

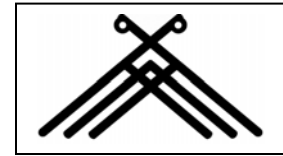
Northern Sustainability & Simple Living Symposium

April 23-25, 2010

North House Folk School

www.northhouse.org

888-387-9762



The Northern Sustainability & Simple Living Symposium takes on critical global issues by inviting students and community members to engage in a dynamic series of hands-on courses, informative presentations, roundtable discussions and films. Renewable energy, shelter, transportation and food are four primary threads explored throughout the symposium. Educate. Be Inspired. Engage.

HANDS-ON COURSEWORK – EDUCATE.

Participate in a hands-on, positive learning environment and register for an event course. It's North House Folk School at its best, education with a purposeful outcome to enrich lives and build community. Registration required. Tuition and materials fees vary.

Solar Hot Water Systems - Get The Heat, April 24-25

Sensible Eating - Chickens for Your Backyard, April 24-25

Green Medicines - Natural Botanicals, April 24

Essentials of Cordwood Construction, April 24

Clean and Green - Making Sustainable Suds, April 25

Cooking With The Seasons - Spring Market, April 23-24

SIMPLE LIVING SEMINARS – ENGAGE.

Introducing a series of free, sensible living seminars, including presentations and roundtable discussions lead by professionals, authors and do-it-yourselfers that are making a difference. No registration required.

Friday, April 23

2-3pm: TRANSPORTATION Seminar - Alternative Fuels for Getting to Work, with Jon Hedstrom and Mark Spinler

It's like a car show without the gasoline. Kick around innovative approaches for getting to work without the reliance on fossil fuels. From electric bikes to electric cars, and those who use them regularly on-hand, we'll discuss transportation alternatives to the convention of the four-wheeled gasoline engine. Participants will learn how a Subaru was converted to run on the sun and bicycles made to motor around on sunny days. Other topics discussed will include biodiesel and the steps toward conversion available in your backyard.

3-5pm: FOODS Seminar - Gardening with Short Growing Seasons, with Graham Saunders

It is possible to grow a huge selection of vegetables in the north. Gardening with Short Growing Seasons, the title of this workshop and corresponding book, presents methods and design features that create more favorable temperature and moisture conditions for growing successful gardens. Windbreaks and other simple modifications to garden landscape can gain a few degrees. Understanding aspects of the weather, especially potential frost events, can lessen limitations imposed by a short growing season. We must plant at the right times, use transplants and be prepared to protect some sensitive plants from extremes. Such relatively simple techniques of soil improvement and preventing frost damage can expand choices of garden varieties and extend

the limits of the growing season and result in bountiful harvests of high-quality vegetables. The workshop includes garden planning and a frost (virtual) rehearsal.

Saturday, April 24

11am-noon: RENEWABLE ENERGY Seminar – Home Heating Efficiency, by Stephen Holz

Discover the benefits of a home energy audit in this seminar led by home energy audit analyst Stephen Holz of Advanced Housing Concepts LLC. A home energy audit is a way to benchmark how much energy your home currently uses and to determine what measures you can take to make your home more energy efficient. An audit will measure the efficiency of your home's heating and cooling systems and can show you ways to conserve hot water and electricity. Stephen will provide tips for performing a simple energy audit yourself as well as the things that professional energy auditors carry out for a more thorough audit.

1-2pm: SHELTER Seminar – Heating Efficiently, Effectively with Wood – Masonry Heaters, by Eric Moshier

Masonry heaters originated in Northern Europe where winters were cold and fuel wasn't always plentiful. The natural response? Create a wood-fired presence that was at once incredibly efficient and highly attractive, capable of generating abundant heat and ideal for cooking and baking. Masonry heaters are built with fire bricks and utilize their high mass to radiate heat for 12 - 24 hours, a feature which means they only need to be fired once or twice per day, minimizing the fuel load and impact of heating with wood. Explore the traditions of masonry heaters in this seminar, bridging tradition with innovation for an efficient and effective approach to home heating solutions.

