

# Waupaca Spring Extravaganza

Saturday, April 18, 2020, 8 a.m.-5 p.m.

FVTC Waupaca Regional Center

1979 Godfrey Drive, Waupaca

**8 a.m.**

## **AROMATHERAPY: SUGAR SCRUBS**

Learn the art of making sugar scrubs, variations using different botanicals and essential oils, and education regarding the products used. Class will make two different sugar scrubs: face & body and hands & feet. \$14 supply fee payable to the instructor. Age 16+. Family-friendly age 11+ w/ adult.

8-10 a.m.      *Instructor: Jamie Michaels, FVTC Instructor*

## **CLIP IT ON A JAR**

Weave a basket around a mini glass jar. Clip and attach a photo on the lid to display your photo. Learn basic basket weaving methods and material preparation including measuring, marking and weaving. Leave with a cute photo jar made by you. (Fairy lights extra cost). Family-friendly age 14+ w/ adult. \$15 supply fee payable to the instructor.

8-11 a.m.      *Instructor: Barbara Johnson, Local Artist*



## **EARTH FRIENDLY LAWN & LANDSCAPE CARE**

Focuses on the advantages of a traditional landscape while providing a benefit to the earth. Topics covered will include use of native plants, plants that support wildlife and important pollinators. Sustainable design and maintenance practices will also be covered. Family-friendly age 11+ w/ adult. We will go outside if weather permits. Dress accordingly.

8-9:30 a.m.      *Instructor: Charles Stangel, FVTC Horticulture Instructor*

## INTRODUCTION TO BREWING BEER

This course will offer a basic understanding of brewing beer at home. Learn about the mashing process, use of hops, different malting ingredients, tips and tricks of making brew day run smoothly, fermentation, sanitizing equipment and conditioning beer. Samples will be offered to those age 21+. Family-friendly w/ adult.

8-9 a.m.      *Instructor: Mark Polebitski, 22 Lakes Brewing Co.*



## PAINTED STAINED GLASS WORKSHOP

Create your own original painted stained glass window. All materials will be provided to complete a 5"x7" framed picture that will look like stained glass. \$15 supply fee payable to the instructor. Family-friendly age 10+ w/ adult.

8-10 a.m.      *Instructor: Becca Eckhardt, Local Artist*



**9 a.m. • 9:30 a.m.**

### **DESIGNING BEER RECIPES**

Want to learn how to design different beer styles? Participants will learn about various beer styles, how and why they differ. Intended for brewers who want to know the ingredients and processes used to create multiple beer styles. Samples will be offered to those age 21+. Family-friendly w/ adult.

9-10 a.m. *Instructor: Mark Polebitski, 22 Lakes Brewing Co.*

### **THROUGH THE LENS OF A SPORTS PHOTOGRAPHER**

Join Chip Manthey for an engaging and informative in-person presentation chronicling life as a professional sports photographer. For over two decades, Chip roamed the sidelines of Lambeau Field, Camp Randall and numerous other Wisconsin sports venues. His colorful stories, deep knowledge and specialized tricks of the trade will entertain even the most casual of fans while also inspiring those who are interested in pursuing a career behind the lens. <sup>[L]</sup><sub>[SEP]</sub>9-10 a.m. *Instructor: Charles "Chip" Manthey*

### **LANDSCAPE DESIGN FOR THE HOMEOWNER**

This class will provide homeowners with the basic tools to correctly analyze their site and create a landscape design that is functional, pleasing and horticulturally correct. Students are encouraged to bring photos of their homes along with any relevant site information. Family-friendly age 11+ w/ adult.

9:30-11 a.m. *Instructor: Charles Stangel, FVTC Horticulture Instructor* <sup>[L]</sup><sub>[SEP]</sub>

### **UNDERSTANDING & CREATING A BUTTERFLY GARDEN**

Learn about butterflies, their needs and how to create a beautiful garden habitat to attract, nourish and protect them. You will take home some starter plants to use in your own gardens. Family-friendly age 12+ w/ adult.

9:30-10:30 a.m. *Instructor: Roxanne Rusch-Olesen, FVTC Horticulture Instructor*



**10 a.m. • 10:30 a.m. • 10:45 a.m.**

**AROMATHERAPY: SEASONAL ALLERGY RELIEF**

Learn how to use aromatherapy for allergy relief. The class will be making a nasal inhaler and roller ball blend while learning about the botanical products and essential oils being used. \$12 supply fee payable to the instructor. Age 16+. Family-friendly age 11+ w/ adult.

