

## Riverside Bible Camp

### The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018

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

##### **Workshop 1: The Inductive Bible Study Method**

**Instructor:** Cana Elmhorst

**Workshop Limit:** 15

**Summary:** Have you ever desired to study scripture on a deeper level? Does Bible study intimidate you or overwhelm you? Do you love studying God's Word? If so, this workshop is for you. This workshop will teach you how to study the Bible using the Inductive Bible Study method. Inductive Bible Study is a fun, investigative approach to studying the Bible using three basic components: Observation, Interpretation, and Application. In order to learn how to complete a fruitful Inductive Bible Study, we will be looking at Riverside's theme verse for the year: Psalm 18:16-19. The Bible study passage and study materials will be provided for you at the workshop.

**Cana Elmhorst** is a young woman who has spent quite a bit of time around Riverside Bible Camp over the past few years. During her college years, she participated in LIFT, the college-aged ministry of Riverside as a cabin leader for 3 years, and as the summer program director in 2016. During her years in college, she developed a love for studying the Word of God through the various campus ministries she was a part of. Currently, she is an intern with Cru in Central Wisconsin and has a heart for sharing the life-changing news of Jesus and His Word with students at UW-Stevens Point and Nicolet College in Rhinelander.

##### **Workshop 2: Coffee Roasting**

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

**Workshop Limit:** 30

**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/lb.

**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 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

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

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 3: The Making & Canning of Apple Pie Filling**

**Instructor:** Don & Rhonda Friemoth

**Workshop Limit:** 15

**Summary:** Your week is filled with errands and things to do, but you still need to have that homemade pie ready for your guests this weekend. When are you going to find the time to make the pie filling? Oh wait, it is already done. You still have a jar left from the batch you made in the fall. If you want the store bought convenience with the homemade taste, come learn how to make and can your very own apple pie filling.

**Don & Rhonda Friemoth** both enjoy the great outdoors. Don has been an avid hunter and outdoorsman all his life. He has hunted numerous big game and bagged his share of bucks. Rhonda recently discovered the thrill of hunting, after she met Don. They also enjoy both flower and vegetable gardening, as well as preserving many of the things they gather on their outdoor adventures.

#### **Workshop 4: Cheese Making – Mozzarella Cheese, Part 1**

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

**Workshop Limit:** 12

**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 30 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 5: The Nuts & Bolts of Chicken Care**

**Instructor:** Gregg & Heather Hielema

**Workshop Limit:** 35

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

**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 6: Camp Fire Skills**

**Instructor:** Ian Ainsworth

**Workshop Limit:** 10

**Summary:** This hands on class on the basics of fire starting will take place out in God's creation. You will learn how to identify and gather resources in the woods that you can use to build a fire. Then you will put what you have learned to the test and build your own fire. You will also learn how to make a tasty campfire treat with the fire you make. Dress for the weather and walking in the woods.

**Ian Ainsworth** is the Program Director at Riverside Bible Camp. His wife, Faith, and he joined Riverside in May of 2017. He joined the U.S. Army Reserve in 2009 and served 6 years as a combat engineer. He enjoys spending time outdoors and teaching others basic survival skills.

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

#### **Workshop 7: Back to Basics - Pioneer of Good Health**

**Instructor:** Andrea Opalewski

**Summary:** In this workshop, Andrea will discuss how we can build healthy cells, where our food comes from, how to eat more of this and less of that, share great recipe swap outs, how to prepare for success, and why supplementation is important. She will also share about some of the science based, quality products she uses to enhance her health.

**Andrea Opalewski** As a young wife and mother of two small children I found my life and my health on a path I had never expected. I was suffering from nearly constant migraines and a roller coaster of hormones to go with them. I was sick and tired of being sick and tired and desperately needed a change. Little did I know the answers I was praying for would take me down a path to natural healing and a new way of life not just for me but my whole family as well. God has blessed me so greatly with a new way of life. I find great passion in helping to educate and encourage others to make small simple changes toward their own better health. Five years and counting I am migraine free and prescription free. I am living a life of freedom I had never dreamed of.