2-3pm: RENEWABLE ENERGY Seminar – Green Step Cities: Our Path to a High-Efficiency and Low-Carbon Future, with Bill Mittlefehldt

This session will open with a brief description of the global forces that are changing our state and community futures. Then we will explore the process for Minnesota's Green Step Cities which will be announced this May. Minnesota Pollution Control Agency and CERT (Community Energy Resource Team) are helping many communities achieve this level of integration and gain recognition for their teamwork and vision. Participants can use the information and understanding from this group to help their communities move toward a high-efficiency and low-carbon future. Benefits of session will include an overview of the state goals and resources that may speed the process of becoming a Green Step City, designed to help communities adapt to the challenges that confront them.

3-4pm: RENEWABLE ENERGY Seminar - Residential Wind Energy Systems - A Round Table Discussion

The Cook County Local Energy Project (CCLEP) will host a round table discussion addressing residential wind energy systems in Cook County. Discover how residential wind power works, the issues a rural county like Cook County has to address, and first hand experiences with capturing wind energy have worked. Led by Jay LaFavor, Joe Routh and other key members from CCLEP's Wind Working Group, this is an opportunity to learn what steps have been taken and are necessary for one northern community to come together to make wind energy a reality.

4-5pm: FOODS Seminar – Food Production As A Sustainable Venture, with Jeanne Wright and Melinda Spinler

Calling all northern growers. Now that we know that we can grow tomatoes in the north, this forum, hosted by the North Woods Food Project, will ask the pointed questions about how to support food production as a sustainable venture. What's the "foodshed?" Can we secure a northern food network? Can community gardens work in a rural, northern community like Grand Marais? Are there models in other northern cities and townships that have worked? How can growers, gardeners, and food producers be models for economic development?

5-6pm: RENEWABLE ENERGY Seminar – Solar Suds – Laundry Is Inevitable, But Must It Be So Resource Dependent? , with Rebecca Spengler

High fossil fuels and water consumption used for washing and drying clothes has inspired the application of alternative energy at A Laundry Room Inc. in Ely. While launching an idea for a solar thermal hot water heating system; opportunities and local resources surfaced to create an ongoing conversation about how alternatives are available to lower carbon footprints and overheads. Allowing the installation to be a learning tool for the community, many lessons were learned about the state of the industry and how people are responding to alternatives; participants will be inspired to attempt change, despite odds and obstacles.

FIELD TRIPS – BE INSPIRED.

Be Inspired. Take a field trip to homes and businesses that have embraced sustainability. Carpooling, community building required. No participation fees or registration required.

Friday, April 23

9am-Noon: FOODS Field Trip – From Sap To Syrup, with Mark and Melinda Spinler

Take a tasty tour of Maple Hill Sugarbush and witness first hand the production of maple syrup, a northern food staple, locally harvested and handmade. You'll learn all about sap flow, the hard work that goes into collecting and processing maple syrup. Maple Hill Sugarbush uses a wood-fired evaporator, photovoltaic panels and simple homesteading techniques to support its size as a working, sustainable business model. If the maples aren't running, we'll tap a birch tree, a traditional northern tonic, and discuss alternative sources for syruping in the far north.

Saturday, April 24

9am-Noon: SHELTER/RENEWABLE ENERGY Field Trip – Strawbale Home Tour, with Tim Lederle and Maureen Hayes

Highly efficient. Local resources. Build your own. Minimize waste. These simple concepts started a journey that created a solar-heated strawbale home just outside of Grand Marais, Minnesota. Starting in 2008, Maureen Hayes and Tim Lederle excavated the site for their structure, installing a two foot sand bed to hold solar heat, keeping the local clay to use for the plaster base coats on the strawbales. Two years later, the structure is nearing completion, with the sun's heat generating well over half of the building's heating needs. Four 4x10 solar panels are utilized. A small wood cookstove is used for supplemental heat. The tour will highlight the building process and explore lessons learned during the journey. Maureen and Tim are local business owners and enthusiastic outdoor travelers.

