

Driftless Folk School



Fall/Winter 2009-2010 Catalogue of Courses

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In Memoriam: Rose Barlow

By Lisa Nudo

I was invited to write this piece on our beloved and dearly missed friend, Rose Barlow, and felt honored. However, paper resisted pen several times because the depth of her soul, knowledge, and effect on so many dwarf the capacity of my simple words. She was the superior writer I longed to be.

Feeling defeated, I retreated to the blackcap bush, keeping my hands and mind busy. My eyes mapped future blackberries as I wandered back to Rose. A fantastic berry year indeed, one she would definitely celebrate. Rose excelled at harvesting these sweet treats. She deftly filled her buckets and jars and many bellies with her exceptional yet simple recipes. Yearly, I anticipated our berry reports and she humbly took the prize every time. This year, I seem to be breaking my own records and can't help but feel her hands dancing with mine.

With this I offer thanks and tears and ponder the wonderment of *hands*.

Humans have learned through hands from the beginning. The absence of touch leaves an experience somewhat abstract or detached. Practical skills often receive praise, and yet assumptions abound that "salt of the earth" people lack options. I believe such work quenches the thirst of a basic human need; sacrificing wealth for a sense of real good work.

Herein lies a truth Rose intimately understood. With a deep admiration for quality of life and steadfast determination, she educated herself passionately. She wove herself a willow basket brimming with beauty, nourishment, compassion, and devotion. Her calloused hands resided not in her pockets, for they were empty, but outstretched with offerings for anyone. Bare feet gently honored the earth, gracing all with the sharing art.

Let us all cherish these gifts...teach and be taught well.

Rose Barlow was an involved member of the Driftless Folk School, both as a student and a teacher. She was an important person to our community. We will all miss her.

The Mission of the Driftless Folk School:

The mission of the Driftless Folk School is to support healthy, sustainable communities and personal development by providing creative and meaningful educational opportunities and inspiring lifelong learning for individuals and families.

Goals: We strive to accomplish our mission by offering experiences in agriculture, natural history, arts and crafts, and traditions of rural Wisconsin and other cultures. This includes offering:

- practical guidance for farmsteading practices and land stewardship.
- a noncompetitive and supportive learning environment.
- family activities and children's workshops.
- traditional and contemporary skills that have proven to be sustainable.
- nourishing organic meals and other social activities.
- a context for dialogue and exploration of issues meaningful to human life.



Thank You! to our Members and Business Sponsors!!

The Driftless Folk School would like to recognize and thank the following individuals, families, and organizations for their support during the period from January 2008-June 2009. *Thank you!*

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Alternative Energy

Life Off the Grid

Instructor: *Dale Kittleson*

What is it like to live off the grid? Is it really possible to generate all of your electricity from renewable resources? Come hear the story of how three families built an off grid rural neighborhood in northeast Iowa and have happily generated most of their power from the sun and wind for nearly 10 years. Find out what has worked, what hasn't, and what it took to get here. I will have a solar panel, a variety of meters and a small inverter to display, plus very interesting worksheets to hand out. There will be plenty of time for questions and discussion during this half-day class.

Date: October 17 (Morning)

Course Fee: \$40

Location: Decorah, IA

Enrollment: Ages 18 and up

Firewood Basics

Instructor: *Wendy Crews*

We will cover basic chainsaw maintenance, safety equipment, proper attire, some methods of splitting with a maul, and an axe, and stacking. Brian Graham of Action Tree Service will speak on the BTU value of different woods. References will be made to sources of further education and expertise. We will be outside—wear long pants and good foot protection and bring gloves and safety glasses if you have them.

Dates: October 25 (Afternoon)

Course Fee: \$40

Location: Viroqua, WI

Farms and Gardens

Draft Horse Basics

Instructor: *Randy Powell*

Those interested in horsepower for agriculture, logging, or transport are given a chance to gain greater confidence through hands-on experience in this class. Animal care, harnessing, ground driving, and hitching to implements will be explained, demonstrated, and practiced. The exposure to horse drawn equipment, their mechanisms, and appropriate uses will be an important part of this class.

Date: September 19 (Full Day)

Course Fee: \$60

Location: Viola, WI

Beekeeping

Instructor: *Jordan Bendell*

This class will cover the basics of sustainable beekeeping, the inner-workings of the hive and basic beekeeping techniques. A variety of hive designs including the Warre hive, Long hive, Top Bar hive, and the standard Langstroth hive will be discussed. Students will receive enough preparation to keep their own hives the following spring. A working hive will be available for the class if weather permits. No protective gear is needed for this class.

Date: October 17 (Full Day)

Course Fee: \$60

Location: Viroqua, WI

Composting Basics

Instructor: *Wendy Crews*

Begin or improve your composting skills. This workshop will cover composting kitchen scraps, yard waste, humanure, wormbins, and composting toilets, as well as how to make your own composting container.

Date: October 18 (Afternoon)

Course Fee: \$40

Location: Viroqua, WI

Enrollment: Ages 10 and up

Starting Plants for Spring Planting

Instructor: *Don and Pat Zietlow*

A class for learning the basics of choosing materials for an organic soil mix, covering seeding methods and soil blocking. Students will go home with their own bagged potting mix and a helpful bibliography.

Date: October 24 (Afternoon)

Course Fee: \$40

Location: Cashton, WI

Small-Plot Winter Gardening

Instructor: *Rasha Abdulhadi*

Learn how to extend your garden's production into the coldest months of the year by using low-cost passive-solar structures that don't require added heat. The first half of class will include a presentation on the techniques and technologies of season extension--including cold frames, low tunnels, hoophouses, and greenhouses-- and a discussion of the crops that grow best in cold weather. In the second half of the class, we'll look at an example of season extension at work and discuss how to apply these ideas to your own growing space.

Date: March 7 (Afternoon)

Course Fee: \$40/ session

Location: Viroqua, WI

Organic Gardening for Any Space

Instructor: *Rasha Abdulhadi*

During the second world war, Americans were producing 40% of their own food at home. Like them, you don't need much to get started growing--a windowsill, a roof, a deck, or a small yard can all provide you with nutritious food. We'll demonstrate how to choose the right plants and prepare your farm site, whether it's a pot or a plot. Because good soil is the key to good food, you'll also learn about improving soil quality. Come with the seeds of an idea, and go home with a garden plan and planting calendar. The composting session is a good companion to this course. Part of the class is outdoors, so dress appropriately.

Date: March 13 (Morning)

Course Fee: \$40/ session

Location: Viroqua, WI

Enrollment: 5-20 students, ages 10 and up

Composting for any Lifestyle

Instructor: *Rasha Abdulhadi*

Composting alone can reduce household waste by 70% or more. In this class, we'll learn about different composting systems as well as get tips on how to build them or where to find ones already assembled. The goal of this course is to help you decide on a compost system to meet your needs and fit into your daily life. We'll also talk shop about solutions for potential composting obstacles, from managing flies and rodents to successfully introducing the system to roommates, family members, and neighbors.

Dates: March 13 (Afternoon)

Course Fee: \$40

Location: Viroqua, WI

Enrollment: Ages 10 and up

Maple Sugaring

Instructor: *Robert Schulz and Perry Yoder*

Experience the joy and worth of harvesting maple sap and cooking it down to maple syrup, a great local source of sweetener. This horse-drawn tour will share the different harvesting methods of buckets and gravity lines, show variation in production scale, and the simple tools and supplies needed to get started.

Date: March 13 (Afternoon)

Course Fee: \$40

Location: Hillsboro, WI

Building and Woodworking

Passive Solar Greenhouse Design

Instructor: *Roald Gundersen*

Roald Gundersen built his design practice on passive solar cold climate greenhouses for the Driftless region and surrounding areas. He has designed and constructed everything from a tiny solar stream house made from a few pieces of timber and a draped translucent tarp (still effective after ten years) to large commercial greenhouses for working farms. In a classroom setting, learn the basics of greenhouse design including solar angles, the value of poly carbonate or glass, proper insulation and construction techniques. Roald will show examples of his work and discuss the various choices that each project entailed. Then move outside to examine several functioning greenhouse structures and perhaps get your hands dirty with a small construction project.

Date: September 19, (10-4)

Course Fee: \$60

Location: LaCrosse, WI

Whole Tree Construction

Instructor: *Roald Gundersen*

Architect Roald Gundersen created his method of building timber-frame structures out of branching trees harvested straight from local woods 16 years ago, and has since applied it to buildings ranging in size from picnic shelters to show piece green homes to small commercial spaces. In a classroom setting, learn the background and theory of whole tree construction through the ages and in the last sixteen years. Roald will show examples of his work in slides and then get out and tour the property and view seven structures employing whole tree techniques in different ways. Walk the woods with Roald to learn about his tree selection process and perhaps get your hands dirty with a small construction project.

