Sustainable Living

**L1. All Things Coffee (Demo):** Coffee is a seasonally-harvested fruit that grows in specific tropical locations. The seeds are carefully sorted, roasted, ground, and then brewed to create the beverage we identify as that delicious morning cup. Jared Linzmeier, RUBY Colorful Coffees. Sunday 11:00 a.m. at the Forest Stage.

**L2. Basic Blacksmithing Using Homemade Charcoal (Demo):** Jim will cover how he made a 55-gallon drum forge and cover the six basic operations or techniques of blacksmithing including drawing, bending, upsetting, swaging, punching, and forge welding (no welding will take place). Jim Kotsonis, Blacksmith and Custom Knife Maker. Friday 10:00 a.m., Saturday 10:00 a.m., and Sunday 10:00 a.m. North of Green Building Demo Tent.

**L3. Beginning and Intermediate Yoga:** Warm up for a great day at the Fair with an hour of relaxing, rejuvenating yoga. No experience necessary - wear loose-fitting clothing. Children and adults welcome. Dan Fortson, Yoga nut, Certified Yoga Instructor (200 hours), marathon runner. Friday 10:00 a.m. in the Maroon Tent.

**L4. Build a Pervious Driveway, Walkway, or Patio from Cobblestones:** James will walk you through the step-by-step process of designing, obtaining materials, and building a pervious antique granite quartzite cobblestone driveway, walkway, or patio. Learn how this method is sustainable and how storm water is contained. James Lamb, President, Middle Fork Engineering and Consulting. Saturday 4:30 p.m. in the Purple Tent.

**L5. Choosing Herbal Remedies for Sustainability:** Eighty-five percent of herbs are imported. Discuss how to choose herbal remedies closer to home that have a long-lasting effect on the sustainability of the planet and your health. Linda Conroy, Herbal Educator, Moonwise Herbs. Sunday 12:00 p.m. in the Black Tent.

**L6. Corpses to Combustion: A Fossil Fuel History:** Travel back in time with a biologist to ponder the life-and-death formation of fossil fuels. Compared to this eons-long saga, the release of all the stored energy is occurring in an explosive instant. Dr. Doug Hansmann, Research Biologist, Retired UW-Platteville Biology Instructor. Saturday 3:30 p.m. in the Blue Tent.

**L7. Electromagnetic Exposure 2017 Update:** Overview of the basics and latest issues concerning sources and avoidance in electromagnetic exposure. A look at building wiring, smartphone and iPad with 4G, Wi-Fi, smart meters, and power lines. Spark Burmaster, Electrical Engineer, Environmental Options, Building Biology Institute. Friday 4:30 p.m. in the Purple Tent.

**L8. Electromagnetic Exposure from Wiring (Demo):** Explore house-wiring demos of wiring errors that cause magnetic fields. Participate in hands-on demos of the measuring techniques used to detect wiring errors, magnetic and electrical fields, and radio frequency as well as demos of mitigation. Spark Burmaster, Electrical Engineer, Environmental Options, Building Biology Institute and Neil Matthes, MSEE, PE Electrician, Duck Creek Engineering. Saturday 4:30 p.m. in the Education Room.

**L9. Electromagnetic Exposure—Exploring Case Studies:** Based on over 30 years of Spark’s and Neil’s efforts to solve electrical and electromagnetic exposure problems, they have tales to tell and will discuss past problems and solutions. Spark Burmaster, Electrical Engineer, Environmental Options, Building Biology Institute and Neil Matthes, MSEE, PE Electrician, Duck Creek Engineering. Sunday 3:00 p.m. in the White Tent.

**L10. End of Life Ecology—Green Burials:** Learn about the history, culture, methodology, comparisons and differences between conventional and green burials. Gain insight into the how-to, environmental considerations, logistics, gimmicks, preparation and containers. Q & A included. Shedden Farley, Director, Cemeterian, Natural Path Sanctuary at the Linda and Gene Farley Center for Peace, Justice, and Sustainability. Saturday 11:00 a.m. in the Black Tent.

**L11. Fermented Foods for Health (Demo):** Explore an overview of the fermentation process, noting the similarities among different types of fermentation and how these relate to holistic health and how to make fermented foods at home. Faith Anacker, Holistic Health Educator, Fizzeology Foods. Sunday 2:00 p.m. at the Forest Stage.

