Cooperative Extension Days
“Back to Basics”
March 10-13, 2014
Monday, March 10

**Babysitter Basics**

1:00 – 4:00 p.m., Monday, and 9 a.m. to Noon, Tuesday
UAF Cooperative Extension Service Office, 809 S Chugach Street, Suite 2, Palmer
Cost $15 Limit: 12 Middle school youth. Register at bit.ly/ces-worsh or call 745-3360

**Gluten Free Baking**

6:00 – 9:00 p.m.
UAF-Cooperative Extension Service Office, 809 S Chugach Street, Suite 2, Palmer
Cost $15. Limit: 12 Register at bit.ly/ces-workshops or call 745-3360

Tuesday, March 11

**Yogurt/Kefir/Butter**

10:00 a.m. – Noon
Make, sample & take kefir, yogurt and butter using Havemeister milk.
Register at NonEssentials, 745-2258

**Embroidery**

11:00 a.m. - Noon
Learn 5 basic stitches with Lois Rolf.
Side Kicks Gifts, 642 S Alaska Street, Palmer
Cost: $5, Limit 6. Register at NonEssentials, 745-2258

**Making Mixes** (make and take)

11:30 a.m. – 1:00 p.m.
Stop by and put dry ingredients together to make soup and other mixes. Sponsored by B Bella. Bring a quart jar.
B Bella, 642 S Alaska Street, Palmer

**Porcelain Mosaics Demonstration**

Noon – 1:00 p.m.
Kim Strickland shows how to make a mosaic using pieces of porcelain.
Cover Ups Design, 840 S Colony Way, Palmer

**Milk Painting Demonstration**

1:00 – 2:00 p.m.
Kim Strickland uses old fashioned paint to upcycle furnishings.
Cover Ups Design, 840 S Colony Way, Palmer

Thank you to the following businesses for hosting and to the volunteer instructors for their help with UAF Cooperative Extension Days.

B Bella
Circling Path Tai Chi
Cover Ups
Excel Physical Therapy
Fireside Books
Just Sew
Madd Matters
Mat-Su Senior Services
Midnight Sun Yoga
NonEssentials
Palmer Downtown Deli
Palmer Museum and Visitor Center
Shane Lamb Studios
Sidekicks
Silvertip Design
St. Michael's Catholic Church
Vagabond Blues

Notes

Annie Prevost
Brenda Martin
Cheryl Risley
Cindy Medberry
Denise Statz
Jan Newman
Jennifer Forsberg
Judy Morrison
Kim Strickland
Lois Rolf
Mr. Nelson
Pam Strahan
Patti Dubler
Richelle Plummer
Sandra Cook
Sara Jansen
Valley Fiber Arts Guild
Vince Bergcamp
Winona Benson
Thursday, March 13 (continued)

Mr. Nelson’s Sourdough English Muffins
2:00 – 3:00 p.m.
NonEssentials, 728 S Alaska Street, Palmer. Register at NonEssentials, 745-2258

Spinning Fiber on a Wheel with Sandra Cook
2:00 – 4:00 p.m.
Palmer Museum & Visitor Center, 723 S Valley Way, Palmer
Cost $10. Limit 5. Register at NonEssentials, 745-2258

Spoon Carving with Val Barber
3:00 – 6:00 p.m.
Cost $15. Limit: 6. Must be age 16 and older, 12-14 with adult.

Blacksmith Demonstration
3:30 – 5:30 p.m.
Watch how tools are forged as blacksmith Vince Bergcamp makes log tongs, garden tools and more.
Palmer Museum & Visitor Center, 723 S Valley Way, Palmer

Grow Palmer
6:00 – 6:30 p.m.
Jan Neuman shares successes and lessons of the Grow Palmer project and plans for 2014.
UAF Cooperative Extension Service Office, 809 S Chugach Street, Suite 2, Palmer

Get Your Body Ready for Gardening
6:30 – 7:30 p.m.
Jennifer Forsberg, Physical Therapist, will share ways to get your body ready for the next gardening season.
Excel Physical Therapy, 809 S Chugach, Suite 1, Palmer

Tuesday, March 11 (continued)

Quilting Demonstration
1:00 – 2:00 p.m.
“5 Dude” Quilt Technique and “Quilt of Valor” demonstration with Judy Morrison
Just Sew, 579 S Alaska Street, Palmer

Living Well Alaska - Better Choices, Better Health
1:00 – 3:30 p.m.
Learn tools to manage your health in this six week course. Mat Su Senior Services (formerly Palmer Senior Center). Call 745-3677 to register and for more information.