*10 a.m.-12 p.m. Instructor: Jamie Michaels, FVTC Instructor*

**GRILLING WITH CHEF JEFF**

Take your grilling skills to the next level with FVTC's own Chef Jeff as he shares his secrets for outstanding grilling techniques. Learn how to grill spatchcocked chicken, mustard crusted fillet of salmon, smoked pork chops, grilled flank steak, grilled chile lime shrimp and stuffed meatballs to delight your family and friends. Besides the opportunity to learn, you'll get to sample the results! What better way to prepare for the coming summer months? \$10 supply fee payable to the instructor. Family-friendly age 11+ w/ adult.

*10 a.m.-12 p.m. Instructor: Chef Jeff Igel, FVTC Culinary Arts Instructor*



**PAINT & PALLET**

Learn how to paint on canvas with acrylic paint. Project will have a spring theme perfect for the season. Canvas and all art supplies are provided for you to complete a 16" x 20" acrylic canvas painting. \$20 supply fee payable to the instructor. Family-friendly age 12+ w/ adult.

*10 a.m.-12 p.m. Instructor: Janet Graves, The Paint Store*



## **BASICS OF PHOTOGRAPHY**

Improve your photos with basics! Learn about composition, depth of field and lighting. Bring cameras. No iPhones, smartphones, or tablets please. Family-friendly age 14+ w/ adult.

10 a.m.-12 p.m.      *Instructor: Charles "Chip" Manthey*

## **CIRCUIT TRAINING**

Come try a total body workout with a blend of cardio and strength training to improve endurance and build muscle. Wear comfortable clothes and shoes. Water bottle or towel optional. Age 18+.

10:30-11:30 a.m.      *Instructor: Patti Lynn, YMCA of the Fox Cities-FVTC Wellness Coordinator*



## **TERRARIUMS: FACT & FICTION - MAKE & TAKE**

Delve into the fascinating world of terrariums. We will learn how they function and how to make one. You will make a Teeny Tiny Terrarium and take it home. Instructor will supply bottles, lids, lanyards, moss and any added decorations (stones, twigs, etc.) \$10 supply fee payable to the instructor. Family-friendly age 12+ w/ adult.

10:45-11:45 a.m.      *Instructor: Roxanne Rusch-Olesen, FVTC Horticulture Instructor*





**12 p.m. • 12:30 p.m.**

### **BLOOMING SHELF BASKET**

This basket will sit perfectly on a shelf adorned with spring berries and raffia. Learn basic basket weaving methods, and material preparation including measuring, marking and weaving. Leave with a 5"x9" basket made by you. Family-friendly age 14+ w/ adult; beginners welcome. \$15 supply fee payable to the instructor.  
12-4 p.m.      *Instructor: Barbara Johnson, Local Artist*



### **YOGA & MEDITATION**

Focus your mind, concentrate on your breath, and increase your strength & flexibility. This Hatha style yoga will finish with 10-15 mins of guided meditation. Wear comfortable clothes. Own yoga mat optional. Age 18+.  
12-1 p.m.      *Instructor: Patti Lynn, YMCA of the Fox Cities-FVTC Wellness Coordinator*



### **PAINT & PALLET**

Learn how to paint on canvas with acrylic paint. Project will have a spring theme perfect for the season. Canvas and all art supplies are provided for you to complete a 16" x 20" acrylic canvas painting. \$20 supply fee payable to the instructor. Family-friendly age 12+ w/ adult.  
12:30-2:30 p.m.      *Instructor: Janet Graves, The Paint Store*



**1 p.m. • 1:30 p.m.**

### **BEGINNING GENEALOGY**

We will go over terminology, how to fill out a research log and how to fill out genealogy forms. If you have names, dates and places, feel free to bring them to learn how to put them on the forms. Handouts will be provided. \$5 supply fee payable to the instructor. Family-friendly age 12+ w/ adult.

*1-2 p.m. Instructor: Nancy Weasner, Waupaca Area Genealogical Society*

### **CASUAL SPRING DINNER PARTY**

Usher in spring with Chef Shelly Platten, sampling this fun and easy-to-make menu featuring roasted carrot hummus dip with pistachios and dill, lemony asparagus tortellini with ham and snap peas, and secret chocolate mousse with vanilla berries. \$5 supply fee payable to instructor. Family-friendly age 12+ w/ adult.