Date: September 26 (10-4)

Course Fee: \$60

Location: LaCrosse, WI

Winterizing Your Home

Instructor: *Chris Mahan*

In this home weatherization class for current and future renters and homeowners, we'll begin by discussing the history of insulating and basic insulation and air sealing principles. We will discuss specific problem areas and solutions, emphasizing the older home. Hidden soffits, knee walls, pipes and other stealth sources of air leakage will be exposed. Energy saving strategies will be discussed and the use of healthy materials will be emphasized. Bring your special winterization problems and solutions to share and brainstorm. Handouts will be available.

Date: October 17 (Morning)

Course Fee: \$40

Location: Viroqua, WI

Building a Shaving Horse

Instructor: *Dan Peper*

This viselike holding apparatus is basic to any hand woodworking shop. Shaving horses have many variations of design and style, but all function to hold the wood securely so it can be worked. Students will construct a shaving horse of their own. As time allows, students can learn and practice various techniques of using their shaving horse. Keep in mind that a shaving horse is fairly large to transport.

Date: February 13 (Full Day)

Course Fee: \$60

Supply Fee: \$20

Location: Viroqua, WI

Introduction to Green Home Building

Instructor: *Dan Peper*

This is an overview of a wide variety of "green" and so called "green" building techniques. Participants will start by developing their definition of green building. The positive and negative qualities of various building methods such as straw bale, earth blocks, light clay straw, papercrete, etc. will be the emphasis of the class. We will also discuss various materials used in conjunction with more conventional building methods. The home as a system as well as a foundation to roof approach will be taken.

Date: February 20 (Afternoon)

Course Fee: \$40

Location: Liberty Pole, WI

Blacksmithing

Forging a Fire Poker

Instructor: *Brad Nichols*

This course will allow students to design and create a fire tool for the forge or the fire place. Students will be exposed to a variety of techniques including forging processes, upsetting, twisting, and forge welding. These techniques will then be applied to the creation of a functional fire poker.

Date: October 17 (Full day)

Course Fee: \$60

Supply Fee: \$15

Location: Metamorphosis Forge, Hillsboro, WI

Forged Kitchen Utensils (Advanced)

Instructor: *Thomas Latané*

Students will forge a long handled fork and spatula which will be decorated by modest filing and chasing (stamped designs). Pieces will be given a blackened wax finish. On the Saturday evening of this two-day course, Tom will demonstrate making chasing tools to stamp ornamental patterns. Some forging experience required. Less skilled students may concentrate on achieving the forms, while more experienced students can focus on design and embellishment.

Dates: November 7 and 8

Course Fee: \$200

Supply Fee: \$20

Location: Metamorphosis Forge, Hillsboro, WI

Enrollment: Limited to 5

Forge Welding Workshop

Instructor: *Robert Schulz*

The focus of this course is forge welding, welding multiple pieces using the forge and anvil. Practice the techniques of forge welding a lap weld, forging a basket twist, and the difficult "drop the tongs" weld. This is an intermediate level class, intended for those who would like to attempt the challenge of forge welding, or would like to get more experience. Techniques included will be scrolls, tapers, finish detail, forge maintenance, and flux application. The skills learned in this class will offer a greater understanding of hot forging in general.

Date: March 20 (Full Day)

Course Fee: \$60

Supply Fee: \$15

Location: Metamorphosis Forge, Hillsboro, WI

"Fire, Forging, Fun!"

Blacksmithing for Kids

Instructor: *Robert Schulz*

This class happens twice a year and gives children the chance to work with the open fire and create with the hammer in hand. Students will be introduced (or re-introduced for those who are returning) to the forge, anvil, tongs, vises, and other hand tools used in the blacksmithing trade. Along with the physical lessons of forging, patience, awareness, concentration, and safety will be important focus of this class.

Date: March 27 (Full day)

Course Fee: \$60

Supply Fee: \$15

Location: Metamorphosis Forge, Hillsboro, WI

Arts and Crafts

Dyeing with Indigo and other Exotic Dyes

Instructor: *Elin Pring Haessly*

This will be a two day class. On the morning of the first day, we will learn about different ways to prepare a vat dye indigo bath. We will make a vat. We will be using cochineal, madder, and other natural plant dyes used commercially during the eighteenth century and still produced in countries such as Pakistan and Bangladesh, where they provide opportunities for people living in rural communities. On day 2, there will be dyeing with indigo, cochineal, and other dyes, as well as over-dyeing of yarns from the spring natural plant dyes workshop. Please bring a notebook and a pen. You will receive some instruction papers and samples of dyed yarn. There will also be plenty of books for inspiration.

Date: September 19 & 20 (Full Days)

Course Fee: \$120

Supply Fee: \$10

Location: Soldiers Grove, WI

Enrollment: Ages 18 and up

From Wool to Sweater

Instructor: *Anne-Marie Fryer*

As sheep graze in the field, join us in washing, carding and spinning their beautiful wool. We will make knitting needles and learn to knit simple washcloths. Experienced knitters will design a sweater or socks as well as learn to spin novelty yarns. *Please indicate your level of experience on the registration form.*

Date: October 10 (Afternoon)

Course Fee: \$40

Location: De Soto, WI

Painting for Families

Instructor: *David Aarup Mogensen*

In this class for families David Mogensen will give anyone between 5 and 112 some good ideas on how to paint, guiding you step by step. If you trust David, he guarantees amazing results. Parents and grandparents are invited to bring their children and grandchildren of all ages over five. We will paint a still life or, if possible, a landscape. Those who wish can do an additional painting of their own. We begin wildly, to avoid drawing. The participants are allowed one color at a time. Blue for shadow and darkness, yellow for light, white is only allowed towards the end. Students will learn to paint: to observe color, and let the form take shape only gradually.

Date: October 24 (Full Day)

Course Fee: \$60

Supply Fee: \$10

Location: Viroqua, WI

Enrollment: Ages 5 and up, with young children accompanied by an adult.

Soap Making

Instructor: *Shivani Arjuna*

In this class you'll learn what soap is, how it works and how to make great soaps at home. As we make soap together in the class, we'll discuss everything you need to know, including the qualities of various oils, what equipment you need, choosing and using molds, creating recipes, how to purchase, store and use ingredients (like essential oils and natural colorants), curing and storing soaps, etcetera... You'll go home with the information and confidence you need to get started, plus a mold containing several soaps you helped create. Families are definitely welcome. Keep in mind that the soap mixture is made with lye and must be handled carefully. All participants should have closed shoes, an apron, goggles (provided), and protective "rubber" gloves.

Date: October 24 (Afternoon)

Material Fee: \$12

Course Fee: \$40

Location: Viroqua, WI

Philosophy through Painting

Instructor: *David Aarup Mogensen*

We will do autoportraits in this philosophical painting course. Who am I? Who are we? What is the world? Maybe painting can bring us closer to possible answers. We will paint self-portraits, ourselves in the world, and discuss life and its meaning. If you cannot paint, all the better. If you've never heard about such fellows as Plato,

Kierkegaard, or Goethe, come and hear who they are. If you know, come and tell us with a paintbrush in your hand.

Date: Wednesday Evenings, 7-9 PM
January 6, 13, 20, 27 & February 3, 10

Course Fee: \$120

Supply Fee: \$10

Location: Viroqua, WI

Enrollment: Ages 18 and up

Fiber Craft Series

Instructor: *Rasha Abdulhadi*

Learn the basics, receive one-on-one guidance, venture into creative sidestreets, and leave with resources to carry you through the independent development of your skills. This is a series of three full-day fiber-arts classes. Morning classes will teach the fundamentals of each craft; afternoon sessions will cover intermediate techniques and unusual applications. Each course uses low-impact approaches, turning first to recycled and re-purposed materials to create beautiful and durable pieces. Fiber-crafters may wish to sign up for one of the half-day sessions or the full-day. The restless hands of all makers are welcome--male, female, youth, precocious yearlings, political subversives, or meditative monks. For the fiber craft series, we are excited to collaborate with Ewetopia, a local fiber arts center located in Viroqua. All class materials will be available for purchase at Ewetopia.

Knitting:

In the morning, learn the basics of cast-on, knit stitch, purl stitch, and bind-off. In the afternoon, learn to increase, decrease, and combine these simple stitches to make textures both lovely and functional. We will also work together to un-ravel an old sweater into delicious yarn for future projects. Choose from a variety of projects to try, or bring a project of your own. Receive assistance knitting as you sketch out future projects, share stories, or follow the thread of thoughts through loops and knots.

