



Fall  
2021

# Ortonville Community Education

Community Education Coordinator: Sara Wollschlager

District #2903  
Board of Education

Brett Kaye

Holly Wellendorf

Ashton Conroy

Pete Vangsness

Andrew Treinen

Krista Hartman

## Community Ed Advisory Council:

- Pete Vangsness
- Kari Dorry
- Ashton Conroy
- Linda Hoffman
- Maureen Stores
- Kerry Klepel
- John Olson
- Joel Stattelman
- Cory Larson
- Kristyanna Brandriet

## Meet Rachel Berdan!

Hello! I am excited to be joining JKE this year!

I was born and raised in Ortonville and graduated from OHS in 2012. I received my Elementary Education degree from Minnesota State University Moorhead in 2017. After graduation, I was a substitute teacher in the Fargo Public School District for one year. My husband, Danny, and I moved back to Ortonville in 2019. Danny is a 2011 OHS graduate and is a physical therapist for Big Stone Therapies in Ortonville. For the past three years, I have taught first grade at Big Stone City School, SD. I have also been the assistant drama director here at OHS.

Danny and I welcomed our first child, Theo, this past February. We both knew we wanted to raise our family in Ortonville and are thankful to be back living in such a wonderful and supportive community. In my free time I enjoy traveling, bike riding, hiking, theatre, and spending time with my friends and family.



I can't wait to meet and get to know all of my students and their families. I'm looking forward to a great school year!

## WANT TO TEACH A COMMUNITY EDUCATION CLASS OR HAVE A NEW PROGRAM IDEA?

New program ideas & instructors are always welcome in Ortonville Community Education. Please email [sara.wollschlager@ortonville.k12.mn.us](mailto:sara.wollschlager@ortonville.k12.mn.us) your special skill, talent, hobbies, career experiences, or expertise you are willing to share with the community. Classes are flexible because they are built around the needs of the people involved. We strive to provide a quality educational experience for our participants. People make the difference & we WELCOME your ideas!

[www.ortonville.k12.mn.us](http://www.ortonville.k12.mn.us)

# SOCCER Skills Camp

Days/Time: 6 Tuesdays (Sept. 14-Oct. 19) from 6-7:30pm

Cost: \$5

Grades: 3rd-7th

Location: North of Football Field

This will be a FUN skills camp that will teach the basics of soccer to all ability levels, especially beginners. Wear your shin guards if you have some. Parents are welcome to watch or help out. They will not play games with other towns, just scrimmages among the team.



Search for "Ortonville Community Education" on Facebook and "Like" us for class reminders & updates. From your computer, hover over the Liked button. Then select "Get Notifications" in the drop box so you see all our updates in your newsfeed.

Like us on  
facebook 

**PFCT**  
PRAIRIE FIRE CHILDREN'S THEATRE

Prairie Fire Theater presents "Peter Pan" during the week of May 15-21, 2022. More info will be sent home with students at a later date.



BENSON COMMUNITY EDUCATION PRESENTS:

## CHURCH OF CASH

SATURDAY  
OCTOBER 9 - 7PM

BHS PERFORMING ARTS CENTER

**\$15**  
**Reserved**  
**Seating**

TICKETS ON SALE AT 4PM ON AUGUST 1  
ONLINE HERE: [WWW.VANCOEVENTS.COM/PHX](http://WWW.VANCOEVENTS.COM/PHX)

MORE INFORMATION:  
320-843-4545

## C.A.R.S. Training (Children and Restraint Systems)

Date: Monday, October 18 at 3:30pm-6:30pm

Location: OAS Media Center, enter through Door 7

Description: Prior to transporting children under the age nine (9), you must satisfactorily complete at least a 3-hour training on the proper use and installation of child restraint systems. This training must be provided by instructors certified and approved by the Department of Public Safety - Office of Traffic Safety and be repeated every five (5) years. Class does not need to be taken in the county in which you are licensed. The three hour child passenger safety training curriculum is approved by the Minnesota Office of Traffic Safety. *This class will qualify for foster families and daycare providers.*

Instructor: Nancy Dosdall, Car Seat Technician

\*\*\*Certification will go through Develop MN.\*\*\*

Cost: \$30 (must be paid upfront)



COME JOIN THE FUN!  
**SIGN UP FOR DANCE**

Dance classes that start with *eager anticipation* and end with *happy memories* - Just For Kix prides in putting the **FUN** into dance.

**Dance Classes for ages**  
**3 years - 12th grade**

Classes are held at Big Stone Fitness Center - come try your first class with no obligation.

• Kick • Jazz • Lyrical • Hip Hop

*Program Director:*

Kerry Klepel | 320-305-0927  
ortonville\_mn@justforkix.com

Join us in starting up a new FLAG FOOTBALL league!!!

Practices: September 27-Oct. 18 Mondays & Thursdays  
from 6pm-7:30pm

Kickoff Night: Sept. 27th with a short parent  
informational meeting at 6pm with practice to follow!

Game Nights: Oct. 7, Oct. 14, Oct. 20 (more info to  
come at parent meeting)

Cost: \$10

What to bring: water bottle(s), mouth guard, athletic clothing, & a great attitude!

Grades: 3rd-6th grade boys and girls



\*\*\*Registration deadline is September 15th.\*\*\*

## Art Adventures with Handmade Paper: Intergenerational Studio Workshops

This Papermaking Workshop will be led by professional artist, Don Sherman in his studio\*. It is designed to be fun. It will help you form relationships with the methods, materials, and creativeness that are a part of this unusual medium.

