

# *2019 Great Lakes Herb Faire Schedule*

## *Friday*

|                      | <i>Event/Class</i>   | <i>Teacher</i>   | <i>Location</i>                                 |
|----------------------|--|--|---|
| <i>1:00pm-4:15pm</i> | <i>Registration</i>  |  | <i>Registration table<br/>Outside Mess Hall</i> |
| <i>3:00pm</i>        | <i>Marketplace open</i>  |  | <i>Marketplace</i>                              |
| <i>4:00pm-4:15pm</i> | <i>Announcements</i>   |  | <i>Pavilion</i>                                 |
| <i>4:15-5:15</i>     | <i>Opening Ceremony</i>  | <i>Panoka Walker</i>   |   |
| <i>5:15pm-6:00pm</i> | <i>Keynote<br/>The Many Faces of<br/>Herbalists in Today's World</i>   | <i>Althea Northage-Orr</i>   | <i>Pavilion</i>                                 |
| <i>6:30pm-7:45pm</i> | <i>Dinner<br/>Marketplace</i>  |  | <i>Mess Hall<br/>Marketplace</i>                |
| <i>8:00pm-9:30pm</i> | <i>Herbing Around With<br/>Tarot-<br/>Delving into Divination,<br/>Consecration, Personal<br/>Growth and Spiritual<br/>Development</i> | <i>Lottie Spady</i>  | <i>Pavilion</i>                                 |
| <i>8:00pm-9:30pm</i> | <i>Ember and Smoke: Incense<br/>as Plant Devotion (Part II) -<br/>Part I was taught in 2018</i>  | <i>Inger Brown<br/>(table space and chair<br/>for each person)</i> | <i>Forest Edge Tent</i>                         |
| <i>8:00pm-9:30pm</i> | <i>Healing Herbs for Pirates<br/>and Ancient Mariners</i>  | <i>Leslie Alexander</i>  | <i>Yurt</i>                                     |
| <i>8:00pm-9:30pm</i> | <i>Herbs for a Thinning Veil</i>   | <i>Leah Wolfe</i>  | <i>Glow Worm Tent</i>                           |
| <i>8:00pm-9:30pm</i> | <i>Sleepytime Potions and<br/>Sweet Dreams Notions</i>   | <i>Tricia Bellew</i>   | <i>Kids Tent<br/>4-10</i>                       |
|                      | <i>Sweet Dreams Yoga</i>   | <i>Coleen Donahoe</i>  |   |

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|--|--|---|------------------------------|
| <b>8:00pm-9:30pm</b>   | <i>BANG, SNIFF, GRAB- the Story of your Senses at Night</i>  | <i>Chad O'Kulich</i>                        | <i>Tweens<br/>Ages 11-15</i> |
| <b>Saturday</b>  |  |   |                              |
|  | <i>Event/Class</i>   | <i>Teacher</i>                              | <i>Location</i>              |
| <b>7:30am-8:15am</b>   | <i>Sunrise class</i>   | <i>Connie Perkins</i>                       | <i>Pavilion/Fire pit</i>     |
| <b>7:30am-8:15am</b>   | <i>Sunrise Dance</i>   | <i>Kara McNabb</i>                          | <i>Glow Worm Tent</i>        |
| <b>7:30am-8:45am</b>   | <i>Breakfast Marketplace</i>   |   | <i>Mess Hall Marketplace</i> |
| <b>9:15am-10:15am</b>  | <b>Keynote - Words from an Elder Earth Momma</b>   | <i>Margi Flint</i>                          | <i>Pavilion</i>              |
| <b>10:15am-11:00am</b>   | <i>Marketplace/ Silent auction/Mingling</i>  |   |                              |
| <b>Session 1</b>   |  |   |                              |
| <b>Opening Ceremony for the Kids tent begins at 10:50am-11:00am at the Kids Tent</b> |  |   |                              |
| <b>11:00am-12:30pm</b>   | <i>Herbs for Cognition, Focus and Brain Health</i>   | <i>Guido Mase</i>                           | <i>Pavilion</i>              |
| <b>11:00am-12:30pm</b>   | <i>Herbal &amp; Natural Support for Thyroid Health</i>   | <i>Maria Noël Groves</i>                    | <i>Yurt</i>                  |
| <b>11:00am-12:30pm</b>   | <i>Althea and jim get down with nervines</i>   | <i>Althea Northage-Orr and jim mcdonald</i> | <i>Forest Edge Tent</i>      |
| <b>11:00am-12:30pm</b>   | <i>Oral care: Why it matters and how to work with clients</i>  | <i>Leslie Alexander</i>                     | <i>Arts and Crafts</i>       |
| <b>11:00am-12:30pm</b>   | <i>Designing and Building a Medicinal/Edible Garden Using Permaculture Techniques, Strategies and Principles</i> | <i>Jared Bogdanov-Hanna</i>                 | <i>Glow Worm Tent</i>        |
| <b>11:00am-12:30pm</b>   | <i>Foraging Fall Tonic Herbs</i>   | <i>Abby Artemisia</i>                       | <i>Amphitheater</i>          |
| <b>11:00am-11:40am</b>   | <i>Natural Building for Kids</i>   | <i>Deanne Bednar</i>                        | <i>All Ages Together</i>     |
| <b>11:50am-12:30pm</b>   | <i>Our Sacred Words: Talking Circles, Sticks and Stones</i>  | <i>Lisa Harris</i>                          | <i>All Ages Together</i>     |