## Riverside Bible Camp

### The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018

#### **Workshop 8: Inductive Bible Study 2: John 15 Dig-In**

**Instructor:** Cana Elmhorst

**Workshop Limit:** 15

**Summary:** In this workshop we will be applying the Inductive Bible Study method to John 15:1-17. Use the tools that you learned in the Inductive Bible Study workshop and come experience a truth-filled, discussion-based Bible study that will fuel your affections for God and His Word. The Bible study passage and study materials will be provided for you at the workshop. This workshop is for those who know how to use the inductive Bible study method.

**Cana Elmhorst** is a young woman who has spent quite a bit of time around Riverside Bible Camp over the past few years. During her college years, she participated in LIFT, the college-aged ministry of Riverside as a cabin leader for 3 years, and as the summer program director in 2016. During her years in college she developed a love for studying the Word of God through the various campus ministries she was a part of. Currently, she is an intern with Cru in Central Wisconsin and has a heart for sharing the life-changing news of Jesus and His Word with students at UW-Stevens Point and Nicolet College in Rhinelander.

#### **Workshop 9: Forming Decorative Loaves**

**Instructor:** Johanna Vang

**Workshop Limit:** 15

**Summary:** In this hands-on class you will learn how to make your homemade bread loaves look like the ones you see in the bake shop window. Put on your apron and learn the art of decorative loaves. Each participant will leave with a taste of their own handy work and the skill to make the family “oooohh” and “aaaaahh” at the next holiday. Remember to bring your apron!

**Johanna Vang** is a baker extraordinaire. Along with homeschooling her 8 children, she operates her own bakery right out of her kitchen. She can often be seen at the local farmers market selling pastries, bread, and other delicious baked goods.

#### **Workshop 10: Cheese Making – Mozzarella Cheese, Part 2**

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

**Workshop Limit:** 12

**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

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

holds basic cheese making and cheese appreciation events on and off her farm under the trademark: "Cheesehead-edu."

#### **Workshop 11: Coop Design & Tour D'Coop**

**Instructor:** Gregg Hielema, Adam Nelson, & Maria Nelson

**Workshop Limit:** 35

**Summary:** Tour D 'Coop is a two part workshop. Part 1 will consist of a mini lecture on coop design. Part 2 will consist of a coop tour including the chick "nursery", brooder house, chicken coop, peacock pen and the duck house at River Hills Farm. This coop tour showcases various poultry houses, as well as different chicken and duck breeds. The farm education coordinator and coop owners will be on hand to discuss the how-tos of chicken keeping. Also, there will be opportunities for photographing and getting to know the chickens. Come, be inspired. Last one in is a rotten egg.

**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 12: Horse Care 101**

**Instructor:** Collen Larson

**Workshop Limit:** 15

**Summary:** Horse Care 101 will include a brief overview of considerations for the purchase of a horse, the physical set up for keeping your horse at home, acquiring riding equipment, and basic health maintenance. This workshop will take place at Collen's indoor horse riding arena just across the road from camp. Dress for the weather.

**Colleen Larson** is a retired speech and language pathologist who worked for the Waupaca School District until 2011. In 1975, she saw a demonstration of dressage, fell in love with the sport, and have taken dressage lessons ever since. She has owned, trained (with help), and shown several horses over the years.

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

#### **Workshop 13: Intro to Essential Oils 102**

**Instructor:** Kelly Hebbe

**Summary:** Intro to Essential Oils 102 will introduce the oils of Young Living's Starter Kit, and get a little into the science behind these oils and why they work better for your body and your home. You will have the chance to experience the 11 oils of the starter kit and make your own DIY roll-on. This session is all about how and why essential oils work.

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

**Kelly Hebbe** is a 36 yr. old mother of 3 boys ages 8, 7 and 5 with another little blessing on the way! As a graduate from UWSP as an Elementary Education major, she has chosen to remain home to foster a healthy home and raise her children. Which she has found to be the most rewarding endeavor! Striving for a healthy and nurturing home for her family, she has learned about the benefits of a holistic approach to health and wellness and has worked to incorporate essential oils into every aspect of her home including her in home daycare of 7 years. Kelly believes that natural, healthy choices are the key to optimal health and will improve quality of life. She loves motivating and encouraging others and believes that when natural health and well-being are fun and enjoyable, they will become a permanent lifestyle change.

