

Clearbrook-Gonvick Community Education

Spring 2019

Community Education Coordinator: Judy Engebretson: 218-776-3112 Ext 102

Early Childhood Family Education/School Readiness: Andrea Churness, Stacie Petterson: 218-776-3112 Ext 223

Adult Basic Education/GED: Sherry Hjelle: 218-776-2789 (W), 218-688-1558 (C)

You may also obtain information on Community Ed classes through: Fosston radio (Tom Lano), the school web site: www.clearbrook-gonvick.k12.mn.us, weekly newspaper updates, some local businesses, email (send your request to: jengebret@clearbrook-gonvick.k12.mn.us) or on Facebook!

The Social Security Puzzle: Putting the pieces together

This class will provide Social Security basics and changes, when and how to claim, Medicare premiums, Social Security and taxation. Handouts will be provided. There will be Q & A time also. Fee stays with Community Ed.

Thursday, April 11

6:30-8:30 PM

CG Library

\$5.00

COOKING WITH YOUR "INSTANT POT"

Verena Pletschett

Do you have an Instant Pot but don't know how to use it?? Thinking about getting one but want to know more about them? Here's the class for you!!

Verena has done a lot of cooking with the Instant Pot and is willing to share her knowledge and experience. She will cover the basics of using your Instant Pot, favorite recipes, tips and tricks. You will cook a meal during class if you bring your own Instant Pot and the ingredients listed below. If you don't have a pot you will still get in on all the fun! Minimum 6.

Please bring the following ingredients: 1. Frozen chicken breasts, 2. Egg noodles, 3. Italian seasoning packet, 4. Tomatoes, 5. Pesto, 6. Heavy cream

Questions?? Call Verena at 218-533-0498

Thursday, May 9

6:30-8:30 PM

Clearbrook Com Center Kitchen

\$10.00



DEFENSIVE DRIVING-Glenn Rettmann



Participants receive a thorough review of the "rules of the road", with an emphasis on defensive driving practices. If you are 55 or older, successful completion of this class will allow you to receive a discount on your auto insurance. Note: If you've previously completed an 8 hour class you need only register for the 4 hour "refresher" course.

Mon, April 1 (refresher class)

5:00-9:00 PM

School commons

\$15.00

Mon & Tues April 1 & 2 (8 hr)

5:00-9:00 PM

School commons

\$20.00

WOMEN'S SELF-DEFENSE SEMINAR

Police Chief Dan Gazelka and volunteers

The first portion of this class will be discussion on situational awareness and how to avoid scenarios before they happen as well as mental and physical preparation. MN statutes and laws governing use of force and self-defense will also be covered. Dan will explain common tools, equipment and weapons available for self-defense. The second half of the class will be hands-on, covering basic punches, blocks and strikes; escapes from chokes, headlocks and restraints. Please wear comfortable, loose fitting clothing for the demonstration portion the class. Meet in the old band room (Melody Room) and gym at the Clearbrook Community Center. Mothers and daughters are encouraged to attend. Class is a public service. The fee stays with Com. Ed.



Tuesday, April 30

6:00-8:30 PM

Clearbrook Com Cen \$5.00 each / Max \$10.00/family



"Early Bird" Garage & Craft/Vendor Sale
GARAGE / CRAFT
SELLERS/VENDORS WELCOME!

Reserve your spot in the commons to sell your articles at a group sale. Setup begins at 6:45 am Saturday morning. You may set up an extra clothes rack/table if room is available. If participation is not sufficient, deposits will be returned. **Registration deadline is April 11. (Late registration will be taken if space is available.)**

Saturday, April 27 8:30 AM-NOON
Clearbrook-Gonvick School Commons
Fee per table = \$15.00 for 1, \$20 for 2 (yours or ours—this includes any extra display)

REGISTER EARLY!!

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SUMMER RECREATION:

Watch for Summer Recreation brochure in early May!
Activities for ages 4 & up.

Our summer play will be "Cinderella"
Auditions: Monday, June 24 at 2:30
Practices: Tue-Fri (6/25-6/28)
from 2:30-6:45.
Performances:
June 28 & 29 at 7:00 PM
Age 7 & up
Parts for everyone!



CANCELLATION - WEATHER

On days school is closed for weather, observed holidays, etc. Community Education classes will not be held.

Please pre-register one week ahead. Unfortunately, some classes are canceled if there is a lack of pre-registration. Late registration will be taken if space is available and the class is being held. You will be notified if a class is canceled due to insufficient enrollment and a refund will be made. Unless you are notified, you should meet at the time and place designated. No refunds will be made after the first night of class.

