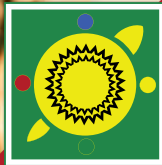


EXTENSION & COMMUNITY EDUCATION

- COURSE GUIDE -

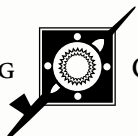


LEECH LAKE TRIBAL COLLEGE



GAA'UZISKWAAJIMEKAAG
GABE-GIKENDAASOOWIGAMIG

APRIL-JUNE 2018



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?

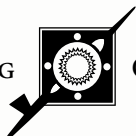
We can reduce the use of plastic and utilize reusable containers, feast bundles and other environmentally friendly tools.

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.

- Miigwech



NO PRE-REGISTRATION

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

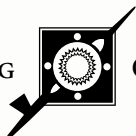
Time: 5pm-8pm

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

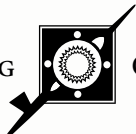
Dates: Class 1: May 8th & May 10th
from 5pm-8pm

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

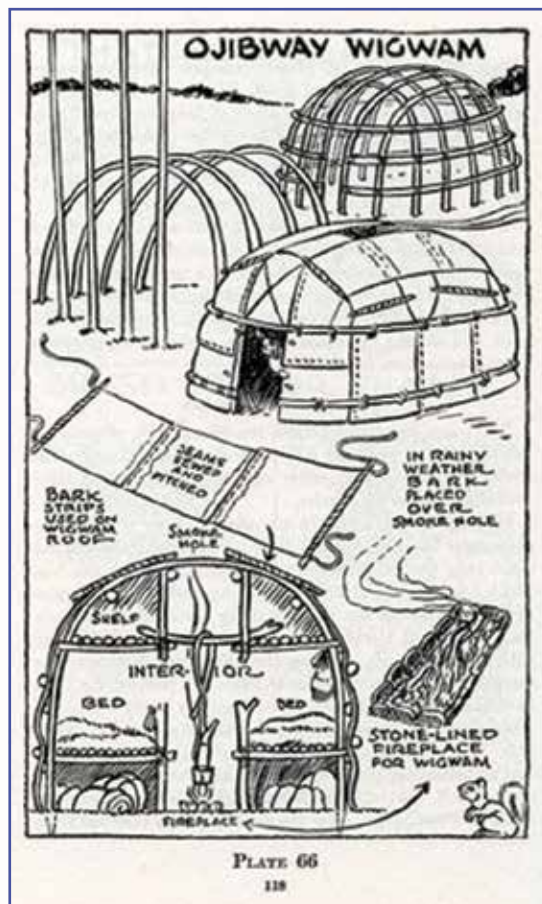
Building: May 31st &
June 2nd - 3rd
from 9am-2pm

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.



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!

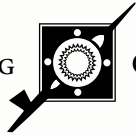
The Extension & Community Education program is continually seeking local artists to share their gifts and knowledge. Each teacher decides what project they will teach and when. In most classes, the Extension & Community Ed will provide all necessary items and supplies. Proposal forms can be found on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

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



CLASSES TO REGISTER FOR:

COURSE	DATE	TIME	LOCATION	INSTRUCTOR	PG
Quill Wrapped Earrings	April 27	10am-3pm	LLTC Art Room (Cedar Hall)	Jennifer Nowlan	Class Full
Quill Wrapped Earrings	May 18	10am-3pm	LLTC Art Room (Cedar Hall)	Jennifer Nowlan	Class Full
Quill Wrapped Earrings	Jun 22	10am-3pm	LLTC Art Room (Cedar Hall)	Jennifer Nowlan	4
Dads Making Baby Moccasins	June 10 & 17	9am-3pm	LLTC Art Room (Cedar Hall)	TBA	4
Gathering of Gatherers Conf.	May 4 & 5	9am-5pm	LLTC Campus	TBA	4
Quill Work on Birchbark	May 8 & 10	6pm-8pm	LLTC Art Room (Cedar Hall)	Ron Turney	5
Quill Work on Birchbark	May 15 & 17	6pm-8pm	LLTC Art Room (Cedar Hall)	Ron Turney	5
Quill Work on Birchbark	June 12 & 14	6pm-8pm	LLTC Art Room (Cedar Hall)	Ron Turney	5
Quill Work on Birchbark	June 19 & 21	6pm-8pm	LLTC Art Room (Cedar Hall)	Ron Turney	5
Ribbon Skirts & Applique Basics	April 26	5pm-8pm	LLTC Art Room (Cedar Hall)	Esther Humphrey	5
Ribbon Skirts & Applique Basics	May 24	5pm-8pm	LLTC Art Room (Cedar Hall)	Esther Humphrey	5
Ribbon Skirts & Applique Basics	June 28	5pm-8pm	LLTC Art Room (Cedar Hall)	Esther Humphrey	5
Beaded Hair Ties	May 8 & 10	5pm-8pm	LLTC Room 212 (Cedar Hall)	Savannah Pemberton	5
Beaded Hair Ties	June 12 & 14	5pm-8pm	LLTC Room 212 (Cedar Hall)	Savannah Pemberton	5
Long House Structure/Lodge	May 29, 30 & 31, June 2 & 3	9am-3pm 9am-2pm	Meet at LLTC	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.

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



PLACE
STAMP
HERE