Sunday, April 25

9am-Noon: FOODS Field Trip – Is "Sustainable Restaurant" An Oxymoron?, with George Wilkes and Harley Tofte

This field trip led by two business leaders, the Angry Trout Café's George Wilkes and Dockside Fish Market's Harley Tofte, will walk you through their approach to using a local food resource, the North Shore fishery, as a sustainable business model. Ever wonder why the Angry Trout Café's napkins are provocatively small, why they serve chicken raised on small family farms, why they don't serve Chilean seabass? Curious about the nature of the North Shore fishing industry, a small, independent operation? Since both the Angry Trout and Dockside Fish Market are close at hand, participants will make a brief visit to the cafe (it actually opens for the season on April 29th) and the working space of the commercial fishing operation, followed by a discussion period back at North House. Topics will include taking a stab at defining "sustainability", how said concept has influenced the Angry Trout Cafe, and a review of some of the cafe's sustainable business practices.

FILM SERIES – BE INFORMED.

Enjoy a series of thought provoking, award-winning film screenings. Donations welcome for each screening.

Friday, April 23

Noon: Brownbag Film Screening – The Story of Stuff (Annie Leonard, 2009 – 20 min)

From its extraction through sale, use and disposal, all the stuff in our lives affects communities at home and abroad, yet most of this is hidden from view. The Story of Stuff is a 20-minute, fast-paced, fact-filled DVD that looks at the underside of our production and consumption patterns. The Story of Stuff exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may change the way you look at all the stuff in your life forever.

7:30pm: Featured Film Screening – FRESH – the Movie (Ana Sofia Joanes, 2009 – 72 min)

FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet. Among several main characters, FRESH features urban farmer and activist Will Allen, the recipient of MacArthur's 2008 Genius Award; sustainable farmer and entrepreneur Joel Salatin, made famous by Michael Pollan's book, *The Omnivore's Dilemma*; and supermarket owner David Ball, challenging our Wal-Mart dominated economy.

Saturday, April 24

Noon: Family Film Screening – The Man Who Planted Trees (Frederic Back, 1987 – 30 min)

The Man Who Planted Trees tells the story of a solitary shepherd who patiently plants and nurtures a forest of thousands of trees, single-handedly transforming his arid surroundings into a thriving oasis. Undeterred by two World Wars, and without any thought of personal reward, the shepherd tirelessly sows his seeds and acorns with the greatest care. As if by magic, a barren landscape grows green again. A film of great beauty and hope, this story is a remarkable parable for all ages and an inspiring testament to the power of one person.

7:30pm: Featured Film Screening – A Sea Change (Barbara Ettinger, 2009 – 83 min)

Sea Change documents how the pH balance of the oceans has changed dramatically since the beginning of the Industrial Revolution: a 30% increase in acidification. With near unanimity, scientists now agree that the burning of fossil fuels is fundamentally reshaping ocean chemistry. Experts predict that over the next century, steady increases in carbon dioxide emissions and the continued rise in the acidity of the oceans will cause most of the world's fisheries to experience a total bottom-up collapse--a state that could last for millions of years.

A Sea Change broadens the discussion about the dramatic changes we are seeing in the chemistry of the oceans, and conveys the urgent threat those changes pose to our survival, while surveying the steps we can take to reduce the severity of climate change. The film's protagonist Sven Huseby asks how will he explain to his oldest grandchild, Elias, what is happening to the oceans and their ecosystems.

A Sea Change is both a personal journey and a scientifically rigorous, sometimes humorous, unflinchingly honest look at reality. It offers positive examples of new technologies and effective changes in human behavior that we all must choose before the oceans are lost.

Sunday, April 25

Noon: Brownbag Film Screening – What's On Your Plate? (Catherine Gund, 2009 – 76 min)

What's On Your Plate? is a witty and provocative documentary about kids and food politics. Over the course of one year, the film follows two eleven-year-old multiracial city kids as they explore their place in the food chain. Sadie and Safiyah talk to food activists, farmers, and storekeepers as they address questions regarding the origin of the food they eat, how it's cultivated, and how many miles it travels from farm to fork.

Sadie and Safiyah visit supermarkets, fast food chains, and school lunchrooms. But they also check out innovative sustainable food system practices by going to farms, greenmarkets, and community supported agriculture (CSA) programs. They discover that these options have a number of positive effects: they are good for the environment, help struggling farmers survive, and provide affordable, locally grown food to communities, especially lower-income urban families.