Date: November 21

Course Fee: \$40/Morning or Afternoon or \$60/Full Day

Supply fee: Please bring money to purchase supplies from Ewetopia.

Location: Viroqua, WI

Enrollment: 3-12 students, ages 10 and up

Crochet:

In the morning, learn the basics of chain, slip-stitch, single and double crochet, and turning chain. In the afternoon, learn to increase, decrease, and combine these stitches for unusual and appealing textures, including some that mimic knitting. Begin one of a variety of projects, or bring a project you want to make. Crochet can create lace or a suitcase; discover the freedom of the hook that flashes quickly through work.

Date: November 22 (Full day)

Course Fee: \$40/Morning or Afternoon or \$60/Full Day

Supply fee: Please bring money to purchase supplies from Ewetopia.

Location: Viroqua, WI

Enrollment: 3-12 students, ages 10 and up

Sewing:

The morning class will address hand sewing--using straight stitch, whip stitch, and blind-hem-- as well as machine-sewing basics for both mending and creating new pieces. Bring your sewing machine, your questions, and your garments in need of mending or finishing! The afternoon session will cover techniques used in the green sewing movement. Learn to upcycle button-down shirts, dress pants, and t-shirts into new fashions. Fuse discarded plastic to make a raincoat, laptop cover, or tote-bag.

Date: December 12 (Full day)

Course Fee: \$40/Morning or Afternoon or \$60/Full Day

Supply fee: \$15 for fabric, thread, and needles

Location: Viroqua, WI

Enrollment: 3-12 students, ages 10 and up

Cooking and Food Preservation

Chicken Butchering Basics

Instructors: *Vince and Dawn Hundt*

Raising a few meat chickens can be the easiest way to grow your own meat. Chickens are easy to start and relatively cheap to raise. They have a short lifecycle and can be kept on a small plot of land. To bring this process to a happy conclusion, however, the would-be poultry grower must be ready to butcher as well. This half-day class will teach the basics of chicken anatomy and meat sanitation and provide hands-on experience with killing, scalding, plucking, and gutting. Each course participant will go home with a freshly processed homegrown organic broiler.

Date: September 5 (Morning)

Course Fee: \$40

Supply fee: \$20

Location: Coon Valley, WI

Hog Butchering

Instructor: *Perry and Mary Glick*

In this class a live hog will become various cuts of pork. Perry will guide participants through the processes of slaughtering, skinning, de-boning, etc. As time allows, rendering lard, basics of sausage making and salt curing will be covered. This is a hands on course in which you will be actively involved in the process. Call (608) 675-3866 to become part owner of this hog and take meat home with you.

Dates: October 31 (Full Day)

Course Fee: \$60

Location: Liberty Pole, WI

Making Miso at Home

Instructor: *Wil Fryer*

Miso is the Japanese fermented soybean paste used in soups, dressing, marinades etc. Join us in making home made miso. We begin by making the koji (inoculated rice) used for the miso. We will explore the different kinds of miso and their health benefits. Wil is the coauthor of a series of 10 books on health and diet.

Date: November 8 (Afternoon)

Course Fee: \$40

Location: De Soto, WI

Root Cellaring

Instructor: *Lauren Hunt*

Take your garden bounty one step further by exploring how to store your produce away for winter using natural cold storage. This full day course will be an opportunity for students to visit several different root cellars and food storage situations throughout the Driftless Region. At each place we will discuss the design of each cellar and ask questions of each owner/grower about specific techniques for storing a variety of vegetables, as well as finding out what has worked and what hasn't. Bring a sack lunch and be prepared to carpool.

Date: November 14 (Full Day)

Course Fee: \$60

Location: Readstown, WI

Introduction to Home Cheese Making

Instructor: *Linda Conroy*

Join cheese maker and whole food cook Linda Conroy and find out how simple it is to make cheese in your own kitchen. This introduction will offer an opportunity to explore this lost art. We will create and sample several simple cheeses that can be cultivated at home. We will make cultured butter, feta cheese, mozzarella and several varieties of soft cheese. After learning to make kefir, we will transform this fermented milk beverage into soft spreadable cheese and a soft condiment that can be used in place of sour cream. You'll also learn some cooking ideas for whey, a byproduct of cheese making. Students can build on this introduction to create many varieties of cheese at home. Includes: samples, cheese to take home, recipes and a cheese culture to get you started.

Dates: November 28 (Full Day)

Course Fee: \$60

Supply fee: \$15

Location: Viroqua, WI

Deer Butchering

Instructors: Vince and Dawn Hundt

This class is your opportunity to become a part of the hallowed Wisconsin tradition of deer hunting and to learn how to take advantage of an abundant local source of all-natural meat. A local hunter will harvest a healthy deer for the class and students will learn how to skin and de-bone the animal, as well as how to identify, process, and preserve steaks, stew meat, and grind. Students can also bring their own deer to process.

Date: November 28 (Afternoon)

Course Fee: \$30

Location: Coon Valley, WI

Sausage Making

Instructors: Vince and Dawn Hundt

For generations, people of German ancestry in the ridge country near La Crosse have made what they call “woosht” or “wurst,” which simply means “sausage” in German. These are large pork/venison ring sausages which are stuffed into natural casings and smoked in a backyard smokehouse. Come and be a part of a joyous early winter tradition and go home with some delicious homemade *charcuterie*.

Date: December 12 (Afternoon)

Course Fee: \$30

Supply fee: \$15

Fermented and Cultured Foods

Instructor: Anne-Marie Fryer

Fermented foods are a small, yet immensely important part of daily meals. Join us for an afternoon tasting and making sauerkraut, yogurt, kefir, kvass, kombucha, kimchi and cultured vegetables. While sampling we will discuss the health benefits of these and other fermented foods. Bring three wide mouth quart jars to bring home samples. Anne-Marie is the author of *Cooking for the Love of the World*.

Date: January 23 (Afternoon)

Course Fee: \$40

Supply Fee: \$7

Location: De Soto, WI

Making Savory Broths from Scratch

Instructor: Anne-Marie Fryer

Nourishing broths are essential for our health, easy to make and delicious to eat. Join us in making strengthening broths cooked on beef or fish bones seasoned with herbs and vegetables.

We will also make vegetarian broth made with the bone of the sea; sea vegetables. Along with sampling various soups we will explore the many health benefits and ways to use the broths in daily cooking. Anne-Marie is the author of *Cooking for the Love of the World*.

Date: February 27 (Afternoon)

Course Fee: \$40

Location: De Soto, WI

Homebrewing

Instructor: Mike Breckel

Homebrewing, in its modern incarnation, is a simple and straightforward process, at least for the beginner. Mike strictly adheres to the major rule of homebrewing: Don't worry, have a homebrew! This class will present a practical background of the brewing process as well as hands-on experience making a batch of homebrewed beer. The only thing that you need to bring is your enthusiasm for good beer and your taste buds. Instead of using a brewing kit, all ingredients used in class will be harvested from Mike's land. We will brew a batch of beer, bottle a batch of beer and taste a batch of beer.

Dates: November 7 (Afternoon)

Course Fee: \$40

Location: Westby, WI

Introduction to Bread Making

Instructor: Jeff Shields

This is an introductory class for those with little or no experience in baking bread and will cover the basics of baking bread with yeast. Making bread is simple and easy when someone shows you how. Among the class topics will be the various types of yeast and flour, how to tell when the dough has risen sufficiently, correct loaf pan type and size, and troubleshooting the less than perfect loaf. You will learn the proper feel of bread dough through hands on mixing, kneading, shaping, and baking. At the end of the session you will go home with the loaf of wheat bread that you made and baked, along with a copy of the recipe for that bread. *“The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocations of innocence and delight.”*

M.F.K. Fisher

Date: November 14 12:30 – 4:30

Course Fee: \$40

Location: TBD

Music and Dance

Old-Time Social Dancing

Instructor: *Sue Hulsether*

Dust off your dancing shoes and clean out your dancing cobwebs! Join this fun overview of popular social dances of the Midwest. This will be a refresher course of couple's dances like the waltz, polka, and schottiche. In addition, we will take a brief tour of traditional American group dances. We will learn time-honored barn dances such as Irish set dances, the Virginia Reel, contras, and old-time square dances. We will cover a lot of ground in one session, so participants should be prepared for lots of variety and fun, and very little perfection. Opposite from *Dancing with the Stars*, no one will be kicked out for mistakes. Live music. Come solo or as a couple.