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|-----------------------|--|---|----------------------------------|
| <i>12:45pm-2:15pm</i> | <i>Lunch<br/>Marketplace</i>   |   | <i>Mess Hall<br/>Marketplace</i> |
| <b>Session 2</b>      |  |   |                                  |
| <i>2:45pm-4:15pm</i>  | <i>Percolates and Soxhlets:<br/>Medicine making beyond<br/>maceration</i>  | <i>Lindsey Feldpaush</i>                    | <i>Pavilion</i>                  |
| <i>2:45pm-4:15pm</i>  | <i>In the Kitchen and<br/>Apothecary: Fungi for<br/>Optimal Health and Healing</i>   | <i>Linda Conroy</i>                         | <i>Forest Edge Tent</i>          |
| <i>2:45pm-4:15pm</i>  | <i>Bacterias, Biofilms and<br/>Their Treatment Part 1</i>  | <i>Althea Northage-Orr</i>                  | <i>Yurt</i>                      |
| <i>2:45pm-4:15pm</i>  | <i>Fertility Struggles: Aids to<br/>Conception</i>   | <i>Heather Goia</i>                         | <i>Arts and Crafts</i>           |
| <i>2:45pm-4:15pm</i>  | <i>Acorn Medicine: Tannins<br/>and Beyond</i>  | <i>Greg Monzel</i>                          | <i>Amphitheater</i>              |
| <i>2:45pm-4:15pm</i>  | <i>Field and Forest Herb Walk</i>  | <i>Sarah Williams</i>                       | <i>Meet at Mess Hall</i>         |
| <i>2:45pm-3:25pm</i>  | <i>BUG HUNT!</i>   | <i>Nikki Schneider and<br/>Amanda Black</i> | <i>Kids Tent<br/>Ages 4-10</i>   |
| <i>3:35pm-4:15pm</i>  | <i>Kids Music and Dance</i>  | <i>Drake Meadow</i>                         | <i>Kids Tent<br/>Ages 4-10</i>   |
| <i>2:45pm-4:15pm</i>  | <i>Meditation with Mandala</i>   | <i>Sarah Berry</i>                          | <i>Tweens<br/>Ages 11-15</i>     |
| <b>Session 3</b>      |  |   |                                  |
| <i>4:45pm-6:15pm</i>  | <i>Using Organolepsis as an<br/>Assessment Method for the<br/>Identity and Strength of<br/>Herbs and Herbal Products:<br/>A Science-Based Approach</i> | <i>Guido Mase</i>                           | <i>Pavilion</i>                  |
| <i>4:45pm-6:15pm</i>  | <i>Soothing Herbs and Gut<br/>Repair</i>   | <i>Maria Noël Groves</i>                    | <i>Forest Edge Tent</i>          |
| <i>4:45pm-6:15pm</i>  | <i>Bacterias, Biofilms and<br/>Their Treatment Part 2</i>  | <i>Althea Northage-Orr</i>                  | <i>Yurt</i>                      |
| <i>4:45pm-6:15pm</i>  | <i>Stacy and Joseph Quade</i>  | <i>Do Your Feet Hurt?</i>                   | <i>Arts and Crafts</i>           |
| <i>4:45pm-6:15pm</i>  | <i>Cal Janae</i>   | <i>Botany in a Nutshell</i>                 | <i>Glow Worm Tent</i>            |

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|                       |  |                                 |                                     |
| <b>4:45pm-6:15pm</b>  | <i>Bark, Bud &amp; Branch: Medicinal Trees and Shrubbery</i> | <i>jim mcdonald</i>             | <i>Amphitheater</i>                 |
| <b>4:45pm-6:15pm</b>  | <i>The Sacred Blend of the Great Lakes Herb Faire</i>        | <i>Brooke Sackenheim</i>        | <i>Kids Tent<br/>Ages 4-10</i>      |
| <b>4:45pm-6:15pm</b>  | <i>Sacred Order of Survival – Primitive Skills Workshop</i>  | <i>Chad O’Kulich</i>            | <i>Tweens</i>                       |
| <b>6:30pm-8:00pm</b>  | <i>Dinner<br/>Marketplace</i>                                |                                 | <i>Mess Hall<br/>Marketplace</i>    |
| <b>8:30pm-10:00pm</b> | <i>Contra Dancing!</i>                                       | <i>Drake Meadow and Company</i> | <i>Pavilion</i>                     |
| <b>Sunday</b>         |  |                                 |                                     |
|                       | <i>Event/Class</i>   | <i>Teacher</i>                  | <i>Location</i>                     |
| <b>7:30am-8:15am</b>  | <i>Talking to Plants for the Skeptic</i>                     | <i>Connie Perkins</i>           | <i>Pavilion</i>                     |
|                       | <i>Sunrise Dance</i>   | <i>Kara McNabb</i>              | <i>Glow Worm Tent</i>               |
| <b>7:30am-8:45am</b>  | <i>Breakfast<br/>Marketplace</i>                             |                                 | <i>Mess Hall<br/>Marketplace</i>    |
| <b>Session 4</b>      |  |                                 |                                     |
| <b>9:00am-10:30am</b> | <i>Aromatic Allies...<br/>Whole Plant Aromatherapy</i>       | <i>jim mcdonald</i>             | <i>Pavilion</i>                     |
| <b>9:00am-10:30am</b> | <i>Building an Apothecary</i>                                | <i>Sarah Williams</i>           | <i>Forest Edge Tent</i>             |
| <b>9:00am-10:30am</b> | <i>Becoming a Practicing Herbalist</i>                       | <i>Micah McLaughlin</i>         | <i>Yurt</i>                         |
| <b>9:00am-10:30am</b> | <i>The Trauma-Informed Herbalist</i>                         | <i>Lea Pfeifer</i>              | <i>Arts and Crafts</i>              |
| <b>9:00am-10:30am</b> | <i>Writing Your Plant Story</i>                              | <i>Carmen Malis King</i>        | <i>Glow Worm Tent<br/>Keep here</i> |
| <b>9:00am-10:30am</b> | <i>Pearls at the Peat Bog Walk</i>                           | <i>Greg Monzel</i>              | <i>Amphitheater</i>                 |
| <b>9:00am-9:40am</b>  | <i>Creating with Naturals</i>                                | <i>Sarah Berry</i>              | <i>Kids Tent<br/>Ages 4-10</i>      |
| <b>9:50am-10:30am</b> | <i>An Herbal Treasure Hunt</i>                               | <i>Leslie Alexander</i>         | <i>Kids Tent<br/>Ages 4-10</i>      |

