

## Riverside Bible Camp

### The Heart of a Pioneer Woman: Summaries and Teacher Bios

#### Workshop Session 1: 10:00-10:50

##### **Workshop 1: Cheese Making – Mozzarella Cheese, Part 1**

**Instructor:** Rose Boero, Licensed Wisconsin Cheese Maker

**Workshop Limit:** 10

**Summary:** Have fun learning the basic methods of making mozzarella - one method using the microwave and one method using a hot water bath. This is a two period workshop - participants must attend both hours. Cheese making kits (that make 30 one-gallon batches of either mozzarella or ricotta) will also be available for purchase at \$25 per kit.

**Rose Boero** lives with her husband Joe in Ellis, Wisconsin just east of Stevens Point. Rose started raising dairy goats 29 years ago as a 4H project for her daughter, Margaret, and her son, John. She learned to make cheese in her kitchen and then went back to school to earn her Wisconsin cheese maker's license in 2012. She currently produces small batch commercial cheese at Willow Creek Cheese in Berlin, Wisconsin where she did her apprenticeship. She also holds basic cheese making and cheese appreciation events on and off her farm under the trademark: 'Cheesehead-edu'.

##### **Workshop 2: The Nuts & Bolts of Chicken Care**

**Instructor:** Gregg & Heather Hielema

**Summary:** This family presentation will include the nuts and bolts of basic chicken care - from the day to day aspects to planning ahead and finding efficient ways to do things. Our whole family will be on hand to help share from multiple perspectives!

**Gregg, Heather & Family** live just outside of Plover and have been raising chickens since 2010, learning lots along the way! They live on 10 acres and desire to have all of their animals and land contribute a positive benefit to their family. Their current flock consists of about 80 layers that average around 60 eggs a day - this is the small business of the 3 Hielema Boys, and they handle most of the work to keep things running smoothly. "We are not experts, but we have tried many things and will share with you what we have learned!"

##### **Workshop 3: Brewing Kombucha**

**Instructor:** Nicole Elmhorst

**Workshop Limit:** 30

**Summary:** Did you know that kombucha has many health benefits and not only that but it is also very easy to make? In this workshop we will demonstrate step by step instructions on how to make kombucha, and we will discuss it's many health benefits as a functional food. You will even receive your own starter scoby to take home with you. Don't know what a scoby is or why you would need one? Don't worry, by the time you

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leave this class, you'll be ready to start your own kombucha and you'll need that scoby to begin.

**Nicole Elmhurst** considers herself blessed to be married to her HealthNut-FarmerGuy. Being on a health and wellness journey herself for the last 7 years which has included helping others live a healthier lifestyle, she couldn't believe it when she drove up to the family farm (where she and her husband work full-time) and saw the 'Organic' sign. Being a "city girl", she is enjoying the hard work that goes with living off the farm. Nicole and her husband have grass fed cows to supply milk and beef and their own chickens. This year she is learning to tap the trees for maple syrup and beekeeping to supply their own honey. Her husband introduced her to the making and benefits of kombucha. Her dream is to share her knowledge and bounty with others.

#### **Workshop 4: Reduce the Risk of Cancer with Healthy Food Choices & Physical Activity**

**Instructor:** Carl Silbernagel

**Workshop Limit:** 15

**Summary:** One-third of the more than 572,000 cancer deaths that occur in the United States each year can be attributed to diet and physical activity habits, including overweight and obesity. Although our genes influence our risk of cancer, most of the difference in cancer risk between people is due to factors that are not inherited. American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention apply to people at all stages of life and physical ability. These guidelines also apply to those who have been treated for cancer and want to prevent it from recurring.

**Carl Silbernagel**, a mechanical engineer, with a background in physics and math, has an interest in looking at problems from a scientific and data based perspective. That philosophy also applies to questions about health and how we can directly influence our personal health with our lifestyles. Although Carl does read some articles in peer reviewed medical journals, for the most part he relies on recommendations from several trusted and respected organizations as well as some individuals whose work is scientifically grounded. His interest in giving talks such as these is to let people know that they have control, and can have a direct influence on the likelihood of having disease, and that genetics is only one piece of the puzzle.