Dates: September 13 (Sunday afternoon)

Course Fee: \$40

Supply Fee: \$5-\$10 sliding scale,

Location: Viroqua, WI

Enrollment: Ages 9 and up

Sacred Harp Singing

Instructor: *Annie Grieshop*

If you love to sing, then Sacred Harp might be for you! Sacred Harp singing (also known as "shapenote" or "fasola" singing) is one of the foundations of modern American folk, bluegrass, and gospel singing. Starting with a brief history of the music and the notation, participants will learn to read shapenote music and begin singing *a cappella* in four-part harmony. We will invite experienced singers from other areas to join us as well. All books and other materials will be provided free for use. Participants are asked to bring a snack to share if possible. Please visit www.fasola.org for more information about the music and to hear samples of singing. Everyone is welcome, for everyone can sing!

Date: September 12 (Morning)

Course Fee: \$40

Location: TBD

Enrollment: 8-12 students

Norwegian Fiddle Tunes

Instructor: *Karen Solgård*

Fiddle students may expect to leave this half-day workshop with two to three Norwegian fiddle tunes in basic form ready to play together for an evening dance. Hardanger fiddler and instructor Karen Solgard seeks to rekindle interest in Norwegian folk music and dance traditions in the

U.S. Her teaching methods include demonstration, repetition, call-and-response playing of short phrases, dancing and singing the basic rhythms and melodies, and story-telling. She takes questions from students and attempts to meet the students where their interests and expertise converge. It should be a few hours of fiddling fun, laughter and learning.

Date: January 23 (Afternoon)

Course Fee: \$40

Materials Fee: \$35 material fee for CD and music book with tunes to be taught.

Location: LaFarge, WI

Dance Callers' Workshop

Instructor: *Tim Jenkins*

Get a jumpstart or improve on the teaching and calling of American folk dance in squares, circles, and contras. Learn to work with bands and musicians providing the dance tunes. Learn about some of the traditions that have brought this form of art/entertainment to its present popularity, not only in the US but in other corners of our planet. Bring a pencil and paper or a tape recorder. This is a course for continuing and improving students.

Date: January 30 (Afternoon)

Course Fee: \$30

Supply Fee: \$5-\$10 sliding scale,

Location: Viroqua, WI

Irish Step Dancing

Instructor: *Brittany Hying*

Irish step dancing is a beautiful and lively form of solo dancing that is well suited to any fun-loving person. In this class we will be learning the basics of Irish dance movements, learning how to put them together to form steps, and putting the steps to Traditional Irish music. Come learn the traditions and the steps of Irish step dancing!

Date: February 27 (Afternoon)

Course Fee: \$40

Location: TBD

Enrollment: Ages 3 and up, families are welcome

Irish Fiddle

Instructor: *Matt Shortridge*

Irish Fiddle will introduce you to the subtle arts of fiddling in the Irish style. We will focus on learning a few tunes and how to play them in the Irish style through ornamentation, pacing and rhythm.

We will learn a tune from

each of the essential Irish forms: jigs, reels, hornpipes, polkas and slides. You should bring a

recording device of some kind if possible and expect to learn primarily by ear. The class is open to anyone, but a basic prior understanding of playing would be recommended to get the most out of the class. Adults and children are all welcome. (No lunch provided.)

Date: March 20 and 21 (10-4)

Course Fee: \$100

Location: Viroqua, WI

Irish Ceili and Set Dancing Workshop

Instructor: *Julee Caspers Agar*

Put on your dancing shoes and get ready for the March 26 Irish Ceili Dance! This workshop will introduce you to some of the basic steps and

patterns used in traditional Irish Ceili Dance (similar to New England Contradance and Appalachian Circle Dance). After learning a few simple Irish social dance steps, students will practice listening and responding to a dance caller. This workshop will also introduce the popular Set Dances of Ireland. These Percussive Social Dances are even more fun to do if you have a leather bottom shoe for making percussive sound.

Date: March 14 and 21 (Afternoons)

Course Fee: \$80

Enrollment: 10 and up

Location: LaFarge, WI

The Natural World

Wisconsin Basic Hunter Education

Instructor: *Royce Curtis*

Anyone born after Jan 1st 1973 must have a hunter education certificate to purchase any Wisconsin hunting license, so here's your opportunity to get the certificate and a distinctive embroidered emblem. These classes will cover topics such as hunting equipment and methods, rules and regulations, ethics, responsibility, first aid and survival, principles of wildlife management, and basic firearms knowledge and safety. Some of the goals of this class are to promote responsible, ethical hunter conduct, to promote safe gun handling procedures and to familiarize students with hunting equipment, methods and skills to increase their enjoyment of the outdoors. Final testing will consist of a written section and a "hands-on" section. Students who become certified will be invited to the Coon Valley Conservation Club on Saturday September 26 for live firing practice and a fun competition.

Class offered in memory of Lowell Smith.

Students are required to have a Wisconsin DNR customer number. Students with special needs must contact instructor at least two weeks in advance to request special accommodations.

Dates: Tuesday and Wednesdays, 7-9 pm
September 8-23, plus Sept. 26, 1-3 p.m.

Course Fee: \$10

Location: Viroqua, WI,

Collecting and Identifying Wild Fungi

Instructor: *Craig P. Dunek*

Most people like to eat wild mushrooms but are too scared to pick anything except morels. Learn the fool-proof-four, other edible species, and how to distinguish poisonous species. We will go over the best means for collecting mushrooms and how to preserve and cook wild mushrooms. We will go over the general biology of fungi and the essential terminology needed to identify fungi on your own. There will be a short lecture followed by a foray, lunch (served with various species of wild mushrooms), a foray in a new location, and lastly, identifying what we found as a group.

Date: September 12 (Full Day)

Course Fee: \$60

Supply fee: \$5 for a Packet and Basic Identification Keys

Location: LaFarge, WI

Fall Wild Foods

Instructor: *Nicholas Gale*

Come see and sample autumn's abundant wild foods! Fruit such as nannyberry, apple, and highbush cranberry are ripe and ready. Hickory nuts, walnuts, and acorns are rich in carbohydrates and fats and abundantly available. Parsnip, hophorn, and wild leek tubers await the ambitious gatherer and promise flavorful hearty winter soups and stews. Some greens rebound sweeter than ever after fall frosts. These foods and others await our observation, harvesting, and sampling. This great-for-all-ages class will include upland and lowland hikes. Please wear appropriate clothing/shoes and bring a few gathering containers and a clean palate.

Date: October 3 (Full day)

Course Fee: \$60

Location: LaFarge, WI

Pelt Tanning with Natural Agents

Instructor: *Nicholas Gale*

For thousands of years, people around the world have depended on our animal relations for warm wear through cold winter months. Learn the involved yet simple natural process that made this beautiful gift possible in this two day workshop. By working brains or eggs into a "green" or untanned skin and stretching thoroughly through the duration of it's drying, a rough and hard skin becomes a soft, supple and wonderfully warm material. Having beautiful fur clothing can again be a sustainable blessing, not a vain and cruel show of wealth. Skins to be worked will be from respectfully harvested game animals or road-killed animals. Expect to get messy, work a bit and experience an amazing transformation!

Date: November 7 and 8

Course Fee: \$120

Location: Dell, WI

Ice Fishing 101

Instructors: *Chuck Meyer and Rice Spann*

Have you ever wanted to ice fish, but didn't know what to do? Join instructors Rice Spann and Chuck Meyer and discover why so many of us enjoy the sport. We will learn about safety on the ice, how to drill holes, and how to catch fish! Dress for the weather (and wear lots of socks!) and bring ice fishing poles if you have them. Let us know if you need to borrow some equipment and we will make sure you have everything you need to enjoy this class. This is a family-friendly class. Let's go fishing! **All participants over 16 need a valid fishing license. Please contact the Registrar with questions.**

Date: January 16 (Afternoon)

Course Fee: \$40

Supply Fee: \$8

Location: Genoa, WI

Enrollment: Ages 8 and up

Evening Owling

Instructor: *Chuck Meyer*

Participants in this class will receive an overview of the owl species of Wisconsin, of the role owls play in the environment and basic owl biology. Then, the class will head outside to listen for owls. Chuck has some CD media with calls to use to familiarize everyone with the different calls that are made by resident owls. Sometimes you can actually get owls to respond to recorded calls.

Date: March 13 (Evening)

Course Fee: \$20

Location: Coon Valley, WI

Unique

Green Cleaning

Instructor: Wendy Crews

Minimize exposure to toxic chemicals in the home and business. Reduce groundwater pollution, vote with your dollar and support green companies. This workshop will explore some friendly cleaners on the market and will provide simple homemade recipes and techniques to make cleaning easier such as how to clean and how often.