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|------------------------|--|---|----------------------------------|
| <b>9:00am-10:30</b>    | <i>Crafting Herbal Remedies for Disaster Relief</i>                                | <i>Janice Marsh-Prelesnik</i>             | <i>Tweens<br/>Ages 11-15</i>     |
| <b>Session 5</b>       |  |   |                                  |
| <b>11:00am-12:30pm</b> | <i>I am the slime: demulcents as the herbalist's super power</i>                   | <i>jim mcdonald</i>                       | <i>Pavilion</i>                  |
| <b>11:00am-12:30pm</b> | <i>Sidewalk Evaluations<br/>The Basics to Reading the Body<br/><b>Part One</b></i> | <i>Margi Flint</i>                        | <i>Forest Edge Tent</i>          |
| <b>11:00am-12:30pm</b> | <i>Eastern White Pine- More than Just a 'Stately' Tree</i>                         | <i>Sierra Bigham</i>                      | <i>Yurt</i>                      |
| <b>11:00am-12:30pm</b> | <i>Balancing the Menstrual Cycle</i>   | <i>Talitha Johnson</i>                    | <i>Arts and Crafts</i>           |
| <b>11:00am-12:30pm</b> | <i>Plant Family Identification for Herbalists: A Plant Walk</i>                    | <i>Cal Janae</i>                          | <i>Amphitheater</i>              |
| <b>11:00am-12:30pm</b> | <i>Medicinal Mushrooms</i>   | <i>Chris Wright</i>                       | <i>Glow Worm Tent</i>            |
| <b>11:00am-12:30pm</b> | <i>Cauldron Kids</i>   | <i>Sarah Evans</i>                        | <i>Kids Tent<br/>Ages 4-10</i>   |
| <b>11:00am-12:30pm</b> | <i>Thrivalism – Beyond Survival</i>  | <i>Coleen Donahoe and<br/>Greg Monzel</i> | <i>Tweens<br/>Ages 11-15</i>     |
| <b>12:45pm-2:00pm</b>  | <i>Lunch<br/>Marketplace</i>   |   | <i>Mess hall<br/>Marketplace</i> |
| <b>Session 6</b>       |  |   |                                  |
| <b>2:15pm-3:45 pm</b>  | <i>Tea Tasting: An Organoleptic Evaluation</i>                                     | <i>Lindsey Feldpaush</i>                  | <i>Pavilion</i>                  |
| <b>2:15pm-3:45 pm</b>  | <i>Sidewalk Evaluations<br/>The Basics to Reading the Body<br/><b>Part Two</b></i> | <i>Margi Flint</i>                        | <i>Forest Edge Tent</i>          |
| <b>2:15pm-3:45 pm</b>  | <i>Herbs and Fermentation for Digestive Health</i>                                 | <i>Linda Conroy</i>                       | <i>Yurt</i>                      |
| <b>2:15pm-3:45 pm</b>  | <i>Avoiding Polypharmacy in Herbal Medicine</i>                                    | <i>Pamela Ruane</i>                       | <i>Arts and Crafts</i>           |

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|--------------------------|---|---------------------------------|-----------------------------------|
| <b>2:15pm-3:45 pm</b>    | <i>Political Theory for Herbalists: From Healing with Plants to Healing Our World</i> | <i>Jason Hirsch</i>             | <i>Glow Worm Tent</i>             |
| <b>2:15pm-3:45 pm</b>    | <i>How to be a Wildcrafter</i>  | <i>Abby Artemesia</i>           | <i>Amphitheater</i>               |
| <b>2:15pm-2:55pm</b>     | <i>Dance and Sing with Fairy Music from the Plants</i>                                | <i>Janice Marsh - Prelesnik</i> | <i>Kids Tent<br/>All Kid Ages</i> |
| <b>3:05pm-3:45pm</b>     | <i>Hawaiian Herbalism</i>   | <i>Shantell Puameole Taylor</i> | <i>Kids Tent<br/>All Kid Ages</i> |
| <b>3:50 pm-4:00</b>      | <i>Closing Circle for Kids</i>  |                                 | <i>Kids Tent</i>                  |
| <b>4:00 pm – 4:30 pm</b> | <i>Closing Ceremony</i>   | <i>Esstin McLeod</i>            | <i>Pavilion area</i>              |

## **Main Faire Adult Classes**

Friday Evening Through Sunday

## **Keynote Speakers**

*Althea Northage-Orr*

### **The Many Faces of Herbalists in Today's World**

Althea will talk about the vital role that we all can play in bringing knowledge of plants back into the mainstream. From the basic home skills that our grandmothers and grandfathers possessed, to the clinical practitioner, we **all** have pieces to bring to the table. As cooks, gardeners, medicine makers, educators and healers, our spiritual connections to the plants can enrich the lives of everyone around us; and as health care becomes more expensive and less founded in the day to day skills that enhance and create wellness, Herbalism can reconnect and empower us. She will talk about the many ways we can all become "herbal messengers," bringing back health care to the home, office and institutions that make up our world.