#### **Workshop 5: All-natural, Aloe Vera-based Skincare**

**Instructor:** Lisa Taylor

**Workshop Limit:** 20

**Summary:** Need a little pampering? In this hands-on workshop, you will learn about some of the potentially harmful ingredients found in skincare products, as well as treat yourself to a fun facial while exploring the benefits of Aloe Vera and natural botanicals. All-natural, Aloe Vera-based Skincare products will also be available for purchase during Pioneer Camp.

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**Lisa Taylor** considers herself blessed to be married for 20 years, a mom of 5 great kids (4 still living at home), and a grandma to a special grand-daughter. She is also a Breast Cancer survivor of 4 years. Her journey with cancer has inspired a deep and passionate desire to educate women on the chemicals found in skincare products as well as the many benefits of using an all-natural, Aloe Vera-based skincare. A L'BRI Consultant of 5 ½ years, Lisa loves helping families find natural solutions to their skin challenges and enjoy younger, healthier skin. In her spare-time she enjoys traveling, family vacations and shopping with her spunky, fun-loving daughter.

Cancer Prevention Seminar

Led by Carl Silbernagel & Karen Moucha, NP

### Workshop Session 2: 11:00-12:00

#### **Workshop 6: Cheese Making – Mozzarella Cheese, Part 2**

**Instructor:** Rose Boero, Licensed Wisconsin Cheese Maker

**Workshop Limit:** 10

**Summary:** Have fun learning the basic methods of making mozzarella - one method using the microwave and one method using a hot water bath. This is the second hour of a two period workshop - participants must attend both hours. Cheese making kits (that make 30 one-gallon batches of either mozzarella or ricotta) will also be available for purchase at \$25 per kit.

**Rose Boero** lives with her husband Joe in Ellis, Wisconsin just east of Stevens Point. Rose started raising dairy goats 29 years ago as a 4H project for her daughter, Margaret, and her son, John. She learned to make cheese in her kitchen and then went back to school to earn her Wisconsin cheese maker's license in 2012. She currently produces small batch commercial cheese at Willow Creek Cheese in Berlin, Wisconsin where she did her apprenticeship. She also holds basic cheese making and cheese appreciation events on and off her farm under the trademark: 'Cheesehead-edu'.

#### **Workshop 7: Coffee Roasting**

**Instructors:** John & Holly, Liberation Farmers

**Summary:** Come, listen and learn as the Liberation Farmers share their story, pictures of their farm and the details about the farmers they work with in Kenya and Mexico. Following their presentation, there will be a coffee roasting demonstration and time for questions. We will be serving Liberation Coffee during Pioneer Camp and fresh roasted beans will also be available for purchase at \$12/qt.

**John and Holly** moved to Almond and started their farm and coffee business, Liberation Farmers, in 2011. Their business has two main parts: First, the physical farm in Almond where they raise heritage, pasture raised animals, including pigs, goats, chickens (meat & eggs), and rabbits. They also plant many fruit and nut trees every year, eventually

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adding fruit and nuts as an income generating part of the farm. They offer workshops and volunteer days, and welcome the community to their farm. Second, they have a coffee CSA and lead coffee-harvest trips. John and Holly source their coffee directly from farmers in Kenya and Oaxaca, Mexico. Every January they lead a coffee harvest trip to Oaxaca, Mexico and bring volunteers with them to help harvest and share in the cultural experience of living and working with Elvira and Tomas, their coffee farmers. They also lead a trip to Kenya each summer, where they teach a Permaculture course and as part of the trip, they travel to the highlands of Kenya and help with the summer coffee harvest. They pay the farmers one year in advance for their coffee, so that the farmers can use the money to make improvements on their farms. John and Holly roast their coffee every week in Stevens Point, and sell most of it through their CSA, where people sign up to receive pint or quart jars of their coffee weekly or bi-weekly. They also sell their coffee retail in Stevens Point, Waupaca and Wisconsin Rapids. One of their main goals includes connecting people with their food, and the people who grow it, whether it be through their farm or through harvest trips.