Dates: October 10 (Afternoon)

Course Fee: \$40

Location: Viroqua, WI

Enrollment: Ages 10 and up

Communicating from the Heart

Instructor: Linda Conroy

Interested in communication tools that promote connection in times of conflict? Want to increase your capacity for clear expression and empathic listening? Longing for more inner peace and less struggle? Join Linda Conroy as she shares an approach to communication that has the capacity to transform conflict into curiosity and connection. Learn practical skills for turning even the most challenging situation into one that fosters passion and compassion for yourself as well as others. This workshop is based on a model developed by international peacemaker Marshall Rosenberg. Participants will be introduced to the basic model of communication outlined by Marshall Rosenberg and have the opportunity to apply these skills to situations from their own life. This approach can be applied in the workplace, home and community. Linda has been incorporating this work into her life for close to a decade and enjoys sharing it with others!

Date: November 29 (Full Day)

Course Fee: \$60

Location: Viroqua, WI

Open Source Software for Computer Survival

Instructor: Rasha Abdulhadi

Compute for free, and with freedom. Open Source Software is essentially community supported technology; it's created by teams of programmers and often offered at no charge to users. The course introduces basic applications for everyday computing: web-browsing, email, word processing, spreadsheets, presentations, and system security. We'll discuss how to customize these programs to meet your needs, and also try out some fun programs used for graphics and audio editing. Bring a laptop for installation in class or go home with a CD of software to install at home.

Programs covered will include: Firefox, Open Office, Audacity, GIMP, Ad-aware, Spybot, and others.

Dates: January 9 (Afternoon)

Course Fee: \$40

Supply Fee: \$2

Location: Viroqua, WI

Enrollment: Ages 10 and up

Websites for the Pioneering Life

Instructor: Rasha Abdulhadi

Learn to make your own personal, professional, or business website using free or low-cost services that you can maintain and change yourself. This class will go step-by-step through the decision making process and assist you in choosing tools that best match your functional needs and personal style. Web tools we will cover include: Wordpress, Drupal, Google Docs, Google Calendar, Flickr, and PayPal.

Dates: February 6 (Afternoon)

Course Fee: \$40

Location: Viroqua, WI

Enrollment: Ages 10 and up

Cultures of the Middle East

Instructor: Rasha Abdulhadi

In this series of 4 evening lecture-discussions, we will explore the different eras and regional cultures of the Middle East. This series presents the story of Middle Eastern and Islamic civilizations as the protagonists of their own story. Each lecture will discuss a different era of Middle Eastern history: ancient cultures to Muhammed, the Islamic Empire and Renaissance, the colonial Middle East, and the modern epoch. In addition to revealing the rich texture of a specific time period, each class will also feature a secondary discussion of a region in the Middle East: the Arabian Peninsula, the Mediterranean, the Tigris/Euphrates valley, and Asia Minor. In telling new stories about these regions, we'll consider the scientists, poets, political movements, theology, technology, and language that have shaped those stories.

Date: 4 sessions of 3 hours each, Every Tuesday in January (5,12, 19,26)

Course Fee: \$30/ session, \$110/entire series (Enroll for all or individually)

Location: Viroqua, WI

Enrollment: 5-20 students, ages 10 and up

Driftless Folk School Instructors

Rasha Abdulhadi

Growing up somewhere between Damascus, rural Georgia, and southside Chicago, Rasha has worked as a educator and practitioner of sustainable agriculture and community technology. She's focused on making technical knowledge and hands-on skills accessible for people of all ages, with a strong emphasis on developing tools for self-sufficiency. Rasha has made and remade clothes for herself and others since she was a wee thing. She is overwintering in the Driftless until springtime comes, when she will fire up a vegetable-oil-burning truck named Bess and continue her nationwide tour in search of radical futures.

Julee Caspers Agar

Julee has performed and taught Irish step dance, ceili dance, and set dance for over 2 decades in the Midwest. She occasionally performs with Shoefly! a percussive step dance troupe based in Gays Mills, WI. Her passions are dance (of all kinds) and foreign languages (of all kinds). Currently she is teaching Spanish at YIHS, interpreting for the Vernon County Hispanic Community, and choreographing for the Westby High School Fall Musicals.

Shivani Arjuna

Shivani is vitally interested in everything that affects the well being of our planet and all its inhabitants, and has been a natural wellness teacher and practitioner for over 40 years. Areas of particular focus are Ayurveda, Polarity Therapy, traditional nutrition, wellness assessment/actions and issues regarding harmful manmade electromagnetic frequencies. (See: www.LifeEnergies.com/.) She began making soap and personal products about ten years ago, in order to assure the quality of her family's personal products, and this expanded into a small business. This year she has been busy working in and coordinating a community garden she helped start last year, growing/making products from medicinal herbs and preparing to be as self-sustaining as possible. Shivani hosts several free e-lists all are welcome to join: gardening/sustainability, energy/peak oil, EMR/EMF, socioeconomic issues, environment, natural wellness.

Jordan Bendel

Jordan was born in Viroqua, WI, and learned the sacred art of beekeeping at age 12 from his grandfather and father. Jordan has been keeping honey bees ever since, and even found a way to combine his interest in bees with his undergraduate research at UW-La Crosse. Jordan graduated with a B.S. in Microbiology and Chemistry and currently works at the Mayo Clinic in Rochester, MN. He manages 500 + colonies of bees with his wife Jody and their 3 children.

Mike Breckel

Mike lives with his wife and two daughters near Westby, WI. On the subject of making beer he writes: "Homebrewing has been a full time hobby and sometime passion of mine for the past 20 years. I started brewing because I developed a taste for dark full-bodied beer that I could not get locally. Brewing my own beer has opened up a whole new world for me. The variety of tastes, textures, and aromas that are available to the homebrewer is nearly unlimited. Homebrewing led me to start a small homebrewing supply company because the closest supply store was in Madison. I ran that company for about 10 years out of my home and learned a lot about homebrewers in the process. I also taught brewing classes many times during that period to introduce people to the art. Sharing the art of homebrewing with someone builds a long lasting bond, glued together by the shared love for quality beer."

Linda Conroy

Linda is an herbalist, cheese maker and whole food enthusiast, who has dedicated her life to connecting with the natural world. After apprenticing on several goat farms, Linda continues to make cheese in her own kitchen. She has been doing so for close to a decade and has been teaching this lost art for the past 6 years. Linda has a certificate in permaculture design, a degree in social work, has studied with Isla Burgess of the International College of Herbal Medicine, and has completed residential herbal apprenticeships with Susun Weed at the Wise Woman Center as well as at Ravencroft Gardens. She is the founder of Moonwise Herbs and Wild Eats: A Movement to Promote Whole, Local and Wild Foods in Community. Linda is a vibrant woman who continually seeks to deepen her connection to the natural world! You can learn more at www.moonwiseherbs.com.

Wendy Crews

Wendy is a sustainable living enthusiast, long time back-to-the-lander, and owner/builder. Personal interests include alternative building methods, masonry stoves, grey water systems, and wild foods. She has been practicing water conservation, composting, and cutting firewood for more than 15 years. Wendy has operated a green cleaning business for 10 years. She currently lives outside of Viroqua.

Royce Curtis

Royce is a life long hunter and a Certified Wisconsin DNR Hunter Safety Education Instructor and also a Certified 4-H Shooting Sports Leader. He is a retired teacher and resides on a farm in Timber Coulee with his wife, French Brittany, and herd of Highland cattle. He has hunted both small game and big game in several states with rifle, shotgun, bow and traditional muzzleloader. He especially enjoys target shooting competitions with his traditional muzzleloaders and his self bow. He feels a special responsibility and joy in helping others learn and practice safe hunting and firearm skills.

Craig Dunek

Craig completed his undergraduate degree at UW-La Crosse double majoring in Biochemistry and Microbiology. He continued his studies at UW-L where he earned his Masters Degree in Biology with a focus on Mycology (the study of fungi). He moved to LaFarge last year with his wife and trusted four-legged friend Grif (short for *Griffola* which is a delicious wild mushroom). Craig loves to spend the majority of his time in the outdoors whether looking for fungi, playing in the garden, or finding the perfect place for his deer stands.

Wil Fryer

Wil is an organic farmer, librarian, author, artist, shiatsu practitioner and adult educator. As an artist he works with oil, pencil, watercolors and ceramics. He is co-author of a series of 10 books on health and cooking. He has taught in Europe and the United States.

Anne-Marie Fryer

Anne-Marie is a Waldorf teacher, biodynamic farmer, entrepreneur, author, adult educator and a nutritional counselor. She has taught cooking and counseled for 25 years in her homeland Denmark and the United States. She is the author of several books, including *Cooking for the love of the World: Our Relationship to our Spirituality through Cooking*. For more information see www.cookingforthe loveoftheworld.com.