#### **Workshop 14: Bible Art Journaling - "free expression of the individual soul"**

**Instructor:** Lynn Bonack

**Workshop Limit:** 20

**Summary:** What is art journaling? It's simple...an art journal is a journal in which you combine images and words to express yourself. Your journal is for you, and no one else. It is not about creating art, it is about creating you. There are no rules of right and wrong, so silence the inner critic that says, "I can't do this", because you can! Why art journal? It is to bridge the gap between brain and canvas. It is a soul map, an inner dialog that allows you to get thoughts and feelings or your story out on paper. It becomes the "visual" canvas of an individual, a sanctuary of creative expression. It is a way to document your life journey. You can show everyone what you create, or...you never have to show anyone. Who can art journal? Everyone, that's the best part. No art experience needed! It is not about skills, it is about expression. It is not about talent, it is about telling your story. In this Art Journaling workshop, we will be focusing on "Bible Art Journaling". Please bring a Bible you would feel comfortable journaling in. If you do not have one or you would prefer not to mark in your Bible, printed Bible pages will be provided.

**Lynn Bonack** The minute I could hold a crayon in my hand I was in love with all the colors and the endless possibilities it brought! My grandmother and mother were artists so it was a natural and maybe even genetic longing to always be creative! For art journaling, the education and training began at Bethel University. The first day of class we were instructed to keep an "Art Journal" and 38 years later and over twenty journals later I would say it has greatly influenced my life! I have taught individuals and groups all over Wisconsin, taught classes at Nicolet College, Colorado, California, and even in Ethiopia! Helping you create your visual canvas of who you are is one of my favorite things to do as an artist! Let's start that treasured book where you are the creative author!

#### **Workshop 15: Five Different Teas: Identifying, Foraging, and How to Preserve**

**Instructor:** Ann Rozner

**Workshop Limit:** 15

**Summary:** Do you want to enjoy the outdoors and forage for tea for free? Learn to identify, how to forage and preserve five or more local plants. Sample steeped teas will be prepared for all to taste. Each participant will take home a folder of information and a "goodie bag."

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

**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 "tinkerer" at heart, she creates and sells costume jewelry. 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 16: Cheese Making – Cottage Cheese, Part 1**

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

**Workshop Limit:** 12

**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 30 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 17: Animal Care Q&A Panel**

**Instructor:** Gregg & Heather Hielema, Adam Nelson, Maria Nelson, & Collen Larson

**Workshop Limit:** 35

**Summary:** Come prepared with your questions and current flock issues for personalized attention and discussion. Topics covered may include chicken tractors, chicken runs, predators, roosts, nest boxes, deep bedding, how to care for chicks, hardy breeds, roosters, dust baths, oyster shells, feeders, heat lamps, and more. You come with questions, we'll do our best to help you find the answers. There will also be opportunity for your questions on horse care to be answered.

**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!"

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

**Adam Nelson** grew up on farm in Nebraska and is currently the Farm Education Coordinator at Riverside Bible Camp. His wife and four of his sons serve alongside him, daily caring for the animals at Riverhills Farms. He has been playing paintball for many years and it his favorite past time. He is always looking for a group of people willing to play paintball with.

**Colleen Larson** is a retired speech and language pathologist who worked for the Waupaca School District until 2011. In 1975, she saw a demonstration of dressage, fell in love with the sport, and have taken dressage lessons ever since. She has owned, trained (with help), and shown several horses over the years.

#### **Workshop 18: Trap Shoot**

**Instructor:** Trudy Perlick, Jodi Verhalen, & Angela Winkel

**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 two beautiful daughters. 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. But her all-time favorite is going on junking road trips.

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

#### **Workshop 19: Beekeeping for Beginners**

**Instructor:** Kent Pegorsch

**Summary:** In this "sweet" lecture based workshop, Kent Pegorsch will take you through the basics of beekeeping for beginners to help you be successful in your beekeeping venture. 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 and will also be available for purchase during Pioneer Camp (12 oz. bear \$6, 2# glass \$10, 5# glass \$23).

