

Northland Pioneer College Community Education presents
Introduction to Solar Cooking and Sustainability HCT NCC
17 & 18 July 2009 – Silver Creek Campus - Snowflake, AZ

Instructors:

Monty Cunningham, Sustainable Practitioner Snowflake, AZ
Amber Faith, Sustainable Practitioner, Snowflake, AZ
Clark Hockabout, Grower, Lodestar Gardens in Apache County

Consultant and Mentor:

Barbara Kerr, Inventor, Writer, Founder of the Kerr Cole Sustainable Living Center Sustainable Center in Taylor, AZ

Guest Speaker:

Maria Donaghy, Recycling for White Mountains

This course is a collaborative program presented by Northland Pioneer college, the Kerr Cole Sustainable Living Center and Lodestar Gardens – organizations working together to enhance the quality of life in our communities today and in the future.

Today **sustainability** is a hot catchword, but its principles are rooted in the earliest history of every culture. We hear about **sustainability** everywhere, but what is it, how can we apply it to our daily lives, and why should we?

WELCOME to a two-day workshop where together we will explore the concept of sustainability and its application to cooking nutritious food using the most simple methods in any context.

There are three settings for this course: at the NPC Silver Creek Campus 3 hours of sharing cutting edge information about sustainability, 3 hours spend touring a successful sustainable home in Taylor, AZ. (Kerr Cole Sustainable Living Center) and 5 hours constructing three types of cookers at a self sufficient homestead in Apache County (Lodestar Gardens). The majority of the class is demonstration and hands on learning how to construct alternative cookers, but equally important are the many ideas you will get while observing the efforts others have made to live a sustainable lifestyle and those ideas from your classmates who will also be given the opportunity to share their knowledge with you in lively discussions. Sustainability IS contagious!

WHAT YOU WILL NEED FOR THIS CLASS:

Day One – Provide your own lunch. Bring comfortable walking shoes and a hat as there will be an outside as well as inside tour of the KCSLC. An NPC van will be available to transport you to the KCSLC in the afternoon.

Day Two – Bring one tin juice can and two 4"x 7" tin cans (washed out and labels removed). If you plan on making a Rocket Stove, you must provide your own tin snips. Sturdy leather gloves are also required. Again, bring good walking shoes and hat as you will have a short tour of Lodestar Gardens. Optional: an umbrella or parasol for sun or shade. An NPC van will transport you to and from Lodestar Gardens (a 40-minute drive from SCC). A solar oven cooked lunch will be provided for you at Lodestar.

We will loosely follow this agenda...

Northland Pioneer College Community Education presents
Introduction to Solar Cooking and Sustainability HCT NCC
17 & 18 July 2009 – Silver Creek Campus - Snowflake, AZ

Day One – Friday, July 17

8:50 – 9:00 a.m.	Check in registration
9:00 – 9:30	Introductions; <i>What brings us here?</i>
9:30 – 9:30	Monty Cunningham explores our questions about sustainability: <i>What is it? How can we apply it to our daily lives? Why should we?</i> Learning from the experts – Lester Brown, reknown sustainability researcher Replacing myths, hearsay and political agendas... with facts.
10:00 – 10:30	Maria Donaghy explains recycling in the White Mountains
10:30 – 10:45	Break
10:45 – 11:45	Monty Cunningham <i>Why Should We?</i> How this course applies to sustainability. Upcoming activities – Rocket Stove video
11:45 – 12:00	Announcements & Clarifications = trip and site waivers What to bring tomorrow and what to expect. Rendezvous points for Show Low and Pinetop/Lakeside students
12:00 – 12:50 p.m.	Lunch (on your own)
12:50 – 1:00	Load into the NPC van
1:00 – 1:15	Travel to KCSLC
1:15 – 3:50	Tour the Kerr Cole Sustainable Living Center
3:50 – 4:00	Travel back to Snowflake

Day Two – Saturday, July 18

9:00 a.m.	Meet at SCC parking lot and board NPC van for Lodestar Gardens Collect signed field trip and site waivers (Remember to bring: tin snips, leather gloves, tin cans, walking shoes, & hat)
9:40 – 10:00	Tour of Lodestar Gardens (gardens, solar power operation, solar cookers ,bees)
10:00 – 12:00	Construct 2 kinds of Solar Box Cookers
12:00 – 12:45	Lunch (solar cooked)
12:45 – 2:45	Construct Rocket Stove – only students with proper equipment will make a Rocket Stove
2:45 – 3:10	Wrap Up; Course Evaluations; Sustainability information network sign up=optional
3:10 – 3:55	Travel back to SCC