Nicholas Gale

Still a young man, Nicolas has been an enthusiast of the natural world and outdoor living since he was a child. Raised in the Kickapoo Valley, the Mississippi Valley, and the foothills of Appalachia, he has taken his childhood joys and hobbies and developed a life based on living in the outdoors, meeting his basic needs from the Earth's offerings, and sharing the basic awareness and skills necessary to this lifestyle. Nicolas credits his skills and world outlook to an upbringing by outdoorsy, artistic, and resourceful parents; a year and a half spent immersed in a Native Skills encampment in Northern Wisconsin; and time spent traveling by foot in the United States and abroad. Family life has tempered his dreaming and grounded him in the quest to live a true life and support himself by sharing his passions and lifeway.

Perry and Mary Glick

Perry and his family live and work on their certified organic farm near Liberty Pole. The Glicks use horses for tillage, hauling and travel. They produce a diversity of crops including market vegetables, grain and hay, and raise a wide variety of farm animals.

Annie Grieshop

Like many Sacred Harp singers from the North, Annie stumbled into this wonderful way of singing by accident. In the early '90s, a friend gave her music with funny notes and wonderful songs, and she organized people to sing it... until a stranger said "But you're doing it all wrong." So she went South, and learned to do it right. Since then, she has led many singing schools, founded the Iowa All-Day Singing, and written about singing in the *Wapsipinicon Almanac*. In her non-singing life, she is a piano technician and plays for barn dances.

Roald Gundersen

Roald Gundersen, founding partner and CEO of Whole Trees Architecture and Construction near La Crosse. He received his Bachelor of Architecture and a BS in Environmental Design from the University of Minnesota, (1984). His work as a project architect on the Biosphere 2 in Arizona focused his architecture on integrated living systems. On returning to his native Wisconsin, Roald created a place-based architecture from abundant, local and low energy materials, building cold climate greenhouses, homes and small commercial spaces. He has pioneered the use of whole trees in residential, institutional and commercial construction projects, inspired by the 140 acres of forests he stewards near La Crosse, WI. For the past 16 years, Roald Gundersen has been empirically testing the feasibility of using whole tree technology to construct beautiful, strong, economical and extremely green buildings from forest thinnings. Learn more about Roald and whole tree construction at www.wholetrees.com.

Elin Pring Haessly

Elin was born in Copenhagen, Denmark, where she learned to plant dye from one of the first "green instructors" who had already "gone organic" in 1960, although at the time we did not know the importance of this decision. It was fun and Elin never forgot about it after moving to the States. Two years ago Elin and her husband bought a farm in rural Soldiers Grove for retirement in the near future and she started to experiment again with yarns and plants.

Sue Hulsether

Sue is a freelance dance educator, specializing in American folk dance. After 13 years in an elementary music classroom, she now travels hither and yon to call barn dances and work with schools as a folk dance artist-in-residence. A captivating flatfoot dancer in the Appalachian clogging tradition, she's taught people of all ages to enjoy its rhythmic delights. She lives with her husband on a small acreage outside of Viroqua. Between dance travels she finds herself raising vegetables for the Viroqua Farmers' Market.

Vince and Dawn Hundt

Vince grew up as the seventh of thirteen children on a small dairy farm near Middle Ridge, WI, and Dawn hails from Michigan's Upper Peninsula. Together, they have operated their own ridgetop dairy farm near Coon Valley since 1978, transitioning to organics in the late 1980s. They have raised 4 children and established the Rotochopper company, which designs and markets industrial grinders. Both Vince and Dawn are long time volunteers with local organizations such as Norskedalen, Pleasant Ridge Waldorf School, and the Youth Initiative High School. Woodland conservation, sustainable forest management, and traditional Wisconsin foods play important roles in their lives.

Lauren Hunt

Lauren lives near Readstown with her family on a small homestead where she and her husband are avid gardeners. She has worked in the world of produce for over 10 years: as a farm apprentice on several small CSAs, a produce clerk at the Viroqua Food Co-op, and as a home gardener. Her interest in root cellaring and food preservation inspired her to come up with the root cellaring course.

Brittany Hying

Brittany has been Irish dancing competitively for over 10 years. She has been taught under many world renowned teachers such as Sylvan Kelly (Mayo, Ireland), Trinity Academy (Madison/Milwaukee, Wisconsin), Kate Flanagan (Winona, Minn.) and Julee Caspers-Agar (Viroqua, Wis.). Brittany has danced in many festivals all around the world, and competed in such competitions as the All Ireland championships and the World Championships. Brittany started the Rince Mo Chroi Irish Dancers in 2003, in Southwest Wisconsin. Brittany wishes to keep the traditional aspects of Irish dance alive by teaching in rural Wisconsin, in the old style of a "traveling teacher".

Dale Kittleson

Dale lives in a wind and solar powered home with Frances, Alex, Clara, Mitts the solar cat, two goldfish, one hamster, and (out in the coop) 20 chickens. During the day he works at Wild Rose Timberworks where he and his two partners build timberframes.

Tim Jenkins

Since his first trip to North Carolina in 1973 Tim has been involved in oldtime dancing, tune-playing, and the teaching or calling of the tunes and dances. He has traveled and has been hired to call at numerous community dances, weddings, family events, and festivals in each corner of our country. Tim has met and been inspired by many others who have shared the tradition of music and dance and he is interested in sharing this gift with others.

Thomas Latané

Tom Latané has been fascinated by the traditional hand forging techniques ever since he first made nails at his backyard hearth in the early 1970s. Today, he is still more intrigued by the work historic smiths were able to produce with basic hand tools than he is by the potential of modern technology. At their shop in Pepin, WI, Tom and his wife Kitty repair antiques and produce their own work in iron, tin, wood, and fiber, using methods and design vocabularies appropriate to different historic traditions.

Chris Mahan

Chris developed an itch for insulating after playing in some pink fluffy stuff growing up in the suburbs of Long Beach California. Following a career as Heavy Metal guitarist, electrician and guerilla solar enthusiast, he heard a voice in his head that said "Go east young man!", following his wife's family roots back to the Driftless Area three years ago. Combining his dislike for fiberglass and his change of location (Cold! BRRR!), Chris decided to pursue healthy insulating and air-sealing techniques.

Chuck Meyer

Chuck has a B.S. degree in Animal Ecology from Iowa State University and graduate research and coursework at the University of Minnesota. He has traveled all over the lower 48 states after receiving his undergraduate degree working for an environmental consulting firm. He also has experience with banding and tracking birds electronically (radio telemetry). Much of his work focused on bird surveys. He was born in Iowa, moved to Minnesota for graduate school, and finally decided to settle in the Viroqua area. He will also be teaching bird watching classes at Western Technical College in LaCrosse.

David Aarup Mogensen

David is a Waldorf teacher who studied Italian as a young man. He is from Denmark, like Kierkegaard, Hamlet - and the Vikings who were among the first to discover America. He has until recently lived in Denmark, and a few years in Italy, Ireland and Switzerland. Like most painters before him, he cannot paint, but keeps on doing it nevertheless. He can make non-painters paint. He believes in books and in democracy, and the special connection between the two phenomena. His motto he borrows from Van Gogh: You may be young, you may be old: Sometimes you lose your head.

Brad Nichols

Brad received a BS from the U. of Wisconsin-La Crosse in 1997 and a MFA in metalsmithing from Cranbrook Academy of Art in 1999. He currently lives in Galesville, WI, and for the past nine years has supported himself as a studio artist creating commissioned sculpture, furniture, and architectural ironwork. Complimenting his professional activities, Brad currently serves as an Instructional Academic Staff member in the Art Department at the U. of Wisconsin-La Crosse. Brad lectures, demonstrates and exhibits his work nationally.

Dan Peper

Dan taught art and industrial arts for ten years in the public schools. He is presently a consultant and designer for Green Peper Building and a grass farmer raising Suffolk Punch draft horses. The team of Valerie and Vonda help do most of the heavy work on the 40-acre homestead of Dan and his wife Ruth. Dan strives for a degree of self-sufficiency within an aesthetic and sustainable context.

Randy Powell

Randy has been working and riding horses since age 5 and trained a yoke of oxen as a preteen. In 1983, he began training and using horses for farming. In 1997, he began logging and custom band sawing with portable equipment for onsite sawing. He cut, skid, sawed, and built the log cabin in which he and his wife live. They live off of the grid and use rainwater with a water purifier. Randy says he wouldn't have it any other way. He lives on Memory Lane (really!) outside of Viola, WI.