### **Saturday Morning Keynote**

*Margi Flint*

### **Words from an Elder Earth Momma**

Stories of over forty years in herbal practice! A few words on carrying on the legacy of your teachers, of healthy behavior online and in person, and hopefully some deep belly laughter.

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## Main Conference Classes

(Listed Alphabetically by Teachers First Name (Friday night classes listed by time)  
Plant Walk Classes Are Listed At The Bottom Of The Adult Classes Segment

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### Friday Evening Classes

Friday evenings we have historically held a session of classes that have some fun and flare to them and people really enjoyed them. We plan to continue this tradition in 2019. Below you will find some classes that are a bit witchy, or spiritual or fun. We hope you enjoy them!

#### **Ember and Smoke: Incense as Plant Devotion** **Inger Brown**

This experiential and interactive class returns for a second year for a deeper look at the possibilities and application of smoke with local plants—those that make their home around us and those we invite into our gardens. We begin with a simple and light-hearted meditative practice of creating an incense trail with four fragrant Michigan and Virginia treasures. Bring an intention or prayer to send along the smoke as we consider plants from distinct scent categories and experience how they can create sacred and intentional space conducive to work or play and how they imbue a devotional practice with a deepening sense of place. A demonstration using charcoal and modulating heat with ash will be featured.

#### **Herbs for the Thinning Veil** **Leah Wolfe**

**From midsummer to midwinter, many cultures and spiritual traditions celebrate and honor their ancestors. Some believe that the veil between the human world and the spirit world weakens as the darkness of winter descends. Plants and herbs are often used to increase the thinning of the veil, provide a connection to the spirit world, inspire visions and lucid dreaming. Many of these same plants provide resilience in the darkness, whether it's the darkness of winter or the darkness of a vision. Join Leah Wolfe to make a visioning medicine together!**

#### **Healing Herbs for Pirates and Ancient Mariners** **Leslie Alexander**

Centuries ago, ships were attacked, ports set aflame and bounties plundered to capture a ship's medicine chest. Both captains and surgeons built their reputations on the health of their crews. For century upon century, sailors relied on the contents of a ship's medicine chest to support the health and wellness of a crew. Join me for a light-hearted tour of ancient medicine chests. Let's share a bit of grog, explore recipes used then and now and practice talking like a pirate!

Participants will come away with a general understanding of:

- ~ the importance of maritime medicine
- ~ conditions affecting mariners
- ~ the contents of a ship's medicine chest
- ~ recipes and more

#### **Herbing Around With Tarot- Delving into Divination, Consecration, Personal Growth and Spiritual Development** **Lottie Spady**

Now in its third year! We will gather for a fun and magical show and tell of the botanical best in plant based oracle and tarot decks! Bring yours to share! We will compare artwork, energetics, and personal experiences of the decks and do a few pulls.

We will discuss herbs that create a more open and receptive environment for personal inquiry, development and/or divination using tarot. Herbs of intuition, spiritual connection, protection, courage, power, and expansion. We will also discuss how to close out a tarot reading with herbs and formulations to enhance the querent's reading.

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## **Saturday and Sunday Classes**

### **Bacterias, Biofilms and their Treatment** **Althea Northage-Orr**

In this **3 hour intensive** we will talk about bacteria and the problem of Biofilms, the entrenched colonies of bacteria that often arise from antibiotic treatments and then elude most mainstream treatments. Designed for beginners as well as clinicians, we will look at types of bacteria and how they reproduce and cooperate with each other. We will also consider which herbs are most useful in combating them, and other natural strategies to contain and conquer them. In a world where "Superbugs" are becoming the norm, we can all benefit from learning about the many benefits that our plants offer us that antibiotics cannot.

### **Botany in a Nutshell** **Cal Janae**

Botany, the scientific study of plants, can be an intimidating and challenging topic full of technical jargon. Here we will cover key botanical principals that are of practical use to understanding the plant kingdom as people who utilize plants for food and medicine. Emphasis will be placed on identification skills, major groupings of plants & unpacking some of the fundamentals behind technical language and naming in order to make it more accessible.

All levels

### **Writing Your Plant Story** **Carmen Malis King**

Whether we're beginning our herbalism path or have a lifetime of practice, we all have ancestral and lived experience interacting with plants and stories to tell about these meaningful plants. In telling our stories, we affirm our relationships with plants as intertwined with our sense of identity, history, and place. This multimedia workshop combines writing and storytelling, plant meditation and multi-sensory plant exploration in bringing greater awareness on how we relate to plants.

### **Medicinal Mushrooms** **Chris Wright**

Although long recognized and respected as important to human health in Eastern medicine, where they have a long history of therapeutic use, medicinal mushrooms are relatively new to the world of Western medicine. Up until recently, Western medicine has neither recognized the value of medicinal mushrooms nor integrated them into relevant courses of therapy. However, as a new medical paradigm emerges, the introduction of these mushrooms will continue to prove how extremely beneficial they are for treating a variety of health conditions including cancer, diabetes, dementia, Alzheimer's and many more. Chris will review the active compounds responsible for the medicinal properties of these amazing mushrooms, as well as review of some of the key species of mushrooms found to have medicinal properties.

### **Acorn Medicine: Tannins and Beyond** **Greg Monzel**

Everywhere the oak (*Quercus* spp) grows, it seems traditional cultures have gathered and eaten their acorns. High in tannins, starches, and polyphenols, the prolific fruits are easy to gather and contain value far beyond their nutritional and medicinal virtues. Join us to learn the quirks about *Quercus* and what it takes to honor, gather and make use of this Middle Earth giant's gifts, all over a cup of freshly brewed acorn coffee.