The film culminates with a delicious local meal cooked by the girls and friends they have made along the way. Sadie and Safiyah formulate sophisticated and compassionate opinions about urban sustainability, and by doing so inspire hope and active engagement in others.

COMMUNITY EATS -

Share in the enjoyment of eating together as a community, bridging ideas, opinions and understanding, all over some healthy food.

Thursday, April 22

Chez Jude Restaurant Earth Day Dinner – 3 Courses - \$24 p.p. – one seating at 6pm - Hosted in collaboration with the Cook County High School Culinary Arts Class. Reservations by calling 218-387-9113

Saturday, April 24

Wood-Fired Community Pizza Potluck – free and open to all Symposium participants – 6pm – Bring your own pizza toppings and beverages (local, organic, fresh) for this casual, harborside pizza potluck as North House Folk School fires up its oven and provides the dough. No reservations required.

Saturday, April 24 AND Sunday, April 25

"Make Your Own" Open House at the Cook County Whole Foods Co-op. Sat - 9 am to 7 pm. Sun - 10 am to 6 pm. Cruise the Cook County Whole Foods Co-op for take home instructions and the ingredients you need to make your own healthful products such as Almond Milk, Sprouts, Nutrition Smoothy, Power Bar, Simple Household Cleaners, Kombucha, Crackers, Nourishing Tea, and Jam. Try some samples. Get a 5% discount on all bulk items if you bring your own containers. We're one block down from the stoplight in Grand Marais.

COMMUNITY PROJECTS -

Thursday, April 22 – Harbor Clean Up. April 22nd is the 40th anniversary of Earth Day. Bring your work gloves and make a difference. Meet up at the Harbor Inn on Wisconsin Street downtown. The Grand Marais Harbor deserves a little attention every spring! Your help is needed.

Friday, April 23 – Community Trade Blanket. Bring your baskets and bowls, sweaters and syrup, and take part in the Community Trade Blanket on Friday evening. 5-7pm. The trade blanket is an ancient and very sustainable way for people from all over to get together and trade goods without having to use common currency. The trade blanket will welcome handmade goods, foods, craft materials, and hand tools. Participants will gather around a trade blanket spread on the floor, the first item will be set on the blanket; all trading will be done in silence. If you are interested in trading an item you brought for the item on the blanket you place your item out next to it. Once all interested parties have made their offers, the owner of the original item will decide if he/she wants to trade for any of the items. The trade will end in a handshake and both parties go home with a quality item.

PRESENTERS –

Maureen Hayes

Maureen is active in the Minnesota Society of Professional Surveyors, currently serving as the Secretary/Treasurer of the Arrowhead Chapter of MSPS. High school students in Grand Marais meet her during their trigonometry class when she brings the surveying equipment in so they can get first hand experience with the Laws of Sines and Cosines. Canoeing in the Boundary Waters and cross country skiing on the great trails in Cook County take up any spare time.

Tim Lederle

Since becoming certified as a wetland delineator, Tim has continued to attend workshops and seminars of the Wetland Delineators Association, developing a hands on familiarity with Cook County's hydric soils and plants. Tim does everything from solo GPS surveying to leading the crew when we need to cut and mark property lines. He keeps the chainsaws sharp and ready for action. Bicycling around Grand Marais and cross country ski racing anywhere keep him in good shape for surveying!

Eric Moshier

Eric is a third-generation stone mason who has over 25 years of experience. As the owner of Solid Rock Masonry in Duluth, he has built Finnish, Swedish, Russian and German style masonry heaters throughout the Midwest and southern Ontario. A longtime member of the Masonry Heaters Association, he has led numerous workshops across the Great Lakes Region and at the MHA annual gathering. To compliment his strong desire to educate people about heating with wood in efficient and beautiful ways, Eric has pursued projects ranging from coaching hockey to building log homes to being an environmental consultant.

Bill Mittlefehldt

Bill spent 32 years learning his way through his first career. And he has been noted as an educator, economist, writer and community developer. His understanding of mentoring and service led to his state and national recognition for leadership in learning. In his work as Northeast CERTs Coordinator, he helps individuals, organizations and communities understand the scope and urgency of the challenges we confront. This is why we need to learn faster together in this race between history and education. He is convinced we all have a role to play in this transformation -- as an outcome of the Sustainability Symposium.