Spinning Fiber on a Wheel with Sandra Cook
2:00 – 4:00 p.m.
Palmer Museum & Visitor Center, 723 S Valley Way, Palmer
Cost $10. Limit 5. Register at NonEssentials, 745-2258

New Twist on Old Quilt Patterns Demonstration
2:00 – 3:00 p.m.
Patti Dubler shares quick, easy ways to update traditional patterns
Just Sew, 579 S Alaska Street, Palmer

“Cathedral Windows” Pin Cushion Demonstration
3:00 – 4:00 p.m.
Cindy Medberry demonstrates “cathedral windows” technique.
Just Sew, 579 S Alaska Street, Palmer

Blacksmith Demonstration
3:30 – 5:30 p.m.
Blacksmith Vince Bergcamp shows forging skills.
Palmer Museum & Visitor Center, 723 S Valley Way, Palmer

Dance Fitness Demonstration
4:00 – 4:30 p.m.
Annie Prevost leads this energetic dance fitness experience. Oula is for people of all backgrounds and abilities. Come join the fun!
Midnight Sun Yoga, 832 South Colony Way

Cheese Making Class
6:00 – 9:00 p.m.
Make India-style fresh cheese
UAF Cooperative Extension Service Office, 809 S Chugach Street, Cost $15. Limit: 12 Register at bit.ly/ces-workshops or call 745-3360
**Wednesday, March 12**

**Make Granola with Alaska Barley and Birch Syrup**
10:00 – 11:00 a.m.
Take home barley and birch syrup to make your own.
NonEssentials, 728 S Alaska Street, Palmer; Register at NonEssentials, 745-2258

**Spinning Fiber on a Wheel with Sandra Cook**
10:00 a.m. - Noon
Palmer Museum & Visitor Center, 723 S Valley Way, Palmer
Cost $10. Limit 5. Register at NonEssentials, 745-2258

**4H Home, Health and Family Fun Day**
11:00 a.m. – 3:00 p.m.
Come join the fun! Food science activities and games.
St Michael’s Catholic Church, 432 E Fireweed Ave, Palmer
Visit UAF Cooperative Extension Service Office, 809 S Chugach Street, Suite 2, Palmer or call 745-3360 for details.

**Preserving Your Art and Treasured Photos**
Noon – 1:00 p.m.
With Pam Strahan
Madd Matters Custom Framing, 1088 S Colony Way, Palmer

**Make Laundry Soap**
1:00 – 2:00 p.m.
With Brenda Martin at Circling Path Tai Chi, 720 S. Alaska St, Palmer

**Homemade Vinegar**
2:00 – 3:00 p.m.
With Richelle Plummer at NonEssentials, 728 S Alaska Street, Palmer
Cost $10. Limit: 8. Preregistration required; Register at NonEssentials, 745-2258

**Drop Spindle Spinning Demonstration**
4:00 – 5:00 p.m.
By Valley Fiber Arts Guild at Shane Lamb Studio, 550 S Alaska Street, Palmer

**Wednesday, March 12 (continued)**

**Paper Art**
5:00 – 6:30 p.m.
Sara Jansen shows paper art techniques at Fireside Books, 720 S Alaska Street, Palmer

**Beginning Knitting**
5:30 – 7:00 p.m.
By Valley Fiber Arts Guild at Vagabond Blues, 642 S Alaska Street

**Thursday, March 13**

**Blacksmith Demonstration**
10:00 a.m. - Noon
Watch how tools are forged as blacksmith Vince Bergcamp makes log tongs, garden tools and more.
Palmer Museum & Visitor Center, 723 S Valley Way, Palmer

**Not Your Granny’s Square**
11:00 a.m. - Noon
Learn to crochet granny squares with Cheryl Risley (age 10 and older).
Downtown Deli, 550 S Alaska Street, Palmer

**New Life for Old Shoes**
11:30 a.m. – 3:00 p.m.
Pam Strahan teaches you to paint tired shoes and revamp them for longer life.
Madd Matters Custom Framing, 1088 S Colony Way, Palmer. Register at NonEssentials, 745-2258

**Sourdough Starter**
1:00 – 2:00 p.m.
Learn about sourdough, enjoy pancakes and waffles, and take some starter home.
NonEssentials, 728 S Alaska Street, Palmer. Register at NonEssentials, 745-2258