### **Herbs for Cognition, Focus, and Brain Health** **Guido Masé**

Going well beyond ginkgo, we'll explore how herbs can impact our ability to think clearly, remember well, and stay focused. Emerging allies, from Chinese club moss to the bulbs of snowdrops and daffodils, can be used alongside traditional neurotonics to give protocols fast-acting, specific life-enhancing effects. We will discuss the appropriate use of entheogens, both in microdoses and at therapeutic levels, to help catalyze positive change in mind/spirit function and engagement. We will cover the clinical research around these herbs, and organize them into protocols that honor the cyclical nature of creativity and inspiration. These strategies are applicable for those caring for elders, but can play a role to support cognitive function for clients of any age.

Intermediate/Advanced

### **Using Organolepsis as an Assessment Method for the Identity and Strength of Herbs and Herbal Products: A Science-Based Approach.** **Guido Masé**

Using our senses to evaluate herbal raw materials, infusions, and extracts is a time-honored technique that has also gained modern repute. In the current regulatory environment, organoleptic analysis is an accepted technique - but only if conducted in an objective and well-documented way. We will discuss the background and rationale for sensory analysis and cover some of the techniques we can use to make a sensory assessment more objective and sound - from blind taste-testing, to analyst "calibration", to established organoleptic testing methods. These are tools every herbal product maker can use.

Intermediate

### **Fertility Struggles: Aids to Conception** **Heather Gioia**

This class will be a forum on a couple's inability to conceive. We will explore herbs and orthomolecular nutrition along with energetic components for both men and women. Participants will come away with various options to help boost varying areas that may be hindering optimal fertility and causing early miscarriage.

All levels

### **Political Theory for Herbalists: From Healing with Plants to Healing Our World**

## **Jason Hirsch**

Herbalists know that all beings need a healthy environment in order to be truly well, but sometimes it seems that this isn't as obvious to others. What is it about herbalism that helps us to make these connections? Might these aspects of our practice equip us to contribute to movements for social and environmental change in unique and potent ways? How do we find our place as herbalists in the great movements toward a healthier and more just society? In this class, we will take a deep dive into three aspects of herbalism that orient us (and our clients and students) to the world in ways that matter for these political times. We will trace their roots back several hundred years in Western history, seeing how each of these herbal approaches to the body was also an approach toward new social ideas that would come to define our modern times. In this way, we will see what a profound challenge these herbal ideas represent to the social systems that are dominant today. The class will end with questions and conversation about how we can access this deeper potency of our herbal medical tools, wielding them toward the creation of not only healthier bodies, but healthier societies and environments too.

## **Aromatic Allies... Whole Plant Aromatherapy** **jim mcdonald**

Aromatic plants, those possessed of volatile oils, are among the most well known and revered of herbs. Lavender, sage, basil, thyme, and more overtly medicinal plants such as goldenrod, hyssop and yarrow aren't just useful herbs that happen to smell nice: their aromatic oils, to a large degree, define their usage. While essential oils have become very popular, many people don't realize that teas, tinctures, infused oils and steam inhalations are every bit as effective and much more widely available to us. Join herbalist jim mcdonald in a *scenillating* exploration the impact of aroma on digestion, respiratory and emotional wellness.

## **Althea and jim Get Down with Nervines** **Althea Northage-Orr and jim mcdonald**

Everyone gets stressed out at times, and they may find themselves reacting with anxiety, irritability, overwhelm, overdrive or any of innumerable responses. Rather than thinking of trying "weaker" or "stronger" herbs "for stress", its best to find the right herb for you and your response to it. jim mcdonald and Althea Northage-Orr will discuss the energetics and indications of their favorite nervines from western and Chinese perspectives.

## **I am the Slime: Demulcents as the Herbalist's Super Power** **jim mcdonald**

Slimy herbs *\*are\** our super power. Conventional medicine doesn't have them. There are no demulcent flower essences, no demulcent essential oils, no demulcent little white homeopathic balls. Slime is ours, and allows us to do things no other modality can approximate. You see, the greatest actions of herb are the most foundational ones; unfortunately, people often confuse "foundational" with "beginner", and fail to value these qualities to the degree they merit. We'll explore the numerous indications for demulcents, and the myriad assortment of plants that so graciously offer their slime to us.

## **Oral care: Why it matters and how to work with clients** **Leslie Alexander**

Bring your oral care gear! In this workshop we'll be discussing oral health, its importance and why it matters beyond simply digestion. We'll be talking about different approaches to care for the mouth and how to enquire about oral health amongst your herbal clients, including family and friends. This workshop is open to all herbalists ... yes indeed pulse and tongue are important ... but we must train in looking beyond the tongue!

## **The Trauma-Informed Herbalist** **Lea Pfeifer**

Nearly 2/3 (64%) of adults have at least one adverse childhood experience--if you are sharing your herbal knowledge then odds are you are supporting somebody who has experienced developmental trauma. We'll explore trauma, its impact on clients and how herbalists can use their understanding of trauma to help clients address a range of illness and obstacles. Topics will include a brief history of related research, ACE science (the study of adverse childhood experiences and how they affect the mind and body), resilience, pursuing a multi-disciplinary approach, self-care, working with the client, addressing common challenges, and resources for further research.

Intermediate/Advanced

### **In the Kitchen and Apothecary: Fungi for Optimal Health and Healing** **Linda Conroy**

Preparing mushrooms for food and medicine is fun, delicious and effective. Join herbalist Linda Conroy and learn some of her favorite ways to prepare mushrooms with a focus on potentiating health, increasing immune function and addressing serious health issues including cancer and lyme disease. Visual images will be shared, along with samples of mushroom beverages and snacks. Everyone will leave with a handout which will include recipes. .