**L12. Fishing for Dinner (Demo, 2 hours):** Wisconsin waters are teeming with hungry fish. Learn how to prepare a fish you’ve just landed on your kitchen table for a tasty, healthy meal that was harvested from waters close to home. Don’t miss the following Fishing for Dinner: Knot-Tying, Identification, and Lures workshop. Theresa Stabo, Fisheries Outreach Coordinator, Wisconsin Department of Natural Resources. Friday 10:00 a.m. at the Forest Stage.

**L13. Fishing for Dinner: Knot-Tying, Identification, and Lures:** Wisconsin waters are teeming with hungry fish. Learn how to land one on your kitchen table and cook it for a tasty, healthy meal, harvested from waters close to home. We’ll cover knot-tying, fish identification, and hints on lure selection. Don’t miss the previous Fishing for Dinner (Demo.) Theresa Stabo, Fisheries Outreach Coordinator, Wisconsin Department of Natural Resources. Friday 3:30 p.m. in the Black Tent.

**L14. Garden Scrap Cocktail Hour (Demo):** Why throw away your garden scraps when you can drink them? Learn how to use your scraps (such as peels, roots, and leaves) to create refreshing and savory craft cocktails and cocktail ingredients! Zach Strenger, Brand Ambassador, Brian Cummins, and Alex Scheffler, Great Northern Distilling. Great Northern Distilling. Sunday 12:00 p.m. at the Forest Stage.
L15. **Green or Not—Daily Life and Product Use**: Ramy will cover many simple “green” things you can do in daily life and also how to tell which products are actually “green!” Ramy Selim, Executive Director, Sunny Day Earth Solutions. Sunday 2:00 p.m. in the Green Tent

L16. **Hands-On Sourdough and Pizza Oven (Demo)**: Work with three generations of bakers to make dough to be cooked in MREA’s outdoor cob pizza oven (constructed out of wood, sand, straw, and clay). Includes discussion of making and keeping a sourdough culture, useful sourdough recipes, and how to bake in a wood-fired cob pizza oven. Plan on working with your hands. Take home free starter culture! Nick Hylla and Family, Executive Director, Midwest Renewable Energy Association. Friday 10:00 a.m. at the Pizza Oven near Green Home Demos

L17. **Herbal First Aid (3 hours)**: This three hour workshop requires a $30 ticket that can be purchased at www.TheEnergyFair.org/tickets or on-site (space limited). Join veteran herbalist Linda Conroy for this experiential workshop. During this session we will go for a walk and identify plants that are effective for a wide spectrum of first aid needs. After the walk we will make Herbal preparations, that you can use to either start or add to your existing first aid kit. Linda Conroy, Herbal Educator, Moonwise Herbs. Friday 10:00 a.m. in the Brown (Extended Workshop) Tent

L18. **Herbs and Fermentation for Digestive Health**: The health of our digestive system impacts our overall health. Join herbalist Linda Conroy as she shares a 5-point approach to maintaining a healthy gut and sustaining your health. Linda Conroy, Herbal Educator, Moonwise Herbs. Saturday 2:30 p.m. in the Black Tent

L19. **Install Antenna for Free TV and DIY Digital Video Recorder (DVR)**: Eliminate cable bills! Learn what antenna to buy and how to best install to receive your local broadcaster’s free digital signal. Michael will cover costs and payback. Bonus: how to turn an old PC into a Digital Video Recorder (DVR) for $70. Michael Malinowski, Electrical Engineer/Installer of Three Antennas. Sunday 12:00 p.m. in the Purple Tent

L20. **MREA Campus Tour**: Get a tour of the MREA grounds to see clean energy systems that power MREA headquarters year-round. See wind and solar electric systems, solar thermal, solar hot air, and green building designs, including our new earth plaster pizza oven. You’ll also learn about our electric vehicle charging stations. Tours are free. Clay Sterling, Assistant Professor Electrical Technology, Business and Technology - Electrical Technology, Kankakee Community College. Friday 10:00 a.m., Saturday 10:00 a.m., and Sunday 10:00 a.m. departing from Silent Auction Tent

L21. **Nuclear Power Nays... Any Yeas?**: Nuclear power is seeing increasing attention—new power plants are going online in the United States and the world. Is there a need or use for it? Presentation followed by discussion. Steven Terwilliger, Presenter on Sustainability, Energy and Transportation, City of Eau Claire Sustainability Advisory Committee, Chippewa Valley Affordable Solar, Professor Emeritus Art & Design UWEC, Sierra Club, Renew Wisconsin. Friday 4:30 p.m. in the Blue Tent

