

## CLASSES

Some classes are without charge and some charge for materials.

Check our website often for updates, photos, schedules, and more information.

### Classes and Instructors

These are offered once each day, and some projects will take more than one class period.

**NEW! Basket Weaving** – Bud Bullivant

**Nature Pendants** – Kim Buell

**Nature Walks** – Various

**Polymer Clay** – Laura Burlis

**NEW! Ice Dyeing** – Chris Odt

**IT'S BACK! Wire Wrapped Pendants** – Connie Nunemaker

**NEW! Knitting Basics** – Melody Draves

**NEW! Herbal Infusions & Tinctures** – Hedge Becker

**Write Your Story** – Karen Morey

**NEW! Fabric Jewelry** – Sue Thomas

**IT'S BACK! Musical Instrument Making** – Jacob Nelson

**Conversations of Consequence** – R. Alan James

### **Special: Band practice**

If you are interested in being part of the band that will provide music for dancing, please indicate that on your registration form. There will be practice each day from 10:30-noon.

## *They're Back!* EXPRESS CLASSES!

These classes will take only one class period to complete. At the end of the class, you will have a completed project and the instructions and knowledge to take your new skills home with you. These are simple yet beautiful and unique crafts that you can complete in one session! Watch for more to be added.

**Gyotaku fish printing** – Jenifer Strauss

**Coasters** – Heather Hall

**Paper Boxes** – Heather Hall

**Fans** – BJ Hall

### ***Also happening at various times and places during the week:***

#### **Puzzle Place**

Join your friends in working on jigsaw puzzles.

#### **Jam Sessions**

Bring your instrument, voice, or curiosity to join in.

#### **Craft Exchange**

Had the best plans to make a lot of stuff but didn't do it? Bring it to share with others.

#### **Book and Puzzle Exchange**

Bring your books and/or puzzles to share.

#### **Caboose – End of Day**

Late night activities. Games, Hot Dice, Card Games and more.

## ACCOMODATIONS

### **Camp Wapo has a range of lodging choices.**

Sleeping rooms in Crossfire, Hillside Cabin and Rustic Lodge can accommodate 3 or 4 people. Limited 2 person rooms are available in Anderson Hall. All rooms have in-room bathrooms, except in the Rustic Lodge which has shared bathrooms.

No private rooms are available except in cabins with no plumbing. You'll find more housing information online.

Fees include meals and activities. Wapo kitchen staff provides three nutritious meals a day and can accommodate special dietary needs.

**Register early!** Space is limited to 130 people.

Use the attached registration form along with a \$50 deposit (checks made payable to *Northland Rec Lab*) and mail to:

Carol Esnough

PO Box 28086

Crystal, MN 55428

Or register online [www.northlandreclab.org](http://www.northlandreclab.org).

Balance of fee due upon arrival, April 25, 2024. There will be no refund of deposit after March 31<sup>st</sup>.

### **Scholarships are available**

Submit a scholarship application online or request a form with your registration.

**Questions?** Call Carol at 763.537.0529 or email: [cesnoughnrl@comcast.net](mailto:cesnoughnrl@comcast.net)

Northland Recreation Laboratory 2024 Registration Form

Name \_\_\_\_\_ Phone Cell or Landline (circle one) \_\_\_\_\_

Email \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Roommate requests: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### **Lodging Full Time: April 25 – May 5**

Fee is per person (3 or 4 persons to a room, except 2 persons to a room in Anderson Hall)

\$375 Hillside Cabins/Rustic Lodge  \$425 Crossfire Conference Center  \$475 Anderson Hall

**Lodging Part Time: April 25-27 Thursday-Sunday Supper** (Contact Registrar for other Part Time options)

\$245 Hillside Cabins/Rustic Lodge  \$270 Crossfire Conference Center  \$295 Anderson Hall

Check here if you will be participating in band. Instrument: \_\_\_\_\_

## DISCUSSION

### The Power of YOUR Story

This year, storyteller, speaker and narrative coach, Jen Strauss will facilitate discussion sessions focused on the joy of storytelling, deep listening, creative expression, connection, discovery, and insight.

During our time together, Jen will gently guide Rec Lab participants through the Turning Points Narrative Process so that everyone can discover, choose, and tell stories from their continuum of rich life experiences and receive deep listening.

The Turning Points Narrative Process consists of a series of interactive, overlapping, and self-exploring activities that build upon each other to help participants identify impacting life events or *Turning Points* that have caused learning, growth, and change.

### SINGING

June Fettig is a gifted choral leader who will return to lead us in song each morning after breakfast. There's fun, laughter, as well as inspiration and appreciation of the music from many countries and genres. There will be opportunities for 4-part harmony for those interested in gathering around the piano later in the day. You'll find yourself humming these tunes long after the week is over!

### DANCING

Dave Leussler will lead Folk Dancing again this year. Dave has been dancing most of his life (his father, Donn, led folk dancing at Northland for many years!). New this year - Dave will have us folk dancing with live music! Join in the fun of evening dance and indicate on the registration form if you would like to be part of the band!

## Northland Recreation Laboratory Mission

Northland Rec Lab was founded in 1935 with the purpose of helping individuals improve the quality of their life by enriching the quality of their leisurely pursuits. With one foot planted firmly in recreation and the other education, the goal is to provide an environment that inspires participants to live creative lives and share their skills and experiences with other lifelong learners. It provides opportunities to learn, explore, try something new, meet new people and to grow. Participants leave restored, enriched, and eager to return. Lab is open to people ages 18 and above. Within the Rec Lab community, you'll find people from all walks of life with a wide range of ages, interests, talents, and experiences. We hope you will join us!

### CAMP WAPO

Nestled in the hills between Bear Trap Lake and Lake Wapogasset, Camp Wapo provides a spacious campus for many activities.

Bring your bikes, canoes, kayaks and walking shoes and enjoy all the area has to offer.

With so many activities to chose from, you are sure to find something of interest – see inside!

#### Change of Address -

Camp Wapo, 1204 – 74<sup>th</sup> Ave, Amery, Wi 54001

### Please Note! Changes to the registration process.

Changes have been made to Northland Recreation Laboratory 2024 registration process. We have adjusted the information on the web page for registration. There will not be a registration form. The scholarship form is still available on the registration page for those that will apply for a scholarship, and we will need the registration and deposit to process any scholarship applications.

The instructions added will direct those paying by credit card to go directly to the - **Pay by Credit Card** - button on the website. All the registration information that is needed will be in Square.

All those that will register by mail will still need to send the attached form that is part of this brochure.

There will be no deposit refunds after March 31, 2024.

<https://northlandreclab.org>

Carol Esnough, Registrar  
PO Box 28086  
Crystal, MN 55428

88<sup>th</sup> Northland  
Recreation Laboratory  
April 25 – May 2, 2024  
Camp Wapogasset  
Amery, Wisconsin