Beginner to Intermediate

### **Herbs and Fermentation for Digestive Health** **Linda Conroy**

Using her 5 point system herbalist and fermentation aficionado Linda Conroy will share information on how to promote and maintain a healthy microbiome. Participants will learn how to make and ferment herbal infusions and tonics, along with how to infuse herbs into fermented beverages and foods. Samples of herbal ferments and digestive herbs will be shared. You will delight in the flavors and your body will thank you!

### **Tea Tasting: An organoleptic evaluation** **Lindsey Feldpausch**

In this class we will go on an organoleptic exploration of an herbal infusion. Meandering our way through smells, tastes and bodily effects to gain an understand what the plant is communicating to us through our senses. And what the practice of tea tasting can offer us on our path to understand and appreciate plants as medicine.

All levels

### **Percolates and Soxhlets: Medicine Making Beyond Maceration** **Lindsey Feldpausch**

In this hands-on medicine making class we will explore the art of percolation and Soxhlet extraction, two advanced techniques for extracting herbs with alcohol. Percolations are becoming more common in the herbal world and this class will show you why. Soxhlet extraction, a more uncommon but intriguing approach to tincture making, will be sure to captivate beginning and seasoned medicine makers alike. While exploring set-up of both methods, we will discuss why and when these extraction techniques supersede the foundational method of macerations, and also when they don't.

All levels

### **Sidewalk Evaluations** **The basics to Reading the Body** **Margi Flint**

In this 3 hour class you will learn the generalities of face, tongue and nail evaluation. Each color, line and marking on the face, tongue and nails holds meaning of your internal health. Margi will be explaining and demonstrating diagnostic techniques taught to her by the late William Le Sasser.

## **Herbal & Natural Support for Thyroid Health**

### **Maria Noel Groves**

Thyroid conditions, particularly Hashimoto's hypothyroid disease, are on the rise. A holistic and herbal approach can help support us to prevent and manage common thyroid conditions better alongside conventional care by looking at the whole picture. Learn the basics of hypothyroid, hyperthyroid, Hashimoto's, and Graves' diseases including dietary, supplement, lifestyle, and herbal approaches.

Intermediate/Advanced

## **Soothing Herbs & Gut Repair**

### **Maria Noel Groves**

Heartburn, leaky gut, ulcers, gastritis, SIBO, dysbiosis, IBD, and IBS are diverse digestive disorders that plague many Americans. In spite of their range, they share a common approach in herbs and dietary to soothe and bring the body back into balance. We'll explore underlying themes of these conditions as well as the potential benefits of licorice/DGL, marshmallow root, rose petals, cinnamon, ginger, digestive bitters, fermented foods, and probiotics. Learn how to create your own digestive wellness tea based on your individual needs

Beginner/Intermediate

## **Becoming a Practicing Herbalist**

### **Micah McLaughlin**

It can feel frightening and overwhelming to move from being an at-home herbalist to starting your practice. In this class, we'll explore possibilities in forming a business that meets your own unique needs and how to avoid the pitfalls of many startup practices. Understanding your goals as a person is the first step in launching your herbal practice. This class will be useful for those asking questions like "What kind of business do I want to create?" and "Is this business I created really serving my community and the life I want?"

Intermediate/Advanced

## **Avoiding Polypharmacy in Herbal Medicine**

### **Pamela Ruane**

During this presentation, Dr. Pamela Lee Ruane, a practicing herbalist, naturopath, physician assistant, and full time professor of clinical medicine will discuss the evidence based physiologic support for the application and dosing of 14 herbs that are most commonly used by consumers. The lecture will include common side effects, adverse reactions, and potential pharmaceutical drug interactions (we will discuss the pharmaceuticals by brand and generic names, where applicable). Herbs to be covered will include: *Matricaria chamomilla*, *Panax ginseng*, *Echinacea purpurea*, *Hydrastis canadensis*, *Silybum marianum*, *Piper methysticum*, *Valeriana officinalis*, *Mentha piperita vulgaris*, *Allium sativum*, *Ginkgo biloba*, *Serenoa repens*, *Pausinystalia johimbe*, *Hypericum perforatum*, and *Actaea racemosa*. Information regarding endangered medicinal plant species and also commonly ascribed "safety classifications" will also be discussed. This presentation will provide a great review for the experienced practicing herbalist, allopathic medical provider, beginning herbalist, and for those who simply want to learn about polypharmacy in herbal medicine

All levels

## **Building an Apothecary**

### **Sarah Williams**

An important step toward working herbal medicine into your daily life is to have it readily available. In this class, we'll discuss a handful of widely useful plants: their properties and applications for common health issues. We'll cover proper tending, harvesting, drying, and storage of garden-grown and wild herbs, as well as where you can

purchase them if need be. We'll discuss various preparations, such as tinctures vs. teas, and which are most appropriate for certain herbs and situations. We'll also talk about how best to store and use your medicines once you have them.

beginner/intermediate

### **Eastern White Pine-More Than a "Stately" Tree** **Sierra Bigham**

White pines are Michigan's state tree, but they are also our grandmothers, our teachers, our sisters, ancestors with history and deep healing powers. This will be a class of story telling from an herbalists perspective.

### **Do your feet hurt?** **Stacy and Joseph Quade**

Take the time to come and learn why your feet take such a beating and how you can apply these simple techniques to make them feel better.

In this class you will learn:

1. The basic structure of the foot and how it supports you.
2. The common problems affecting the feet; plantar fasciitis, bunions, corns, and more.
3. The common injuries; sprains, toe jams, fractures.
4. What you can do to repair, rebuild, and give them some love! including herbal allies that can help relieve conditions of inflammation, support and heal tissues in the musculoskeletal system.