#### **Workshop 8: Canning Venison**

**Instructor:** Don Friemoth & Rhonda Opelt

**Workshop Limit:** 15

**Summary:** If you come from a family of hunters, you are well aware of the situation in which you have "surplus meat." Rather than wrapping it and throwing it in the freezer, canning your venison is a great way to preserve the meat and have a quick and easy meal ready on those busy nights when you don't have a lot of time to prepare. Don and Rhonda will take you through the process of canning venison from start to finish at the conclusion of which you will have the opportunity to try a sample of Don's latest harvest!

**Don Friemoth** has been an avid hunter for 55 years and has made several trips out west in which he was successful in tagging several turkeys, deer, elk, and antelope. Don was fortunate to spend several years observing his mother can venison while he was a young boy. He has recently taken up this tradition and is very excited to share this experience with others. **Rhonda Opelt** is new to rifle hunting and has tagged several white tails in her short time. Rhonda has assisted in the processing of venison and the canning process and is thrilled to share what her and Don have learned about the activity. Don and Rhonda's families were neighbors growing up in rural Clark County; they have recently reunited and are engaged to be married soon.

#### **Workshop 9: Soap Making 101**

**Instructor:** Tracy Guzman & Carrie Powell

**Workshop Limit:** 15

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**Summary:** This workshop is a beginner's soap making class designed to teach students how to make bars of soap using the cold process soap making method with emphasis placed on safety during the process of soap making. Tracy & Carrie will provide a demonstration on how to make soap as well as provide a recipe and soap making instructions so that you can make your very own soap at home. If you would like to purchase homemade soap during Pioneer Camp, bars will be available for purchase in the camp store.

**Tracy Guzman & Carrie Powell** grew up together on their family farm in Iola, Wisconsin. They have experienced the process of raising and caring for animals, planting and harvesting crops, and baling hay all on the family farm. Both homesteading women at heart, these twin sisters have perfected the soap making process along with making homemade lip balm, deodorant, bath salts, laundry soap, candles, bread and more.

#### **Workshop 10: Repurposed Chicken Feed Tote Bag**

**Instructor:** Kitty Jensen

**Workshop Limit:** 8

**Summary:** Some have always wanted a new and dependable "tote bag", others have always wondered what to do with those pesky used feed bags. Well, this workshop will please them both. Participants will receive instruction and experience a hands-on demonstration of how to re-purpose those excess feed bags into beautiful and dependable tote bags. Participants must have basic straight stitch sewing knowledge and must **bring** their own sewing machine, thread, scissors, an extra sewing machine needle (just in case yours breaks) and if you have one, a quilting ruler. Feed bags and instructions will be provided. **Sewing machines will need to be set-up first thing upon arrival and taken down at the beginning of the lunch hour** so that the room can be re-set for the second tote bag making workshop.

**Kitty Jensen** discovered her love for sewing twenty years ago when, upon moving to Minocqua, she began to look for a new hobby and ended up joining the local Quilt Guild. Needless to say, she's been quilting ever since! She is currently a member of the Almond Golden Needle Quilt Guild where they are working on Valor Quilts for veterans who have served our country. Kitty also enjoys both water color and acrylic painting, reading and studying history, but by far her greatest passion is studying the history of the Bible and the people of Israel. Kitty's good friend, Joyce, will be assisting her (and you) in this hands-on workshop.

### **Workshop Session 3: 1:00-2:00**

#### **Workshop 11: Cheese Making – Cottage Cheese, Part 1**

**Instructor:** Rose Boero, Licensed Wisconsin Cheese Maker

**Workshop Limit:** 10

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**Summary:** Have fun learning the basic methods of making cottage cheese. This is a two period workshop - participants must attend both hours. Cheese making kits (that make 30 one-gallon batches of either mozzarella or ricotta) will also be available for purchase at \$25 per kit. The cottage cheese class supplies include rennet and butter muslin (both are included in the mozzarella kit), but if purchased separately, they cost about \$15.

**Rose Boero** lives with her husband Joe in Ellis, Wisconsin just east of Stevens Point. Rose started raising dairy goats 29 years ago as a 4H project for her daughter, Margaret, and her son, John. She learned to make cheese in her kitchen and then went back to school to earn her Wisconsin cheese maker's license in 2012. She currently produces small batch commercial cheese at Willow Creek Cheese in Berlin, Wisconsin where she did her apprenticeship. She also holds basic cheese making and cheese appreciation events on and off her farm under the trademark: 'Cheesehead-edu'.