Jeff Shields

Vivid and fond memories of the Eastern European cuisine served by Jeff's maternal grandmother set the standard and direction for a lifelong love of baking, cooking, and gardening. Today, croissants rank high in his favorite bread category along with European rye breads and whole grain sourdough breads. Flowers, garden herbs and vegetables, the kitchen, and bread are essential elements of life.

Robert Schulz

Robert has been blacksmithing since 1996, focusing on the techniques of traditional joinery. He has been a student of UW-LaCrosse, U. of Wales-Swansea, John C. Campbell Folk School (NC), and Tillers International (MI), and has worked on several organic farms in the U.S. and abroad. Along with ironwork, Robert has been focusing on alternative building and carpentry, while he and his family have been setting up the infrastructure of their 40 acre homestead. Their practices include draft animal power, stonework, maple sugaring, and beekeeping.

Matt Shortridge

Matt has been playing and teaching Irish fiddle and guitar for 20 years. Before moving to the Driftless region, he was a mainstay in the Washington DC and Baltimore Irish music scene, playing sessions, dances and concerts around the east coast. Matt taught at the Augusta Heritage Center Irish Week for 10 years at Davis and Elkins College where he performed with Billy McComisky, Mike Rafferty and others. He has also taught at the Colorado Roots camp on the flanks of Pikes Peak and at the Ceoltus Ceoltori Erin Fiddle Week in Washington DC. Matt is also a new member of Paddy O'Brien's Doon Ceili Band, based in St. Paul.

Karen Solgård

Karen Torkelson Solgård began playing the old family fiddle in the 1970s. Since then, she has been an active member and leader of the Hardanger Fiddle Association of America (HFAA). She studied with Dr. Andrea Een, professor at St. Olaf College, and also with Norwegian master fiddlers. She has been a regular instructor at HFAA annual workshops since 1997 and has served as its fiddle teaching coordinator. Karen performs around the United States and gives workshops to fiddlers and school children. She also is a regular dance fiddler at the local Scandinavian dances. www.norsefiddle.com

Rice Spann

Rice lives on a small farm outside of Viroqua with his wife and two young children. He has a life-long passion for hunting and fishing that he enjoys sharing with others.

Perry Yoder

Perry and his family manage a 233 acre horse-powered farm in rural Hillsboro, WI. Here they produce organic milk, eggs, animal feed crops, and organic produce. Perry produces maple syrup using a simple spile and bucket, as well as a gravity line system.

Don & Pat Zietlow

The Zietlows have been intentionally organic since 1965. In 1990 they started Sweet Terra Farm and filled a lifetime dream of adding a green house to their multiple experiences of gardening such as: having a large family garden to feed their six children; 3- year experience on an 80 acre organic orchard in Michigan; a 4-year experience raising organic vegetables for suburbanites in Naperville, IL; and a sixteen year adventure of growing the Viroqua Farmers Market to what it is today. It is their desire to convey their love of the living soil and its ability to grow healthy food.

Upcoming Events

DFS Community Dance: *September 3rd, 2009 7:00pm*

Contras, Squares, and Waltzes... Dance to the music of Lawful Contraband, called by Tim Jenkins \$5/person, \$7/family. LaFarge Community Center, 202 N State St., LaFarge, WI

4th Annual DFS Harvest Festival: *October 3rd, 2009 4:00 -10:00*

Join us in celebrating the harvest of the season by bringing a dish to share to our fourth annual Driftless Folk School Harvest Festival. This year we will gather in LaFarge at the shelter in the Village Park. There's a nice playground for little ones right there, so bring your whole family. Later in the evening, a community dance with live music and callers will be held down the street at the LaFarge Community Center, so don't forget your dancing shoes!! Tell all your friends and neighbors, and bring them along too!!

Annual Membership Meeting: *November 12th, 2009*

Join the Board Members of DFS to learn of current happenings, and have an open conversation about the direction of the school and how it can best serve the community.

Winter Dance and Concert

w/ Norwegian Fiddler Karen Solgård: *January 23rd, 2010*

Join us this winter evening for music and dance in the LaFarge Community Center. Karen Solgård will begin this evening playing Norwegian fiddle tunes on a hardanger fiddle, a beautiful 8-stringed traditional Norwegian instrument. Afterwards, we'll dance squares, contras and Norwegian dances, called and taught by Karen Solgård. Students from the Norwegian Fiddle class will be invited to play for the dances.

"Sweet, Sweet Spring!" Festival: *March 6, 2010*

Enjoy this annual event co-hosted by DFS and Norskedalen. Maple sugaring, blacksmithing, craft demonstrations, sledding and snowshoeing, traditional foods, music, children's activities, horse-drawn rides.....

Irish Ceili Dance: *March 26, 2010 7:00*

It's March and we're all ready for a ceili dance! Tim Jenkins and Julee Agar will teach and call the dances, and the Irish Ceili Band will play for us at the LaFarge Community Center. If you've never been to a ceili dance, come and find out. If you've been to many, you know how fun it is, so don't forget to bring your family and friends!

Work/Study Program

Today is July 15th and, because the goats get nervous if they think they're by themselves for too long, we're writing close to them from the open greenhouse that is the Schulz's back porch. We, Luke and Emily, have been here over a month now and the third intern, Jamie, has been here for two. We've experienced so much, and learned so much, that it seems like we must have been here for ages... the time has gone by so quickly. In the past few days, we disc harrowed a field with horses, and planted late potatoes, beets, cilantro and lettuce. We picked buckets of wild and cultivated raspberries to freeze and make jam, and we harvested lots of vegetables from the garden with many more to come. The classes we've gone to are exciting, and we've learned skills and information we can use right here, right now, and for the rest of our lives. We've been preparing meals and storing food without refrigeration. (That means fermenting, cellaring, and feeding the pigs!).

Working on this catalog has taken a good deal of our attention for the past few weeks, but it's coming together. I wish my Work/Study position could be extended so that I could have the opportunity to take some of these exciting classes. There is much work and learning to be done yet in our time here. We'll soon be harvesting and cleaning garlic which Robert tells us is sort of like a four day social event. We'll also continue to improve the little house on stilts where we get to live for the summer. Robert just finished the stairs and we're almost done with the siding. There's also ever more stone work to do, carting stones with the old horse, Debbie, to build retaining walls and greenhouse beds.

Being here is a great experience for us. The Driftless Region is brimming with skilled and knowledgeable people who are often eager to share. This catalog is a prime exhibit of many of those people, but there are yet more around. We've met many of these people in and outside of class, and they, like everyone, have helped us grow. It has been exciting to participate in the growth of the Folk School, an organization that we knew nothing about six months ago, but have come to believe in so fully.

–Emily Horne and Luke Gay

Information About the Work/Study Program and How to Apply

In 2008, the Driftless Folk School created an opportunity for individuals to gain a more intensive learning experience through its new work/study program. This 3-6 month term offers the chance to be amongst the progressive community of Vernon County, a beautiful, rural setting in southwest Wisconsin. Our work/study position, with a focus on hands-on, non-competitive learning, is a great complement and/or alternative to academic programs, and will be a valuable preparation for personal career possibilities. While fulfilling the established commitments outlined by the school, individuals will be encouraged, and supported, to engage in their chosen independent study projects (i.e. building a small shelter, maintaining a garden, practice of a craft).

To ensure an equally beneficial relationship between the Driftless Folk School and its work/study participant, a summary of the position is offered below. As a work/study, you will be asked to work 30-35 hours/week in a variety of tasks including:

- office work
- farm chores, general homestead tasks
- building projects
- assistance to instructors, act as a representative at special events

In return, you will receive:

- entry into all desired classes
- room and board with a DFS host family and a stipend of \$100/month
- involvement in board meetings
- connection to a vast network of farmers, builders, artists, educators, etc.
- ample time for independent study, personal interests
- resources of tools, workspaces

We are accepting applications for the 2010 season until March 31, 2010. Find the Work/Study application on our website www.driftlessfolkschool.org or contact Robert Schulz by email at registrar@driftlessfolkschool.org or telephone at (888)587-6540.

