

# Ashby Community Education Spring Classes 2021

## COOKING —

**RASPBERRY JALAPENO JAM** - Making fancy jam out of juice from fruit you froze last season can be a fun activity while we wait for summer to return. We will work in pairs to make four 1/2 pint jars of raspberry jalapeno jam. **Raspberry jam supply free-\$15 includes sugar, pectin and raspberries and jalapeno juice. Bring four of your own 1/2 pint jelly jars or smaller. Some may be available to purchase at class. Instructor-Deb Trygstad. Time-10 a.m.-12:30 p.m. (2 1/2 hours). Date-Saturday, April 24. Limited to number of places in Home Er kitchen and COVID-19 distancing.**

## HEALTH —

**CHIROPRACTIC CARE IS HELPFUL!** - Come Join Dr. Zack for FREE health talk. Learn more about what chiropractic care can do for you. We will talk about what conditions chiropractic can help with, the safety of Chiropractic care, as well as how to find a quality Chiropractor. A question and answer session will follow the talk. **Minimum: 3. Instructor-Dr. Zach. Date-Thursday, April 8. Time-7 p.m. Location- Ashby School Library. Fee-\$2 Community Education Fee.**

**Good Nutrition Is A Must** - Dr. Zack is back again to give another FREE health talk. Come and learn about how important nutrition is for your everyday health. We will discuss how nutrition can lead to a boost in energy, weight loss, and better control of chronic health problems. A question and answer session will follow the talk. **Minimum-3. Instructor-Dr. Zach. Thursday, April 15. Time-7 p.m. Location-Ashby School Library. Fee-\$2 Community Education Fee.**

**"RESILIENCE - THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE"** - Students will view a 60 -minute documentary film "Resilience - The Biology of Stress and the Science of Hope". There will be a focused discussion about 30 minutes regarding the film and some tips for relieving stress (breathing techniques and apps and/or books). What is Resilience? Resilience is the ability to thrive, adapt and cope despite tough and stressful times. Resilience is a natural counterweight to toxic stress. The more resilient a child, a teen, an adult is, the more likely they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes. Toxic stress can be caused by Adverse Childhood Experiences (ACEs). The hope is that we can increase and/or enhance resilience in children, teens, adults and in our community. Our discussion will offer some resilience building tips to get people started on enhancing their resilience and the resilience of the children, teens, and other adults in their lives. **Facilitator-Deb Hengel, Child and Youth Council. Via-zoom (after you register you will get the link). Date-Tuesday, April 20. Time-7-9 p.m. Free of charge/may be a charge for handouts.**

**JOURNALING FOR SELF-DISCOVERY** - Mindful journaling is the act of expressively examining what is in your head and in your heart. Writing can be a form of mediation and way for you to understand your life, your relations and yourself better. It is asking yourself why you feel a certain way (anger, happiness, frustration, love) and then let it go ... out of your head and onto the paper. This course will include a short meditation and then we will journal about questions that will help us in the following areas: The Past and Future You, Word and Other Ambitions, Relations, Taking on Challenges, Physical Health and Routines, Mindfulness and Sense of Self, and Joy and Gratitude. Bring a journal or a notebook and some nice pens you like to use. **Instructor-Deb Trygstad. Fee-\$20. Dates-4 Sessions: Tuesdays, May 2, 9, 16 and 23. Time-5-6:30 p.m. (1 1/2 hours each)**

## HOBBIES/CRAFTS/GARDENING —

**PLANNING AND PLANTING A POLLINATOR GARDEN** - A native wildflower garden will attract beautiful butterflies and bees to your yard and help pollinators stay healthy. You can plant a garden anywhere from the tiniest corner of your city lot to an open prairie setting and about anything in between. We will cover it all from weeds to seeds and start to bountiful blooms. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists. **Must register by March 9. Instructor-Adam Hjelm. Date-Tuesday, March 16. Time-6:30-7:30 p.m. Via-Zoom-\$8 per student.**

**TERRA COTTA EASTER BASKETS** - An enjoyable class for grades 3-6! Each child will create of super cute terra cotta basket. The class involves painting, cutting

and gluing. The mini basket will be a hit at your Easter celebration! **Must register by March 6th. Instructor-Marie Hoffman (any questions please call and/or text 218-770-4740). Date-Tuesday, March 13. Time-3:15-4:15 p.m. Fee-\$5 per student.**



**BEE LAWNS** - We love our lush green lawns, maybe a bit too much? Join us to learn what else we can plant to benefit the bees and birds, while also keeping some green turf. We will discuss lawn alternatives that are more environmentally friendly that will keep your backyard buzzing. Small changes can go a long way towards the environment while saving you time and money. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists. **Must register by March 31. Instructor-Adam Hjelm. Date-Tuesday, April 6., Time-6:30-7:30 p.m. Via-Zoom-\$8 per student.**