#### **Workshop 12: Trap Shoot**

**Instructor:** Trudy Perlick & Jodi Verhalen

**Workshop Limit:** 20

**Summary:** During this workshop, you will be shown basic gun safety and given the opportunity to shoot different shotguns at clay pigeons. And that's about it...it's not rocket science but it is fun. This workshop will be held at River Hills Farm (1/4 mile from the camp). Weather permitting, the wagon will depart from the camp at 12:45pm. You are welcome to drive your own vehicle to and from the farm if you would prefer not to take the wagon ride. This is an outdoor class, so dress for the weather.

**Trudy Perlick** was born and raised in Central Wisconsin. She, along with her husband, Ben, have been renovating a 100+ year-old farmstead that has been in the family for 4 generations. She has a 4-year old girl and another girl on the way. Trudy works full-time driving semi-truck for a small local trucking company (short hauls) as well as runs a garage door company with her husband. And, she also homeschools her daughter. Her hobbies include church activities, gardening, canning, fishing, hunting, camping, canoeing, kayaking, raising critters, and cake decorating. Her all-time favorite is going on junking road trips.

#### **Workshop 13: Growing, Harvesting & Preserving Herbs**

**Instructor:** Pam Wellbrock, Natural Health Consultant

**Summary:** Would you like to know how to grow and collect wild herbs, preserve them through dehydration, and store the abundant crop for later use? Then this open conversation style presentation is for you! Pam Wellbrock is an advocate of living off the land. She is raising her children on a large hobby farm, milking their own goats, and collecting their own eggs. Their organic garden and orchard provide a substantial amount of their food supply. Bring your gardening questions.

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**Pam Wellbrock**, Natural Health Consultant since 1985 is a single homeschool mother of five children, widowed 10 years. She loves the Lord, the great outdoors, and staying healthy.

#### **Workshop 14: Homemade Mayo, Humus & More!**

**Instructor:** Rosalind Kealiher

**Workshop Limit:** 30

**Summary:** Did you know that you can make your own mayo, humus and salad dressing at home? Luckily, its not only inexpensive but is also an easy task to do. In this workshop, you will have a chance to see the process of making a variety of condiments and not only that, you will get to taste them all too. The recipes used in class will be provided in a handout so that if you like the mayo, humus and dressing that you try in class, you can make it at home and provide a healthy, non-preservative filled option for your family. In 2010, Rosalind Kealiher published a cookbook called "Serving Up Savings". This cookbook was a collaborate effort put together to initiate healthy eating on a budget. It is one of a kind, created by a designer who loves to cook! If you would like to purchase this cookbook during Pioneer Camp, it will be available for purchase in the camp store or can be purchased online at Amazon.com.

**Rosalind Kealiher**, chief designer for Dekaios Designs, LLC is a graduate from UWSP with a Bachelor of Fine Arts in Graphic Design. The name, "Dekaios" is inspired by the desire to seek after righteousness and is a reminder for her company that when she is blessed, it is not by her own means but by that which God has provided!

#### **Workshop 15: Reduce the Risk of Cancer with Healthy Food Choices & Physical Activity**

**Instructor:** Carl Silbernagel

**Workshop Limit:** 15

**Summary:** One-third of the more than 572,000 cancer deaths that occur in the United States each year can be attributed to diet and physical activity habits, including overweight and obesity. Although our genes influence our risk of cancer, most of the difference in cancer risk between people is due to factors that are not inherited. American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention apply to people at all stages of life and physical ability. These guidelines also apply to those who have been treated for cancer and want to prevent it from recurring.

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that they have control, and can have a direct influence on the likelihood of having disease, and that genetics is only one piece of the puzzle.

#### Workshop Session 4: 2:00-3:00

##### **Workshop 16: Cheese Making – Cottage Cheese, Part 2**

**Instructor:** Rose Boero, Licensed Wisconsin Cheese Maker

**Workshop Limit:** 10

**Summary:** During this two period workshop, you will have fun learning the basic methods of making cottage cheese. This is the second hour of a two period workshop - participants must attend both hours. Cheese making kits (that make 30 one-gallon batches of either mozzarella or ricotta) will also be available for purchase at \$25 per kit. The cottage cheese class supplies include rennet and butter muslin (both are included in the mozzarella kit), but if purchased separately, they cost about \$15.