Calendar of Courses: Fall/Winter 2009-2010

September:

- 3:** DFS Community Dance
- 5:** Chicken Butchering
- 8:** Hunter Education (*begins*)
- 12:** Sacred Harp Singing;
Collecting Wild Fungi
- 13:** Old-Time Social Dancing
- 19:** Draft Horse Basics;
Passive Solar Greenhouse Design;
Dyeing with Indigo (*Begins*)
- 26:** Whole Tree Construction

October:

- 3:** *4th Annual DFS Harvest Festival!*;
Fall Wild Foods
- 10:** Green Cleaning;
From Wool to Sweater
- 17:** Winterizing Your Home;
Life Off the Grid;
Beekeeping; Forging a Fire Poker
- 18:** Composting Basics
- 24:** Painting for Families;
Soap Making;
Starting Plants for Spring Planting
- 25:** Firewood Basics
- 31:** Hog Butchering

November:

- 7:** Forged Kitchen Utensils;
Pelt Tanning (*Begins*)
Home Brewing
- 8:** Forged Kitchen Utensils;
Pelt Tanning;
Making Miso
- 14:** Root Cellaring;
Bread Making
- 21:** Knitting
- 22:** Crocheting
- 28:** Deer Butchering; Cheese Making
- 29:** Communicating from the Heart

December:

- 12:** Sewing;
Sausage Making

January:

- 5:** Cultures of the Middle East (*Begins*)
- 6:** Philosophy through Painting (*Begins*)
- 9:** Open Source Computing/Software
- 16:** Ice Fishing 101
- 23:** Fermented and Cultured Foods;
Norwegian Fiddle Tunes
- 30:** Dance Callers' Workshop

February:

- 6:** Websites for the Pioneering Life
- 13:** Building a Shaving Horse
- 20:** Introduction to Green Building
- 27:** Making Savory Broths;
Irish Step Dance

March:

- 6:** *Sweet Sweet Spring! Maple Syrup Festival at Norskedalen*
- 7:** Small Plot Winter Gardening;
- 13:** Organic Gardening for Any Space;
Composting for any Lifestyle;
Evening Owling;
Maple Sugaring
- 14:** Irish Ceili and Set Dancing
Workshop (*Begins*)
- 20:** Forge Welding Workshop;
Irish Fiddle (*Begins*)
- 26:** **Irish Ceili Dance**
- 27:** Blacksmithing for Kids

Multi-Session Courses

September 8, 9, 15, 16, 22, 23 & 26

January 5, 12, 19, 26:

January 6, 13, 20, 27 & February 3, 10:

Wisconsin Basic Hunter Education Course

Culture of the Middle East

Philosophy through Painting

About Classes and Registration

Typical Saturday Schedule:

Full Day Classes: 9:00-5:00 (Free lunch included)

Morning Classes: 9:00-12:30

Afternoon Classes: 1:00-4:30

Class Locations

Driftless Folk School classes take place in a variety of locations within Vernon County, WI. Most classes are held at the homes and farms of the instructors or at the Landmark Center in Viroqua. Directions to class locations will be included in a confirmation packet or e-mail sent upon registration.

Meals and Lodging

A free lunch is provided for all participants in full day classes. There are also several fine restaurants and grocery stores offering organic food in the Viroqua area. If requested, Driftless Folk School will include a listing of options for camping, RV parking, and hotels as part of the confirmation e-mail/packet.

Families and Children

Driftless Folk School values intergenerational learning that is part of a long American folk tradition. We encourage family participation! Many of the classes we offer are appropriate for both children and adults. If you have any questions about the appropriateness of a class for a particular child, please contact the Registrar. If a child under the age of 10 is interested in participating with an adult, the course fee for the child is half price. Limited to one child per enrolled participant.

Disclaimer

Driftless Folk School strives to offer a wide variety of courses reflecting the talents and interests present within our community. The views, beliefs, or philosophies of life presented by course instructors are not necessarily those of Driftless Folk School, its members, or volunteers.

Non-Discrimination

In the operation of the Driftless Folk School programs, no individual or group will be discriminated against because of race, gender, national origin, age, or disability.

Registering for a Class

Registration is simple. Contact the Registrar of Driftless Folk School by telephone or email and we will mail you a registration form; or copy the registration form off of our web site: www.driftlessfolkschool.org. Completely fill out the form and mail it with the required payment to DFS. Upon receipt, your place for the selected course is reserved. Driftless Folk School will send you a confirmation packet or e-mail, which will include directions to the class and other information. A list of tools and materials will be included, although generally we provide all necessary tools and materials. Some students may choose to learn using their own.

Course Sizes and Registration Deadline

Classes at Driftless Folk School are kept small. It is advisable to register early to ensure your participation. Registering 21 days prior to a course's starting date is recommended. If courses have insufficient enrollment, they may be canceled. Late registration may be possible due to cancellations. Please call regarding last minute openings.

Waiting List

Driftless Folk School will maintain a waiting list for courses that are filled. Those on the list will be contacted if an opening becomes available.

Payments

Full payment is required at the time of registration. Special payment arrangements can be made by contacting the registrar. Please note that material costs vary significantly. Payment may be in US funds by cash, check, money order, or credit card. Please contact the Registrar to pay with a credit card via PayPal.

Cancellations

Driftless Folk School is committed to holding all classes with enrolled students. If Driftless Folk School must cancel a class, students will receive a full refund for all payments made for that class. Students who cancel their enrollment more than fourteen days prior to the class will receive a full refund minus a \$10 handling fee. Students who cancel their enrollment less than fourteen days but more than seven days prior to the class will receive full credit towards future classes at Driftless Folk School. Students who cancel their enrollment seven days or less before the class will receive no refund or credit.

Contact Us

To find out more about the Driftless Folk School, please visit our website at www.driftlessfolkschool.org.

You may also contact the DFS Registrar at (888) 587-6540 or registrar@driftlessfolkschool.org.



Course Registration Form

Name: _____ Today's Date: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone: _____ Email: _____
 Email Confirmation Ok? ___ Yes ___ No

Enrollment Information:

<u>Course Title</u>	<u>Course Dates</u>	<u>Course Fee</u>	<u>Supply Fee</u>
_____	_____	\$ _____	\$ _____
_____	_____	\$ _____	\$ _____
Totals:		\$ _____	\$ _____

Enclosed Registration Payment: \$ _____

Where did you hear about DFS? _____

Please detach form, enclose registration deposit, and mail to:
 Driftless Folk School Registrar
 P.O. Box 405 Viroqua, WI 54665

(Please allow 2 weeks for confirmation via mail. Registering late? Please give us a call.)
Questions? Call our office at (888) 587-6540 or email registrar@driftlessfolkschool.org.
 Copies of this may also be found on the Web at: www.driftlessfolkschool.org.

Support Driftless Folk School by becoming a Member or Business Sponsor!

A true Folk School arises from the people of the region it serves. You can support the work of Driftless Folk School by participating in classes, by becoming an instructor, or by working as a Folk School volunteer. Please contact the Registrar about teaching and volunteering opportunities. You can also support Driftless Folk School financially by ***becoming a member or business sponsor of Driftless Folk School!***

Benefits of Personal Membership or Business Sponsorship

- The satisfaction of contributing to the growth of an exciting educational opportunity in the Driftless Region.
- Course catalogues and newsletters mailed to members.
- Listing as a sponsor or member in Folk School publications, such as future course catalogues and newsletters.

Membership Categories: **Individual:** \$20 **Household:** \$30 **Supporter:** \$100 **Patron:** \$500 or more
Business Sponsorship: \$50 or more

Date: _____

[] I would like to become a member. Name (s): _____

[] I would like to become a business sponsor. Business Name: _____

I am enclosing my contribution of \$ _____ to support the development of Driftless Folk School.
*Driftless Folk School is a 501(c)3 non-profit organization. All donations are tax deductible.
 Make checks payable to Driftless Folk School*

Introducing the Driftless Folk School Online Forum

Many people, especially those of us involved with folk schools, have an ambivalent relationship with modern electronic communications technology. There is something cold about computers and the Internet as a mode of communication, and it seems to be all too easy to lose touch with the physical reality of the natural world when one is immersed in this electronic environment. And yet ... these technologies can also serve as a powerful bridge between people and communities separated by distance and a transformative medium for spreading information and ideas. During the short existence of the Driftless Folk School, our website has allowed us to meet people who have come from as far away as California, Massachusetts, and Washington state to participate in courses, as well as people from as far away as New Zealand with an interest in the folk school movement. During this Fall and Winter season, Driftless Folk School is pleased to announce two new forays into the electronic world. First, we are pleased to offer two classes on practical applications of computer technology, including open source software and useful websites. Second, we are excited to introduce the Driftless Folk School Electronic Forum, accessible from our website at www.driftlessfolkschool.org/forum. This idea arose from the suggestions of members at an open meeting last November. The goal is to build a medium for the exchange of ideas and information among members and supporters of the Driftless Folk School and to continue the work of community building that gets started in classes, festivals, and dances. You are invited to log in and contribute to this exciting experiment.



P.O. Box 405

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www.driftlessfolkschool.org