### **Balancing the Menstrual Cycle** **Talitha Johnson**

Join herbalist and reiki practitioner, Talitha Johnson in exploring the connection between blood, hormonal balance, inflammation, food and herbal support regimens. In addition to learning about herbs that support women's reproductive health, we will also explore the relationship between the womb, energetics and the menstrual flow. What do these things have in common? How can we learn to listen to our body's intuitive wisdom? How can help the reproductive system maintain or return to its natural functions?

All levels

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## **Plant Walks**

### **Foraging Fall Tonic Herbs** **Abby Artemisia**

Fall is not just a perfect time for harvesting cultivated crops, it's a great time for harvesting wild food and herbs. The wild greens that bolt and turn bitter or disappear completely come back as the weather cools. It's also a great time to harvest roots, as the vitality returns to the storage center of the plants. Gather a wild cornucopia of free and vibrant herbs to stock your apothecary for the winter. Go on a walk with Abby to learn how to safely, ethically, and effectively identify, harvest, and preserve these herbs.

### **How to be a Wildcrafter**

**Abby Artemisia** Getting started harvesting your own wild herbs to fill your apothecary for free, can be daunting. Abby, a botanist, herbalist, and forager, will make it more accessible, teaching the basics of plant identification and how to get started or continue along this journey. We'll look at and discuss some helpful resources and tools for

learning how to identify and work with the plants. On our plant walk, we'll use our senses to identify, smell, touch, taste, and learn more about these plants. We'll also talk about safe and ethical harvesting, effective drying, and medicine making. Bring your questions, field guides, notebooks, and cameras.

**Plant Family Identification for Herbalists: A Plant Walk**  
**Cal Janae**

Family-level botanical identification of a plant helps us as herbalists understand a lot about a given plant, without even knowing its specific identity. This plant walk will focus on the characteristics that of plants that help us identify them to the level of the family. Discussion will include potential uses for each plant based on general characteristics of all plants within the family.

**Pearls of the Peat Bog Walk**  
**Greg Monzel**

Following a short hike to get there, meet the unique plants preferring the acidic, anaerobic conditions of the bog. Learn about the many uses of sphagnum moss, larch tree, pitcher plant and more, while avoiding the rash-inducing poison sumac. Emerging from the mire, stories from the sphagnum hold lessons from our ancient ancestors, which persist even as we pull ourselves up from the muck to hike back to camp.

**Bark, Bud & Branch: Medicinal Trees and Shrubbery**  
**jim mcdonald**

Join herbalist jim mcdonald in an exploration of the medicines found in the trees and shrubs found at Cedar Lake Outdoor Center. We'll discuss identification, sustainable harvest, uses, energetics and preparations through a blend of story, tradition and lore.

**Field and Forest Herb Walk**  
**Sarah Williams**

There's medicine to be found in every corner of the landscape. On this walk, we'll explore the varied terrain of the Faire grounds and the herbs that grow there, from shy shade-dwellers and towering trees to meadow wildflowers and common "weeds." Learn which types of plants to look for in which conditions. We'll cover identification, proper harvest, properties and uses, and folklore.  
all levels

## Sunrise Classes

**Talking to Plants for the Skeptic**  
**Connie Perkins**

Have you ever rolled your eyes when an herbalist talks about "listening" to the plants? Then this class is for you. Taught by a lifetime eye-roller who wants to believe, we will be exploring the intersection of the "magic" with the real. Please bring a mug, a journal and a pen, and something comfy to sit on, yoga mat, blanket, towel, as we will be spending some time participating in a group meditation.

**Sunrise Dance**  
**Kara McNabb**

We'll start the morning off with a playful movement practice that will help you get into your body and connect to all the energy that surrounds us. Through guided prompts, you'll be invited to connect with the plant energy and more through dance. Somatic dance is a way to interact without words, to release stuck patterns and to gain understanding, insight and clarity. All people, ages and abilities are welcome.

***Tween Classes (Ages 11-15)***

New this year we have special classes developed just for tweens. The Great Lakes Herb Faire provides an inspiring learning environment for our next generation of herbalists.

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**BANG, SNIFF, GRAB - The Story of your Senses at Night**

Chad O'Kulich - TWEEN CLASS

Get ready to enjoy the mysteries of the darkness when sensory awareness is heightened and storytelling can be most impactful. Many folks fear the darkness due to an insecurity in their own abilities to sense what is happening without vision. This evenings activity will prove them wrong. We will encourage students to step out of their comfort zone, connect to their awareness of the other four senses and explore the beauty of the nighttime. Depending upon the weather, there are 5 different potential senses activities that would be performed this evening engaging the uses of sound, touch, or smell. We will provide a safe environment where limiting the students vision, they will be asked to 'find their way' to the 'end' either via listening, smelling, or touching. Playing outside at night propels us with confidence into the daytime.

"Playing outside isn't just something that we all did as kids - the reality is being outside enhances our awareness, makes us healthier and happier." -Unknown.

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**Sacred Order of Survival - Primitive skills workshop**

Chad O'Kulich - TWEEN CLASS

You've gone for a walk in the woods. Woods you know so well you decided not to bring your compass. But you catch sight of some Chaga off in the distance, on an otherwise pristine Birch and decide to harvest some. It's brisk outside, but you figured you'd only be gone for an hour and decided to start cold knowing you'd work up a sweat on your hike. A light snow has begun to fall as you start towards the Chaga. You notice another few edibles around the Birch, and by the time your harvest is complete the ground is blanketed in a thin layer of snow. You head back towards the unmarked trail and notice how beautiful the scenery is. Ten minutes later you realize you must have passed the trail and head back, chilly now, only to find that your tracks are already covered up. The snow is falling harder and you start to panic. Can you survive in the woods?

