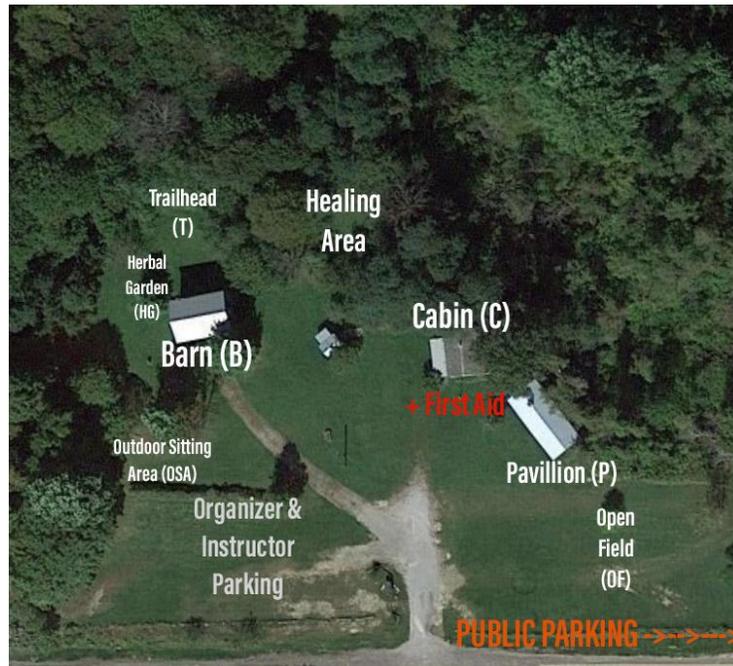


Reeds and Roots One-Day Skillshare - Workshop Schedule - September 4, 2021



9:15a – 9:30a	MORNING CIRCLE (OF)			
10:00a – 11:45a	Intro to Fly Tying (P) *15	Herbs and Plants in Yard (HG) *20	Cooperation During Crisis (OSA) *20	Beginning Hand Spinning (B) *10
Noon – 1:00p	LUNCH	LUNCH	LUNCH	LUNCH
1:00p – 2:45p	Wild Mushroom Identification (T) *20	Uncle Mud Presents: Building with Local Natural Materials (OF) *30		Natural Beekeeping (B) *NL
3:00p – 4:45p	How to Make Salves, Ointments and Balms (B) *10	Making cordage with plant fibers. (T/OSA) *15	Power of Pool!... and Showers too (C) *NL	Mead Making (OF) *NL
5:00p – 6:00p	DINNER	DINNER	DINNER	DINNER
6:00p – 7:45p	Useful tree, shrub and vine (HG) *NL	Mystical Mushroom Stories (OSA) *NL	Lacto-Fermentation (B) *NL	
After Dark – 8:00p and past	Night Skies (OSA) *NL	Live Music (P) *NL		

* - Max Number of participants (if NL – No Limit)

Sign-up sheets for workshops with limited numbers/sessions are located at the registration tent.

Any class fees are to be paid directly to the instructor in cash.

Present Minded conveyor of emotion through movement is located in the healing area. Donations welcome.

Sky Breathing Breaks are located in the Sky Breathing tent located at the healing area. Available anytime during the hours of 9 am to 6 pm unless the closed sign is up.

Reiki Sound and Healing Tent - Sign Up Required at tent. Reiki sessions available throughout the day. Tent may be used as a place of grounding and refuge during other hours. Transition into the evening with a relaxing and meditative sound bath using an array of instruments such as crystal singing bowls, Himalayan bowls, chimes, bells, rattles, drums and intuitive vocalization. Will be announced before live music starts.

--**Lacto-Fermentation Possibilities**, Rose DiGeronimo - Watch a demonstration of how to ferment different types of foods.

--**Wild Mushroom Identification**, Don King (The Mushroom Hunter) - Learn how to find and identify the many mushroom species that grow wild in Ohio.

--**Beginning Hand Spinning (\$10 fee)**, Gaille Ruhl - Basics of hand spinning with & without a drop spindle.

--**How to Make Salves, Ointments and Balms**, Lynn Abbey- Zukowski (Blue Lake Botanicals)

Learn how to infuse oils and turn them into healing salves, ointments & balms. We will talk about using vegetable oils and butters or traditional animal fats as well as use of either beeswax or vegetable waxes. There will be information about topical uses of common herbs. We will include brief demonstrations and a handout with DIY recipes to try, so you will be ready to go home and try it on your own.

--**Intro to fly tying – tying your first fly (\$2 fee) Free to watch**, Jim Owens

Learn all about the basics of fly tying. The difference between the types of flies, materials you need to tie good quality flies that catch fish and where to get them – what makes an attractive fly to the different species of fish, and for the \$2 cost of materials tie your first fly.