*1-3 p.m. Instructor: Chef Shelly Platten, FVTC Culinary Arts Instructor*



### **CBD 101**

This interactive course explains exactly what CBD is, how it can be used, and why it's so popular. Learn about the endocannabinoid system, explore scientific articles, and examine ongoing research efforts. Our class will also cover the differences between hemp and marijuana, and current WI legislation. Please bring water bottle, pen and paper. Age 18+.

*1-2 p.m. Instructor: Chelsea Schinker, Your CBD Store*



## DISCOVER SCREEN PRINTING

Explore screen printing on fabrics. Learn basic techniques and processes and use pre-made screen pattern imprints. Bring your own items to personalize and take home. Some ideas of fabric items to imprint include: T-shirts, sweatshirts, kitchen towels, aprons, handkerchiefs, etc. Fabric items should be smooth and not have pockets or zippers. If you don't have any items to imprint on, we will have a reusable tote bag available for \$5.  
1-2:30 p.m.    *Instructor: Ben Achten, Waupaca Community Arts Board Screen Printing Guild*



## THE WORLD OF DRONES

Drones have become incredibly popular in recent years. Are you interested in how to capture that perfect aerial photo? Ever thought of starting your own drone business? Whether you are a rookie or a seasoned veteran, this class will introduce you to the world of drones. We'll look at how to use drones for photo and video as well as various other interesting applications. Prime flying season is just around the corner—come learn how to take full advantage of your drone.

1-2:30 p.m.    *Instructor: Noah Lencki, Noah Lencki Design*





## ZUMBA FITNESS WITH KATH

This class is a fitness program that combines international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms. Class is designed for all ages and fitness levels. The fun, party atmosphere will keep you coming back! Family-friendly age 12+ w/ adult. Wear comfortable workout clothing, clean dry tennis shoes and bring a water bottle. Waiver required.

1:30-2:30 p.m. Instructor: Kath Williams, Local Artist



**2 p.m.**

## GENEALOGY 102

In this class, we will introduce you to genealogical websites. You will provide a name of someone you know, then we will search for information in class so we all learn together. Handouts will be provided. \$5 supply fee payable to the instructor. Family-friendly age 12+ w/ adult.

2-3:30 p.m. Instructor: Nancy Weasner, Waupaca Area Genealogical Society

**3 p.m.**

## CBD 101

This interactive course explains exactly what CBD is, how it can be used, and why it's so popular. Learn about the endocannabinoid system, explore scientific articles, and examine ongoing research efforts. Our class will also cover the differences between hemp and marijuana, and current WI legislation. Please bring water bottle, pen and paper. Age 18+.

3-4 p.m. Instructor: Chelsea Schinker, Your CBD Store



## CHALK COUTURE

Come try this DIY home decor project featuring Chalk Couture. You will be using an 8"x10" frame, your choice of background paper, the use of a silkscreen Chalk Couture transfer, and your choice of Chalkology Paste. Receive hands-on instruction and a nice project to take home. \$10 supply fee payable to the instructor.  
3-5 p.m.      *Instructor: Kath Williams, Local Artist*



## COFFEE: THE TASTE OF HISTORY

Join the owners of Aquamos Coffee Collaborative, LLC for an in-depth history on the waves of coffee in America. Taste a variety of coffees and learn to identify an amazing cup of coffee in the growing specialty coffee market of NE Wisconsin. \$5 supply fee payable to the instructor. Family-friendly age 14+ w/ adult.  
3-5 p.m.      *Instructors: Craig Gauerke, Alexander LeClair, Aquamos Coffee Collaborative, LLC*



## DISCOVER SCREEN PRINTING

Explore screen printing on fabrics. Learn basic techniques and processes and use pre-made screen pattern imprints. Bring your own items to personalize and take home. Some ideas of fabric items to imprint include: T-shirts, sweatshirts, kitchen towels, aprons, handkerchiefs, etc. Fabric items should be smooth and not have pockets or zippers. If you don't have any items to imprint on, we will have a reusable tote bag available for \$5.  
3-4:30 p.m.    *Instructor: Ben Achten, Waupaca Community Arts Board Screen Printing Guild*



## PAINTED STAINED GLASS WORKSHOP

Create your own original painted stained glass window. All materials will be provided to complete a 5"x7" framed picture that will look like stained glass. \$15 supply fee payable to the instructor. Family-friendly age 10+ w/ adult.

3-5 p.m.    *Instructor: Becca Eckhardt, Local Artist*

