



Cooperative Extension Days "Back to Basics"

March 10-13, 2014

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| ① UAF Cooperative Extension
Excel Physical Therapy | ⑦ Circling Path Tai Chi
Fireside Books
NonEssentials |
| ② St. Michaels Catholic Church | ⑧ Cover Ups
Midnight Sun Yoga |
| ③ Silver Tip Design | ⑨ Madd Matters |
| ④ Palmer Downtown Deli
Shane Lamb Studio | ⑩ Palmer Museum & Visitors
Center |
| ⑤ Vagabond Blues
Side Kicks
B Bella | ⑪ Mat-Su Senior Services |
| ⑥ Just Sew | |



UAF Cooperative Extension Service
809 S Chugach Street, Suite 2
Palmer, Alaska 99645
907-745-3360

www.uaf.edu/ces/matsu

Visit us on Facebook: Matsu Cooperative Extension Service

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-workshops 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.
Cost \$30. Limit 12. NonEssentials, 728 S Alaska Street, Palmer;
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

Notes



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 Sudios
Sidekicks
Silvertip Design
St. Michael's Catholic Church
Vagabond Blues

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.

Cost \$10. Limit: 12. Preregistration required.
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.
SilverTip Design, 421 S Alaska Street, Palmer. Register at bit.ly/ces-worshops or call 745-3360.

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-worshops 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.
Cost \$20. Limit: 12. Preregistration required.
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
Cost \$10. Limit: 10. Preregistration required. Register at
NonEssentials, 745-2258

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
Cost \$10. Limit 10. Register at NonEssentials, 745-2258.

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.
Cost \$10. Limit: 10. Bring a pair of scuffed shoes.
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.
Cost \$10. Limit: 12. Preregistration required.
NonEssentials, 728 S Alaska Street, Palmer. Register at
NonEssentials, 745-2258