Mail to: CG Community Ed, 16770 Clearwater Lake Road, Clearbrook, MN 56634
or call 776-3112 ext 102, or
email: jengebre@clearbrook-gonvick.k12.mn.us

More Summer Recreation!

Brochure comes out around the middle of May

These are classes we have had recently and we are always looking to add something new so watch for our brochure and sign up for what interests you!

Science: Growing Up Wild, Babysitting,
Food Class, Golf, Soccer, Flag Football, Volleyball
Camp, Basketball Camp, Basket Weaving,
Softball and Baseball ages 4-13,

Kloster League baseball & softball for ages 9-14

Community Education Advisory Council:

Tiffany Kroulik, Amy Rankin, Lucie Thompson, Kris Snyder, Ashley Krog, Sherry Hjelle, Jo Voxland, Crystal Smith, Naomi Shamp, Savanna Rankin, Kari Shamp, Tucker Lene. If you are interested in serving on the Advisory Council, please talk to a member or Judy. There are 4 meetings/year.

CG Community Ed Registration Form

(If you are registering for **Defensive Driving**, your **name** must be printed **exactly** as it is on your driver's license. **Include birth date.**)

Name _____

(For Defensive Driving Course only: **BIRTH DATE** _____)

Address _____

City & Zip _____

Home Phone _____ Cell _____

E-mail _____

This will include you in future mailings for classes.

Age (x) ____ 5-18 yrs ____ 19-54 yrs ____ 55 & up

<u>Course Title</u>	<u>Begin Date</u>
_____	_____
_____	_____

Total Enclosed

Make checks payable to: CG Community Education
Mail to: Community Education 16770 Clearwater Lk Rd
Clearbrook, MN 56634

Adult Basic Education (ABE) Classes offered:

Tuesdays - 6:00 to 8:00 PM

Wednesdays - 12:30 to 3:00 PM

Call if you will be more than 1/2 hour late.

GED Prep & More

Clear Waters Life Center
256 2nd Ave., SW, Clearbrook

Individualized Study following Assessments
No appointment necessary.
Drop-ins okay.

Classes are FREE with \$10.00 registration fee.

For More information:

Call Sherry,
218-776-2789
218-688-1558 (cell)



Clearbrook-Gonvick Community Education Spring 2019

Simple ways to help our Students!!

Please look this information over and share with others.
Thank you for your support! Drop off at the school office.

LOAVES FOR LEARNING

Save all Village Hearth and Country Hearth product labels (they are worth 5 cents each).



BOX TOPS FOR EDUCATION



Save labels from General Mills, Betty Crocker and many other products. General Mills Box tops for Education donates \$.10/label. BoxTops money is used for our Accelerated Reader program. For a complete list of products go to: www.boxtops4education.com

EARLY CHILDHOOD FAMILY EDUCATION & SCHOOL READINESS SPECIAL EVENTS

These events are open to 0-5 year olds and their parents.

SPRING FLING



Get ready for spring planting! All activities will be based on the enjoyment of the spring season! If weather permits us, we will do some of the activities outdoors!

Early Childhood Rooms/Outside area **Mon, April 29**
No Fee **6:00-7:30**

Questions: Call Andrea or Stacie at 776-3112 Ext 223

EVERY FAMILY COUNTS!!

Are you on the preschool census? If you have a child birth to 4 years old, please call 776-3112, ext. 223 to get on the preschool census. This way you can be sure to get Early Childhood class information, kindergarten registration materials, and other important district information.

Clear Waters Life Center Events



2019 Art Classes For Adults

MONDAYS

1:00-2:30 PM and 6:30-8:00 PM

\$5 per session

CWLC-Gonvick

Call to register: 218-776-2789

**Jewelry making:
April 1 & 8**

**Fiber Art:
April 15, 22 & 29**

**Drawing Portraits:
May 6, 13 & 20**

**Pottery:
June 3, 10, 17, & 24**

**Welding:
August 5, 12, 19, & 26**

Basket Parties
Saturdays, March 30th & April 6th
9:00 AM to 12:00 noon
(Instructions will be on-going as you arrive)
Cost of "basket" varies depending on your choice of plants and container. We will supply a variety of container sizes ranging from \$10.00 to \$40.00. Basket/planter will be cared for by us until picked up by May 12.
Regular hours start April 1st!
Grow It! Greenhouse & Garden Center, 226 Elm St., Gonvick
(Use Oak St. entrance.) 218-487-5290, Ext. 3



**Clear Waters
LIFE CENTER**
226 Elm St.
218-487-5290, Ext. 2

Fairy Garden Family Connection



Saturday, May 11
9:00 AM - 11:00 AM
CWLC · Gonvick

FREE event including breakfast.