**SPRING PERENNIAL PREPPING** - The joy of perennials is that they come back year after year. You can save money, time and headaches by following a few easy steps as well as learn some tips and techniques by joining us for this great class. Buying, planting, dividing, mulching and so much more will be discussed. Participants will receive native plant books and several gift certificates from area nurseries will be given as door prizes. **Must register by April 8. Instructor-Adam Hjelm. Date-Thursday, April 15. Time-6:30-7:30 p.m. Via-Zoom-\$8 per student.**

**NATIVE PLANTS FOR SUN AND SAND** - Do you have a hot garden spot that normally bakes and dries out with the summer sun? Are you tired of watering day after day to keep your garden healthy and growing? There is a wide variety of native prairie plants that thrive in the full sun and dry soils. Let's look at some of these great growers to add to your gardens and landscaping. Participants will receive a free native plant book and there will be several gift certificates from local nurseries given away as door prizes. **Must register by April 30. Instructor-Adam Hjelm. Date-Thursday, May 6. Time-6:30-7:30 p.m. Via-Zoom-\$8 per student.**

**NATIVE PLANTS FOR WET GROUND** - Do you have a ditch, shoreline or wetland on your property you want to spruce up beyond cattails and swamp grass? Do you have an area of yard where the grass just won't grow because it is wet most of the time? There are lots of varieties of natives and non-native perennials that can be used to add color, texture and eye-appeal that don't mind having wet toes. Let's figure out how to add an aesthetic splash into that soggy site. Participants will receive a free native plant book and there will be several gift certificates from local nurseries given away as door prizes. **Must register by May 4. Instructor-Adam Hjelm. Date-Tuesday, May 11. Time-6:30-7:30 p.m. Via-Zoom-\$8 per student.**

## TRIPS/EVENTS —

**A ROAD TRIP AROUND MINNESOTA/ONLINE** - Raise your hand if you are ready to be able to get in the car and do a day or weekend road trip around the state! We could almost feel the breeze from all the hands shooting up! Join professional photographer Jay Grammond as he takes you on a virtual road trip around the state to learn about some of Minnesota's waterways which were so vitally important to travel and trade in bygone days. In today's world, these same waterways are vital to the state and local community economies; and to the citizens as a form of recreation and relaxation. After participating in this class, you should come away with the seeds of your own road trip ideas planted and ready for spring and summer. Join us online! This class will be held using the online platform, Zoom. Prior to the class, you will receive an email from the instructor with the Zoom invitation to access the class. Simply click the link on the day and time of the class and Jay will lead you through the class from the comfort of your own home! Jay is a Professional Photographer from Minnesota. He is also an Amateur Historian, focusing on WWII; the U.S. - Dakota War of 1862; and The Plains Wars. He also loves all things Americana. Jay was an Award Winning Community Educator in the Lifelong Learning industry for nearly 20 years, before becoming a Full Time Professional Photographer. He loves to travel the state and is excited to share this passion with you to encourage you to get out there and explore on your own. This is an on-line zoom/you will receive a link. **Must preregister by February 11. Instructor: Jay Grammond. Date: Thursday, February 18. Time: 6:30-7:30 p.m. Fee: \$23.**

**BARN STORMING: A TOUR OF MINNESOTA BARNES AND BARN QUILTS/ONLINE** - Minnesota is filled with countless numbers of barns, most from a bygone era. However, there are still a bunch in operation as well. Professional Photographer and Amateur Historian, Jay Grammond has travelled the state capturing images of barns of all shapes, sizes, and conditions. There is just something about a barn! There are some areas of the State where the barns are adorned with something called a Barn Quilt. Barn Quilts are pieces of art on the side of a barn, shed, or house that usually tell some sort of story. These places are all visible from the roadways, so once you know about them, you can go check them out! Join us online! This class will be held using the online platform, Zoom. Prior to the class, you will receive an email from the instructor with the Zoom invitation to access the class. Simply click the link on the day and time of the class and Jay will lead you through the class from the comfort of your own home! **Must preregister by March 4. Instructor: Jay Grammond. Date: Thursday, March 11. Time: 6:30-7:30 p.m. Fee: \$23.**

*Any ideas or would like to teach a class, please email Marie at marieh@rmcep.com or put suggestions in Marie Hoffman's mailbox at the Ashby School or call/text 218-770-4740.*

## REGISTRATION FORM

Make checks payable to: Ashby Public School

Mail to: **Community Education, c/o Ashby Public School  
PO Box C, Ashby, MN 56309**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Telephone (Home) \_\_\_\_\_

Telephone (Business) \_\_\_\_\_

Course(s) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_