L22. **Pesticides: Health Research and Water Impact**: We will explore which crops grown in Wisconsin are the most and least pesticide-intensive, where drinking water wells contain pesticides, and what the health effects of pesticides are for kids. Lynn Markham, Land Use Specialist, University of Wisconsin-Extension, UW-Extension Center for Land Use Education. Friday 12:00 p.m. in the Pink Tent and Sunday 3:00 p.m. in the Maroon Tent

L23. **Pressure Canning Basics**: Learn how pressure-canned food provide healthful, tasty meals year-round at a dirt-cheap price. This workshop covers why you should learn to pressure can, simple safety, and easy steps for canning meat, vegetables, and mixed meals in a jar. You’ll never be afraid to pressure can again! Jackie Clay, Homesteader, Writer for Backwoods Home Magazine. Friday 12:00 p.m. in the Black Tent

L24. **Restoring 500-acre Native-Habitat with Renewable Power**: Describing the 500-acre native-habitat restoration project of Prairie Haven with solar power, geo-thermal heat, converting tools and vehicles to electric, and instrumentation. Mike will cover the motivation for the project, results so far, and future plans. Mike O’Connor, Marcie O’Connor, Land Owners, Prairie Haven (a 500 acre Driftless-area native-habitat restoration project). Friday 12:00 p.m. in the Yellow Tent

L25. **Sustainability in Art—Catalyst for Change**: Erin will provide an overview of the intersection of art and sustainability, how art can be made in a sustainable way, how art can promote societal and governmental change, and current examples. Erin Wilaby, Founder and Officer; Junior Co-Chair; Student of Environmental Science, Vagabond and Explorers Guild; Meiningens; University of Minnesota Morris. Sunday 10:00 a.m. in the Grey Tent

L26. **The Perils of the Apparel Industry**: Learn how the apparel industry harms the environment, contributes to climate change, and harms its workers. Lenore will cover alternatives such as air drying of clothes. Lenore Hitchler, Column Writer for Only Natural Energy, Citizens Climate Lobby and 350. Sunday 11:00 a.m. in the White Tent

L27. **The Power of Sisterhood Solstice Gathering**: Join together and rise with other women in a sacred space. Celebrate the solstice and gain a better understanding of the power of sisterhood, connecting with other women and the ways of the Feminine. Krista Engelhardt and Jamie Krall, Owner of Body Mind Alchemy, Certified Yoga Instructor. Sunday 10:00 a.m. in the Black Tent

L28. **Tips and Tools for Cooking with the Sun**: Discover how to harness the power of the sun to cook, dehydrate, pasteurize water, and be prepared for emergencies.
Learn how to reduce utility bills while never worrying about burning dinner again. Paul Munsen, President of Sun Ovens International, Member of Solar Cookers International and Illinois Solar Energy Association, Former President of the Illinois Society for International Development. Saturday 11:00 a.m. in the Maroon Tent

L29. **Tools for Relaxation (Demo):** Relaxation tools such as meditation, hypnosis, and breathing techniques can take your high stress to a bare minimum within minutes. Come learn more about how to use them everyday. Jamie Krall, Consulting Hypnotist, Certified Yoga Instructor and Licensed Massage Therapist, Body Mind Alchemy. Saturday 4:30 p.m. at the Forest Stage

L30. **Waste Reduction in the Home:** Come and learn about reducing waste in every room of your home. We’ll take a virtual walk through the home and share tips and ideas for mindfully managing your waste. Angie Lemar, Program Director, Recycling Connections. Sunday 3:00 p.m. in the Yellow Tent

L31. **What to Do With All That Wool (Demo):** Discuss cleaning, carding and spinning wool into yarn, using drop spindles and spinning wheels, showing wool and alpaca yarns, handmade handspun clothing and crafts. Patricia Herman and Susan Kirsch, Owners, The Wisconsin Wool Exchange. Sunday 10:00 a.m. at the Forest Stage

L32. **Yoga Session for All Levels:** Flow-style yoga class combines postures in sequences. Cultivate overall stamina, strength, and flexibility while gaining focus and peace of mind. Concludes with a short, guided relaxation. All levels welcome. Marguerite Ramlow, Co-Owner, Artha Sustainable Living Center, LLC and Artha Yoga Studios. Saturday 10:00 a.m. and Sunday 10:00 a.m. in the Maroon Tent