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##### **Workshop 17: Is Bee Keeping for Me?**

**Instructor:** Kent Pegorsch

**Summary:** In this "sweet" lecture based workshop, Kent Pegorsch will take you through the basics of bee keeping for beginners so that you can decide if bee keeping is right for you. Kent currently operates about 200 colonies and sells most of the honey produced through his retail store, Main Street Marketplace in Downtown Waupaca, under the Dancing Bear Apiary label. Kent's honey will be served on our coffee bar, used for our homemade honey wheat bread class, and will also be available for purchase during Pioneer Camp (12 oz bear \$4.95, 2# glass \$9.95, 5# glass \$22.95).

**Kent Pegorsch** has been keeping bees for over 40 years. He is also Vice President of the Nicaragua Bee Project, a non-profit corporation that trains Nicaraguans in beekeeping and helps them acquire their first colonies.

##### **Workshop 18: The Art of Bread Making – Honey Wheat Bread for Beginners**

**Instructor:** Lori Guilliams

**Workshop Limit:** 30

**Summary:** In this workshop you will learn about the different ingredients and techniques needed to make your own batch of homemade bread. Participants will have

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the opportunity to mix up their own bread dough, knead it, form it and bake a loaf of bread to take home to their family. Please **bring** an apron, a mixing bowl, 1 Tbsp measuring spoon, and 1/4 & 1 cup measuring cups.

**Lori Guilliams**, wife, mother of 6 and homeschool mom of 4 has been baking bread for her family and teaching others how to for many years. Lori's homesteading skills don't stop in the kitchen. Over the years, she has also grown huge vegetable gardens, raised meat chickens and egg layers, and has also done a ton of canning to provide for her family during winter in Wisconsin.

#### **Workshop 19: Harvesting Heirloom Seeds**

**Instructor:** Ann Rozner

**Workshop Limit:** 20

**Summary:** Heirloom seeds have been passed down from generation to generation. Learn how to be a part of this wonderful transfer of food by attending the "Harvesting Heirloom Seeds" workshop. Participants will learn how to harvest three different types of heirloom seeds and will also learn the art of foraging for one type of tea. Participants will leave knowing they are a part of history in the making and will get to take some samples home to get started.

**Ann Rozner** grew up on a dairy farm in Wisconsin where she also learned the art of foraging from her mother who had learned the skills from Ann's grandmother and great-grandmother. This love for the outdoors helped develop a great passion for learning and travel. She has a background in art and educational leadership and policy analysis and has been a teacher and a principal. She now enjoys working part-time in three different fields of business and volunteering. Claiming to be a "tinker" at heart, she creates and sells costume jewelry. Ann is experimenting with building boxes out of barn wood and stained glass techniques in her jewelry making. She is currently in the process of building a cabin studio in the woods, so she can return to her love of watercolor painting and pen and ink drawing.

#### **Workshop 20: Repurposed Chicken Feed Tote Bag**

**Instructor:** Kitty Jensen

**Workshop Limit:** 8

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#### **Workshop 21: Turner's Fresh Market – Innovations at Your Local Farm**

**Instructor:** Tara Turner, 3<sup>rd</sup> generation co-owner of Turners Fresh Market & Greenhouse

**Workshop Limit:** 20

**Summary:** Tara Turner, 3rd generation co-owner of Turner's Fresh Market, will offer a brief history of Turner's Market as well as discuss how they are using sustainable methods and ideas to keep produce local. Tara comes to us with a wealth of information; this workshop will range from operations in the greenhouse and field, as well as marketing and the creation of the Wisconsin Food Hub Cooperative.

**Tara Turner** After graduating high school, Tara attended Boston University. She later obtained her Masters at Tufts Veterinary School where she focused her studies on alternative agriculture. Tara has worked as a technology project manager, teacher, and general manager for the Wisconsin Food Hub, along with continuing to run the family farm ~ Turner's Fresh Market & Greenhouse.