



## Northern Fibers Retreat: February 11 ~14, 2016

### RESERVATION FORM

### Lunch & Learn and Yoga Class

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#### **LUNCH & LEARN: Reservations Required**

Enjoy the cuisine of Grand Marais with your fellow fiber enthusiasts. The lunch sessions will be held at the First Congregational Church, located across the street from the Art Colony and a few blocks from North House. All North House and Art Colony courses will provide a lunch break at noon so that students can attend. This gives students enough time to arrive at the church and pick up lunch. The lecture will begin at 12:15 and wrap up shortly after 1, with classes resuming at 1:15. Catered lunches are offered to make the transition easy for students, but students are welcome to bring their own lunch. **Pre-registration by February 6** is required for catered lunch, drop-in with a bag lunch is FREE, no registration required.

#### **Friday February 12 | 12:15pm lecture begins | \$13/person**

##### **LUNCH at the First Congregational Church, catered by Java Moose**

**Menu:** Sandwich, Soup and Cookie (see attached for options). Veggie &/or Gluten Free option available upon request. Coffee and Tea provided

##### **LEARN “Norwegian Wool: Treasures in a Telemark Stabbur” with Carol Colburn**

North House instructor Carol Colburn will report on an international fiber project in Vinje, Telemark. In a two-week workshop setting, weavers created vadmél cloth of Norwegian indigenous Spelsau wool, and processed the cloth using the power of a mountain stream, with a reconstructed water-powered timber constructed fulling mill (stampa). This was a cooperative project led by myself and two Norwegian master weavers within this vibrant textile community. Over a 10 year period, four international groups of weavers have joined the project. Goals have been to keep alive the water-powered fulling technology for communities of hand weavers, and to revitalize the use of indigenous Spelsau sheep, wool perfectly suited for weaving warm and utilitarian vadmél cloth for Northern wear.

#### **Saturday February 13 | 12:15pm, lecture begins | \$13/person**

##### **LUNCH at the First Congregational Church, catered by The Crooked Spoon**

**Menu:** Meat-Lovers: Oven roasted turkey breast, creamy goat cheese, house made pickles, lettuce, tomato & onion on a ciabatta roll with rosemary popcorn Vegetarian: MN wild rice, butternut squash and walnut burger, white cheddar, cranberry relish, blood orange watercress on ciabatta roll with rosemary popcorn Gluten Free: Includes either choice with a gluten free roll with rosemary popcorn (additional \$1.50)

##### **LEARN “Hand-carved Stamps for Printing” with Jeanne McGee.**

Jeanne McGee is a Twin Cities-based designer, printmaker and textile artist who explores the form, color and intricacies of the natural world. McGee teaches at Highpoint Center for Printmaking and has won national awards for her lampshade prints that showcase original woodcut designs. During the Lunch & Learn she will demonstrate hand-carving stamps for printing on fabric.

#### **Saturday, February 14, 5:30pm~ 6:30 pm**

##### **Yoga for Fiber Folk at the First Congregational Church**

##### **Reservations Required, no charge for NHFS/GMAC students**

Sitting and crafting all day is good for the spirit but can be hard on the body! Join certified a yoga instructor to learn how yoga can help prevent and relieve the aches and pains that cramp your creative self. We'll focus on simple stretches for the back, shoulders, wrists and hands that you can easily replicate at home: no special equipment (or spandex!) is required, just a willingness to learn. (But if you have a yoga mat please bring it along.) A free benefit for NHFS/GMAC students; \$10 for others. Pre-registration is required as space is limited. Held at the North House Folk School Blue Building.



**RESERVATION FORM  
NORTHERN FIBERS RETREAT  
FEBRUARY 11-14, 2016**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

EVENT	COST	# of ATTENDEES	Veggie/Gluten Free Option?	SUBTOTAL
CATERED LUNCH* Friday 2/12	\$13		<i>Please see attached</i>	
CATERED LUNCH Saturday 2/13	\$13		<i>Additional \$1.50</i>	
YOGA Saturday @ UCC Church	Free/ \$10		<b>N/A</b>	

**TOTAL \$ DUE:** \_\_\_\_\_

Reservations available by phone (218.387.9762) or mail. Please enclose check to NHFS or credit card information (see below). Return to NHFS, PO Box 759 Grand Marais, MN 55604 by February 6.

**Check Enclosed:** \_\_\_\_\_

or

**Credit Card Type:** Visa, Mastercard, Discover, AmEx

**Credit Card Number:** \_\_\_\_\_

**Exp Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**V-code (3 digits on the back of the card):** \_\_\_\_\_

**SEE attached form for Friday lunch preferences.**

**\*\*Reservations are required for those purchasing lunch. Lunches will not be available at the door. Students are welcome to bring a brown bag lunch\*\***

Internal Use: CR\_\_\_\_\_

# FRIDAY LUNCH & LEARN

## BUILD YOUR SANDWICH

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*Choose one*

- ☐ Turkey
  - ☐ Roast Beef
  - ☐ Egg Salad
  - ☐ Chicken Salad
  - ☐ Tuna Salad
- 

- ☐ Lettuce
  - ☐ Tomato
  - ☐ Provolone
  - ☐ Cheddar
  - ☐ Pepperjack
  - ☐ Swiss
- 

- ☐ Mayo
  - ☐ Miracle Whip
  - ☐ Mustard
  - ☐ Horseradish
- 

- ☐ Pickle Spear
  - ☐ Chips
- 

- ☐ GF Lettuce Wrap
- 

*Choose one*

- ☐ Chili *Gluten Free Option*
- ☐ Soup