

## Outdoor Skills

Instructors: Megan Bowman, Tyler Bannerman, and Craig Bannerman



**LEARNING TO BUILD A GOOD FIRE IS A LIFE LONG SKILL**

Enjoy being outside learning and refreshing your outdoor skills. All levels of experience are welcome. We will present three topics during each class period. Come ready to explore a variety of topics. These will include the following:

*Pack essentials* – What should I have with me for a walk in the woods.

*Outdoor motivation* – Reasons to absolutely get outside and enjoy the natural surroundings.

*Dutch oven care and feeding* - How to get the most out of your cast iron.

*Fire building* – Basics and some creative ideas as well.

*Essential Knots* – Learn the family of figure eights and what they do.

*Compass* – What is it and what does it do?  
Space limited to 10

## Fabric Arts

Instructors: Mary Evelyn Gunn and Casey Newton

We will explore the traditional Japanese method of Sashiko mending, traditional darning, and delve into some decorative embroidery stitches. Bring along a well loved item(s) of clothing and we will begin the process of giving it a new life. All other supplies will be provided and all skill levels are welcome.

The time we will spend together will be a time for reflection on what we wear and purchase. It will be an exploration into timeless practices that will allow us to help mother earth in our own small way.

Recommended clothing: jeans, outerwear, flannels, pants, etc, really anything that is sturdier than leggings, athletic wear, and lightweight silks/fabrics.

Space limited to 10



**TAKE OLD WORN JEANS AND ADD FABRIC AND EMBROIDERY!**

## Cooking

Instructors: Tamara Gunn, Thomas Hardenbergh, and Levi Bannerman



### **SUCH A CLASSIC! ITALIAN GIARDINIERA**

Learn basics for using food in a sustainable way. Our class will be for any skill level of folks who want to cook. Please bring a cooler & a knife if you plan to participate. (We'll have extra knives just in case)

We will introduce a basic pickle brine and explore ways to get creative with it. We'll teach you how to make Italy's popular condiment giardiniera.

The class will also include how to brine, make a rub & roast chickens and use the bones & other scraps for stock.

We will also teach how to use spices & everyday pantry items to make a masala that we will use to make curry with our roasted chicken.

The class will be a time to share tips & stories. We see food as a community builder and look forward to sharing with you!

Space limited to 8

## Folk Dancing

Instructors: Bob Dalsemer and Marcie Van Cleave

If dancing is your jam, then this class is for you! Contras, squares, round, line, international, mixers, novelty, partner and non-partner dances! It will be a time to enjoy the leadership of Bob and Marcie as they each take one day to concentrate on their specialties of dance.

Whether this is your first year or 15th year at camp our dance leaders will lead you in a way that makes learning easy and fun. Join with them as they take you around the world through dance!

Space not limited



**DANCE TO YOUR HEARTS CONTENT!**