This intensive will focus on the first two fundamentals in the Sacred Order of Survival: Shelter and Fire. Using Native American philosophies, non-traditional methods and the materials that nature provides, students are challenged to learn necessary outdoor & primitive skills, accomplish collective tasks, & meet the physical demands made on them by Mother Earth. Students will learn how to feel comfortable and confident in nature when all else seems to be lost.

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**Meditation with Mandalas**

Sarah Berry

Let's create mandalas! We will study the history of mandalas for meditative purposes and see examples to inspire our work including flowers and other elements of nature that contain symmetrical designs. Students will use colored pencils and watercolors to design a mandala of their own on paper. We will then create a symmetrical mandala-inspired design on stones using acrylic paints.

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**Thrivalism - Beyond Survival**

Colleen Donahoe and Greg Monzel

We'll begin with introductions and a group discussion on survival, reviewing various resources and tools humans and other animals use to survive in nature. After establishing the categories of what is needed to survive, food,

shelter, water, and medicine, the group will split up into small teams and go on a scavenger hunt to find an item(s) to represent each category (i.e. acorn for food, dogbane for fiber, wood/bark for shelter, etc). Each team will present to the group what they found and how it would help them survive.

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## ***Kids Tent (Ages 4-10)***

### **BUG HUNT!**

Amanda Black Ferguson & Nicki Schneider

Join us as we wander and explore our environment looking for bugs! We will investigate different habitats and identify the many bugs that call these areas home.

We will start with a short introduction to allow for group formation and then head out into separate ecosystems (pine forest, field, lake etc....) to look for insects and other invertebrates. The hiking portion will last approximately 25 minutes at which point we will reconvene and give the kids an opportunity to share with each other's group what they found, which will hopefully include a show and tell of live specimens.

### **Cauldron Kids**

Sara Evans

Let's explore potions together in a way that celebrates one of our favorite literary works. Join Sara (and Vada) of Owl Order Magic to make the yummy herbal concoction of root beer even more magical - butterbeer style! We will also play with some other fun potions like Dragon Drool and Troll Bogies. Chocolate frogs, mini cauldrons, and other items will be for sale after class.

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### **Dance and Sing With Fairy Music From the Plants**

Janice Marsh-Prelesnik

While frolicking in the meadows or walking in the woods have you ever heard the plant fairies whisper? Using the Plants Play device the plant fairy whispers are turned into live music that we can sing and dance with. What do you think the White Pine sounds like? What about a dandelion? We'll do Circle dances with the Plants and sing with them as well.

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### **Our Sacred Words: Talking Circles, Sticks & Stones**

Lisa Harris

In a world of many competing distractions and divergent opinions, it is imperative we foster an attitude and environment of respect for each other's Sacred Words. We all have something valuable to share with others and everyone wants their chance to be heard without having to fear reprisal or humiliation. Social media has brought to light the breadth and depth of bullying and in some ways has diminished our capacity for patience and tolerance. The concept of "Talking Circles" and how to utilize a "talking piece" helps to bring us back to what our Ancestors knew to be a safe and respectful way to communicate with one another, while instilling a sense of patience and stillness.

In this hands-on experience, each child will be able to create their very own Talking Piece to take home with them. Feel free to bring any rock, stone, shell, stick, or other natural item with you or join in the short excursion on the campground to forage for one on the spot. We will return to the tent to decorate and personalize them while we discuss some easy guidelines to consider to help them incorporate these respectful communication techniques with their own friends and families when they return home.

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### **The Secret Blend of the Great Lakes Herb Faire**

Brooke Sackenheim

There's a secret blend of herbs and spices at the Herb Faire. Let's pack our tool bag and use our imaginations to take a trip around the world to solve the mystery of THE SECRET BLEND. As we travel from country to country we

will collect the clues, learning about the individual plants as we go along. By the end we will have solved the mystery and have collected a sample of the blend to take home and enjoy.

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### **An Herbal Treasure Hunt**

Leslie Alexander

Come and join a team, choose a list to work from and then set off to uncover ... and discover ... many shapes and forms of leaves, roots of different types and barks too! This workshop is suited for anyone who enjoys discovery.

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### **Kids' Music & Dance**

Drake Meadow

Come explore a world of dance! We will join in traditional folk dances of the United States, England, Israel, Romania, and many more countries. Music games could also be part of the fun! Come prepared to move and to hear music you may have never heard before.

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### **Creating with Naturals**

Sarah Berry

Let's paint with nature! Each student will create a painting using natural elements including potatoes, corncoobs, flowers, leaves, sticks, etc. to design a 12x18 work of art on thick cardstock. Some of these natural elements will be used as tools to paint with, some to print with, and some will be glued onto our works of art! We will use paint, caulk, and ink to complete our pieces. In addition, we will create a community painting together on a large canvas using the printing and painting techniques we learn!

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### **Sleepytime Potions & Sweet Dream Notions**

Tricia Bellew

Come explore the magickal art of rest and relaxation.

Through the use of herbal teas, aromatherapy, talismans, and melodies, we will discover the many tools that we can use to prepare our mind, body, and spirit, for our nightly journey to the Land of Nod.

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### **Natural Building for Kids**

Deanne Bednar

In this hands-on class, we will explore constructing with natural materials, by co-creating a "Twig-loo" (a shelter made of sticks) that we can climb into. Together we will learn the art of lashing knots, do some weaving & decorating, and perhaps even try our hand at a cob-style fairy house (or frog home) made out of the earth. The fun will be in the doing!!