Family Activities

* Breakfast snack foods

* Create a Fairy Garden

- All supplies will be provided, but you are welcome to bring your own unique container.
- Create family values signs to place in your garden in our craft area
- Gym will be open for family fun



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NORTHERN EXPOSURE TO LIFELONG LEARNING

NELL is a 501c(3) non-profit organization, created to enrich the quality of life in our local communities through lifelong learning and the arts. Our goal is to inspire people to learn, to grow, and to give to their communities. For more information on these programs watch the local newspaper, check the school web site (under Community Education) or call Tamara at 218-694-2856 or check the NELL Facebook page. ALL NELL programs are Wednesday mornings at 9:30 am unless noted. Programs are offered free of charge, donations are accepted!

April 3: Briana Ingraham – “Uff Dah! An Unexpected Journey of 1,000 miles..Northwest” Grace Free Church-Bagley

Briana Ingraham is a relatively new Minnesotan, coming to us from outside Baltimore, Maryland. The path her life was on changed dramatically in August 2015 when her husband penned an article for the Washington Post on data that ranked Red Lake County, MN as the “ugliest county in America.” He was invited to visit and fell in love with its beauty-but more so with its people. He then somehow convinced her to leave her government job, pack up all their belongings and head 1400 miles northwest of Maryland, with twin toddlers, a cat and a dog in tow for a fresh start outside the beltway.

She now calls Red Lake Falls home and is learning the ins and outs of a new career with the most demanding of bosses – three boys age 5 and under! Over the years she has been here she has joined various community groups and was recently elected to the Red Lake Falls city council.

April 10: Roger Hellesvig “An Immigrant’s Tale”. McIntosh Community Center, 115 Broadway St NW

Using an immigrant trunk as the focal point, Roger tells what it was like to immigrate to Minnesota in the mid 1800’s. The audience will discover the choices immigrants had to make when coming to this new land. They also will learn a little about the Norwegian culture as he describes items from the trunk. This program is presented in first person as Roger portrays his great grandfather, Ole Oleson.

April 17 Jill & Deanne Johnson- “Little Minnesota and WWII”. Gonvick Community Center

During WWII, men from Minnesota’s smallest towns gave their lives for our country. Several were awarded the Distinguished Service Cross, Distinguished Flying Cross, Silver Star or Bronze Star. All received the award no one wanted: the Purple Heart. This book honors 140 brave men from the smallest rural towns.

April 24 Concert with Curtis and Loretta Fosston Library and Arts Center

Experience original folk songs from husband and wife duo, Curtis & Loretta. Together, they deliver beautiful harmonies and play several instruments, including folk

harp, guitars, mandocello, and banjo. Their latest album, *When There’s Good to Be Done*, features story-songs of Minnesota’s unsung heroes. Loretta wrote each of the songs about real-life people who have experienced great challenges in their lives and came out stronger for the journey. These are ordinary people with extraordinary qualities.

May 1: Sarah Priest—US Census Clearbrook City Hall, use east door

Sarah is the Partnership Specialist at the Chicago Regional Census Center for the U.S. Census Bureau.

In 2020 the US will be taking the 24th census. It counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities’ vital programs.

Sarah will share the importance of participating and how the census affects your voice in government, how much funding your community receives and how your community plans for the future.

May 8: Dr. Timothy Johnson “Sherlock Holmes Comes to Minnesota” Faith Lutheran Church in Bagley

How did the University of Minnesota come to be the home for the world’s largest collection of “Sherlockiana?”

Learn the answers to that question as well as how Sherlock Holmes maintains a substantial presence in today’s popular culture. Since his creation by Sir Arthur Conan Doyle in 1887, the world’s most famous consulting detective, Sherlock Holmes, has moved from the printed page to the silver screen. Curator Tim Johnson examines the arc of Holmes popularity from the earliest short stories on through theater, radio, film and other popular media.

Tim Johnson is Curator of Special Collections & Rare Books and the E. W. McDiarmid Curator of the Sherlock Holmes Collections for the University of Minnesota Libraries.

May 15 Dr. Diane Pittman- “Sleep & Health: Dream your way to a Better Brain”. Good Shepherd Church in Clearbrook

Dr. Pittman says, “The science on sleep and health has exploded in recent years. The impact of healthy sleeping habits affect memory, the immune system, weight, aging, and more. Learn what healthy sleep can do for you and how to improve your own sleep.”