--**Cooperation During Crisis**, Christina Keegan

Hosting a conversation about how we can work together to prepare for and be more resilient during a crisis – particularly during the next round of pandemics. I can share my experience organizing time banks and being a part of a mutual aid network, as well as lessons learned from supporting over 500 community groups in the Cleveland area with over 2 million masks and semi trucks full of hygiene supplies as part of our pandemic response.

--**Mythical Mushrooms: The Legends and Lore of the Forest Floor**, Cecilia Li

Join me for storytime! Journey through fungi-inspired folkloric legends from around the world and throughout time. Hear indigenous tales from across North and South America, ancient Chinese and Japanese myths, West African stories on the origin of different fungi, and more!

--**Night Skies**, no teacher – volunteer your knowledge! - Take a look through a telescope to see stars and the moon.

--**Using herbs and plants from your yard**, Donna Devadoss - How to find and use herbs and plants.

--**Present Minded Conveyer of Emotion Through Movement**, Estelle Tomasio

Utilize the form of movement and meditation for mind- body- spirit health

--**Uncle Mud Presents: Building with Local Natural Materials**, Uncle Mud

Our ancestors didn't have dump trucks or building supply stores. They built with whatever materials were at hand. Today we have more choices than ever, but we still have the choice to build with local natural materials as unique as trees, as timeless as stones, and playful as sand and clay. We can choose to live in wild, beautiful, hand sculpted spaces instead of chemical laden boxes. Get muddy with Uncle Mud and let your imagination free as we sculpt branches and sandy clay into a pizza oven or a bench or a wall or a fairy house. info@unclemud.com for more details.

--**Natural Beekeeping: Introducing the Warre Hive**, Stephanie Blessing, Red Beet Row

Learn traditional beekeeping methods using the Warre Hive. Get an introduction to natural beekeeping practices, which are very hands-off and in-tune with the honeybee colony's rhythms. See what kinds of structures honeybees can be kept in, and a bit on how to catch swarms. We will mainly focus on the Warre style of beekeeping (developed in France by Abbe Warre, "Beekeeping for All").

-**Mead Making**, John Wright et al from Red Beet Row

See how we make mead from yeast and honey we collect from our hives using traditional beekeeping methods. We'll show you the equipment we use to process honey and mead without expensive store-bought items. We'll discuss how wild fermentation works - lessons can be applied to any sweet juice you want to ferment! Optional mead tasting at the end!

--**Making Cordage with Plant Fibers**, Isaac Coblentz

In this class, participants will learn how to make cordage (rope!) using plant fibers. There will be a discussion about plant fibers, when to harvest, and opportunities to clean and prepare plant fibers. This class is hands-on.

--**Useful Trees, Shrubs, and Vines**, John Wright (Red Beet Row)

Join me, John Wright, as we walkabout the Blakeslee log cabin property and stalk useful trees and shrubs. Early settlers in this area would have used many of these plants to stay alive, keep warm, and construct their iconic early buildings. We'll explore plants for food, medicine, and craft while putting the ecosystem in context. Techniques fostering a sustainable relationship with our local landscapes will be highlighted.

--**SKY Breathing Break!, Ginger Hofsetter and Helena Richardson**

Do you ever catch your mind wandering? Stop by for a breathing break to bring it back into the present moment. You will learn quick and easy breathing techniques to use any time day and night. Join us and relax.

--**The Power of Pool!...and Showers, Too!**, Jim Matalik and Hailey Stern (Bending Oak Permaculture Farm)

How does an off-grid permaculture bathroom function? In this lecture we will cover the basics of how composting toilets work, what they can look like, how to eliminate odors, the different mediums that can be used in the mix and also how to speed up the composting process with the end product being a rich fertilizer. The second part will be how an off-grid shower can be set up and function using collected rain water, a solar charged battery system to pump the water and how an inexpensive on demand water heater can be incorporated using propane. We will also touch on "the cycle of waste", alternatives for urine and also bringing fungi into the mix. We will have on site examples to show how you can set up these systems yourself!

--**Healing tent, Lindsey Marie Whited**

Come find refuge and grounding at the healing tent. Lindsey Marie Whited will be providing sound healing and reiki sessions throughout the day, sign-ups r required. Love donations will be graciously accepted, no one turned away.

--**Closing Sound Journey, Lindsey Marie Whited**

Lindsey Marie Whited will help us transition into the evening with a relaxing and meditative sound bath using an array of instruments such as crystal singing bowls,

Himalayan bowls, chimes, bells, rattles, drums and intuitive vocalization.