

COMMUNITY EATS -

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

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 - 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. North House Folk School fires up its oven and provides the dough.

Saturday & Sunday

“Make Your Own” Open House at the Cook County Whole Foods Coop – take home instructions and the ingredients you need to make your own healthful products.

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. Check in at Harbor Inn anytime during the day. 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.

DAY	Seminars††	Field Trips††	Programs - Films††	Classes†
Friday, Apr 23	2pm TRANSPORTATION: Alternative Fuels For Getting to Work, by Jon Hedstrom and Mark Spinler 3-5pm FOODS: Gardening with a Short Growing Season, by Graham Saunders	9am-Noon FOODS: Sap to Syrup Tour, led by Mark and Melinda Spinler	Noon Brownbag FILM SCREENING: The Story of Stuff (20 min) 5-7pm Community Trade Blanket 7:30pm Feature FILM FRESH (72min)	Cooking With The Seasons – Spring Market (2 days) Near Net Zero (1 day)
Saturday, Apr 24	11am RENEWABLE ENERGY: Home Heating Efficiency, by Stephen Holz 1pm SHELTER: Masonry Heater Workshop, by Eric Moshier 2pm RENEWABLE ENERGY: Green Step Cities - High Efficiency and Low Carbon Futures, by Bill Mittlefield 3pm RENEWABLE ENERGY: Residential Wind Energy, by Joe Routh and Jay LaFavor 4pm FOODS: Food Production as a Sustainable Venture? by Jeanne Wright and Melinda Spinler 5pm RENEWABLE ENERGY: Solar Suds? Why Must Laundry Be So Resource Dependent? by Rebecca Spengler	9am-Noon SHELTER/RENEWABLE ENERGY: Strawbale Home Tour, led by Maureen Hayes and Tim Lederle 9am-7pm “MAKE YOUR OWN” OPEN HOUSE Displays and Info on Build Your Own Foods at Cook County Coop	Noon Family FILM SCREENING: The Man Who Planted Trees (30 min) 6pm Community Pizza Potluck 7:30pm Feature FILM: Sea Change (83 min)	Sensible Eating – Chickens For Your Backyard (2 days) Green Medicines – Natural Botanicals (1 day) Essentials of Cordwood Construction (1 day) Cooking With The Seasons – Spring Market (2 days)
Sunday, Apr 25		9am-Noon FOODS: Is “Sustainable Restaurant” An Oxymoron?, led by George Wilkes and Harley Tofte 10am-6pm “MAKE YOUR OWN” OPEN HOUSE at Cook County Coop	Noon Brownbag FILM SCREENING: What’s On Your Plate? (76 min)	Sensible Eating – Chickens For Your Backyard (2 days) Clean and Green – Making Sustainable Suds (1 day)



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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* 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* (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.

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)
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.

NORTHERN SUSTAINABILITY



& SIMPLE LIVING SYMPOSIUM

apr
23-25
2010

Event Schedule
(please, take one...)

North House Folk School
On The Harbor In Grand Marais, MN