Joe Routh

Joseph Routh has produced residential wind energy since 1996 at his home in rural Hovland through a grid inter-tied renewable energy system. He has extensive experience capturing the power of the wind while improving, maintaining and repairing his 3000 watt Whisper wind generator mounted on a 105 foot tilt-up guyed pipe tower.

Rebecca Spengler

An artist turned entrepreneur, Rebecca has embraced the continuous opportunity to offer creative solutions to complex problems. Completing a business education and purchasing an existing Laundromat in 2007, she set forth to find ways to make laundry less of a burden, both aesthetically and environmentally. Working with Energy Efficient Ely (www.eeely.org) and the Alternative Energy Task Force in Ely; Rebecca has been helping to track a dialogue of citizens committed to putting Ely at the beginning of the road to energy independence. She enjoys the quiet of the wilderness, sharing new ideas and being prepared when adventure calls.

Graham Saunders

Graham teaches meteorology and other courses at Lakehead University, Thunder Bay, Ontario. His weather and climate background includes work with the Australian Weather Bureau, the Atmospheric Environment Service (Environment Canada) and forest fire weather prediction for the Ontario Ministry of Natural Resources. He

does research and writing for several publications about weather, climate, northern gardening/local agriculture, Lake Superior and energy issues. He recently published the book *Gardening with Short Growing Seasons*. Graham often speaks about these issues in schools, church groups and service clubs and has made formal presentations at professional and academic conferences. Graham and Kerstin live in a rural setting southwest of Thunder Bay, Ontario. Kayaking on Lake Superior and hiking are major interests.

Mark and Melinda Spinler, Maple Hill Sugarbush

The Spinler family lives close to the land, in a simple home nestled within the woods of northern Minnesota. Each spring on the homestead, when the weather softens and the snow is not quite so deep, they tap into the surrounding maples, trading hard work for some of nature's sweetness. Making maple syrup is something they've done together for over fifteen years. It's a rite of springtime passage when the days grow longer and nature unfolds itself from a winter slumber. Melinda majored in Outdoor Education and got a master's in Experiential Education. All in all a fancy way to say "how to play and learn in the outdoors". She worked as an instructor for Wilderness Education Association in Wyoming and settled with Mark in northern Minnesota. They still enjoy exploring the back areas of the globe. Visit them - www.superioroutdoornorth.com

Harley and Shele Tofte, Dockside Fish Market

Specializing in local fresh fish & brown sugar brine smoked fish from Minnesota's North Shore since 1998. With decades of commercial fishing experience, this family run business strives for perfection. "We love our communities and most importantly our customers." Visit them – www.docksidefishmarket.com

George Wilkes and Barb LaVigne, Angry Trout Café

What is the Angry Trout Café? Well, trout aren't angry, and neither is their cafe. It is, rather, a hopeful place where George and Barb strive not only to deliver good food and service, but also to create a better neighborhood. The Angry Trout Cafe is committed to operating in accordance with the concept of sustainability, striving to have a positive effect on the community economically, socially, and environmentally. Some examples of their sustainable business practices include serving organically- and sustainably-raised foods, using wind-powered electricity, and investing in our neighborhood economy by purchasing as much as they can from local providers. Visit them – www.angrytroutcafe.com

Jeanne Wright

Jeanne enjoys paddling in the Arctic, cross-country skiing, and organic gardening. Canoe trips into Canada's Barren Lands and discovering its traditional cultures have reinforced her commitment to sustainable living. Soap making and designing mosaics are just a couple ways she keeps herself busy. Other interests include bee keeping, bird watching and swimming in the Big Lake.

North House Folk School is an independent educational nonprofit committed to enriching lives and building community by teaching traditional northern crafts in a student-centered learning environment that inspires the hands, the heart and the mind. During 2009, North House served nearly 1,400 students through hands-on coursework and more than 11,375 people participated in North House's educational programs.

With 140 instructors and 350 plus courses, educational programming is offered throughout the year at North House Folk School. Call 218-387-9762 for a free course catalog or to register for courses. Additional information is available at www.northhouse.org.

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