<td>May 24</td>
<td>5pm-8pm</td>
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<td>9am-3pm 9am-2pm</td>
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"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.