**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.

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

#### **Workshop 20: Bible Art Journaling - "free expression of the individual soul"**

**Instructor:** Lynn Bonack

**Workshop Limit:** 20

**Summary:** What is art journaling? It's simple...an art journal is a journal in which you combine images and words to express yourself. Your journal is for you, and no one else. It is not about creating art, it is about creating you. There are no rules of right and wrong, so silence the inner critic that says, "I can't do this", because you can! Why art journal? It is to bridge the gap between brain and canvas. It is a soul map, an inner dialog that allows you to get thoughts and feelings or your story out on paper. It becomes the "visual" canvas of an individual, a sanctuary of creative expression. It is a way to document your life journey. You can show everyone what you create, or...you never have to show anyone. Who can art journal? Everyone, that's the best part. No art experience needed! It is not about skills, it is about expression. It is not about talent, it is about telling your story. In this Art Journaling workshop, we will be focusing on "Bible Art Journaling". Please bring a Bible you would feel comfortable journaling in. If you do not have one or you would prefer not to mark in your Bible, printed Bible pages will be provided.

**Lynn Bonack** The minute I could hold a crayon in my hand I was in love with all the colors and the endless possibilities it brought! My grandmother and mother were artists so it was a natural and maybe even genetic longing to always be creative! For art journaling, the education and training began at Bethel University. The first day of class we were instructed to keep an "Art Journal" and 38 years later and over twenty journals later I would say it has greatly influenced my life! I have taught individuals and groups all over Wisconsin, taught classes at Nicolet College, Colorado, California, and even in Ethiopia! Helping you create your visual canvas of who you are is one of my favorite things to do as an artist! Let's start that treasured book where you are the creative author!

#### **Workshop 21: All Natural Healing Lotion**

**Instructor:** Angie Nyquist

**Workshop Limit:** 15

**Summary:** Are you curious about ways you can reduce the number of chemicals in your personal care products? Do you have dry skin and nothing seems to help? Do you have a fascination with essential oils and their properties? With some simple ingredients and tools, you can make your own lotion plus customize it to meet your needs and preferences. In this workshop we will make a batch of lotion together. You will go home with a sample from the batch we make as well as a formula for creating your very own recipe.

**Angie Nyquist** enjoys homeschooling her two boys and supporting her husband in the development of their family farm, Oak Knoll Acres. She also runs her own business teaching dance and has been teaching in Central Wisconsin for over 15 years. Angie values wholesome and nourishing products and practices. Her journey to a healthier lifestyle has included swapping out some of her store-bought cosmetics for ones she can make at home, transitioning her family to a cleaner diet with more whole foods, and growing more of her own food on their

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

family farm. She has been making lotion for over 10 years and is excited to share her method with you. Her lotion will be for sale in the camp store.

#### **Workshop 22: Cheese Making – Cottage Cheese, Part 2**

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

**Workshop Limit:** 12

**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 23: Chicken Butchering**

**Instructor:** Nancy Fessenden

**Workshop Limit:** 15

**Summary:** Are you interested in raising chickens but don't know the steps it takes to put the meat on the table? This workshop will demonstrate the basics of processing a chicken, from slaughter to the freezer. Those interested will have the opportunity to assist Nancy with butchering chickens later this summer.

**Nancy Fessenden** and her husband, Bill, have lived in the rolling hills south of Amherst for 20 years. They have a large vegetable garden, make maple syrup, hunt deer, process the venison, and stay busy with all the chores that come with country living. Nancy grew up in a family where raising meat chickens and butchering was an activity that involved the whole family. Her children and grandchildren are continuing the tradition with chickens and turkeys as well.

#### **Workshop 24: Paintball**

**Instructor:** Adam Nelson

**Workshop Limit:** 16

**Summary:** Bring a friend along as you discover the thrill of working together to defeat the other team. You will be given a mask, paintball gun, and all the ammo you need. This is the perfect opportunity to try paintball for the first time. Adam is always willing to introduce and teach new players to the game of paintball. Dress for the weather and walking in the woods.

**Adam Nelson** grew up on farm in Nebraska and is currently the Farm Education Coordinator at Riverside Bible Camp. His wife and four of his sons serve alongside him, daily caring for the

## **Riverside Bible Camp**

### **The Heart of a Pioneer Woman: Summaries and Teacher Bios 2018**

animals at River Hills Farm. He has been playing paintball for many years and it is one of his favorite past times. And he is always looking for a group of people willing to play paintball.