Supplies and tools will all be provided for you to make your own, unique handmade paper from recycled paper and natural fibers. After forming sheets of paper with molds and deckles, you can try your papers with various media to see what you might like to do for a take home art piece, perhaps a simple collage with inclusions, a watercolor or pulp painting, some dyed paper, a sketch, a print, or a small unique book. There will be other choices introduced depending on personal interests.

Also, everyone will leave the workshop with a varied set of useful handmade papers and a sense of how important paper for its many creative and utilitarian applications. This "learning by making" experience will likely help you further your interest in art.

Location: ECoArts Building at 221 2nd St SE, Ortonville, Mn. Park  
and enter from the ally. Wayfinding murals hang on the studio's west wall.  
Two workshops will be available, pick one: Monday, November 1st, from 6:30 to 9:30  
OR Saturday, November 6th from 9am to noon.

Each session can accommodate up to 12 people.

Cost: \$38 per person. Registration and the workshop fee payment must be  
made by October 27th, 2021. (The work can get a little wet and messy so please dress appropriately.)



The Big Stone Health Care Foundation has a mission of securing and investing funds in the Big Stone area to aid in the healthcare needs of the community. We invite the public to join us at our events throughout the year:



◆ August 22, 2021 Ribfest for the Foundation—Lakeside Park

◆ September 11, 2021 30th Annual Oak Tree Classic—Ortonville Municipal Golf Club

◆ November 20, 2021 Thanksgiving Centerpiece Workshop with the Ortonville Flower Shop—  
Ortonville VFW

◆ Save the Date: April 23, 2022—27th Annual Gala



## Native American Storytelling: History of the Ojibewa–Anishanabe

Join the Ojibewa– Anishanabe storyteller, Bud Johnston of Pipestone, as he shares the history and traditions of his American Indian tribe and breaks down cultural stereotypes.



**Monday, Oct 11 (Registration Deadline: October 8 at noon)**

**7-8:00 PM**

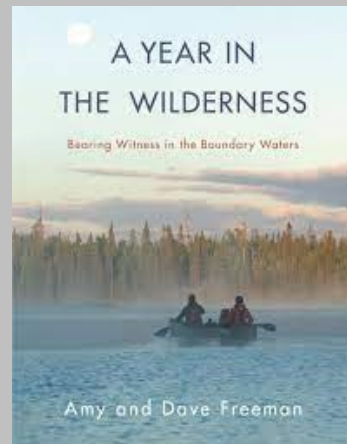
**\$15**

**Format: online class on ZOOM**

**You'll be emailed the zoom link**

### A Year in the Wilderness

On Sept. 23, 2015, Dave and Amy embarked on a year-long adventure in the Boundary Waters Canoe Area Wilderness. That's 366 days of exploring and documenting the Wilderness with the purpose of keeping America's most visited wilderness area in people's consciousness throughout the entire year. The Freemans traveled over 2,000 miles by canoe and ski with sled dogs, visiting over 500 lakes, rivers and streams during their Year in the Wilderness. They will use images, video, stories, and excerpts from their award winning book, *A Year in the Wilderness: Bearing Witness in the Boundary Waters*, to share our nation's most popular Wilderness with you and demonstrate why we must cherish and protect our public lands.



**Thursday, Oct. 7 (Registration Deadline: October 4 at noon)**

**7-8:00 PM**

**\$21**

**Format: online class on ZOOM**

**You'll be emailed the zoom link**



## Local Library News/Events

*Library Hours: Monday-Thursday 11am-7pm, Friday 12pm-5pm, Saturday 10am-3pm*

Amy Lynn Green - Tuesday, September 21st at 7:00 p.m.

Author of "Things We Didn't Say" a fiction novel about POW Camps in MN. She lives in Burnsville, MN. Her newest book comes out in September and is titled "The Lines Between Us".



Lisa Wysocky - Thursday, September 30th at 6:30 p.m.

Lisa has written a cozy mystery series called "The Mane Equation". She coauthored with Brad Cohen and aired as a Hallmark Hall of Fame TV movie, *Front of the Class*. The most important part for our local residents is she has roots in Barry, MN! She still has farmland there too. Lisa is a PATH International therapeutic riding instructor and has been chosen as one of the country's Top 50 riding instructors by ARIA. Her book *Therapy Horse Selection* helps horse owners who are considering donating their horse to a therapy program, understand what kind of horse a therapeutic riding center might need, and also helps centers find horses for their programs.



## HIIT CARDIO FITNESS WITH SARA

Text  
ART



Instructor led classes combining strength and cardio training, alternating high intensity exercise with low intensity exercise. Classes are 60 minutes long, beginning with 5-10 minutes of stretches and a warm up, followed by 35-40 minute main workout, and ends with a 5-10 minute burn-out. No work out is ever the same. Effective for weight loss and improves energy, strength, and endurance. Exercises are primarily body weight, will incorporate equipment including boxes, kettle bells, ropes, jump ropes, dumbbells, bands, etc.

All levels of fitness are welcome, instructor provides various options to modify or intensify exercises. Classes are located at the Ortonville School Trojan Gym. Minimum of 5 for a class, max of 20. Registration is done through the Spond app. Price per class is \$5.50. Payments can be done per class or a "punch card" of 10 classes for \$55. Cash, check, or Venmo. If you are interested or would like additional information on class dates, times, and location, send Facebook message to Sara Tollakson or email [saratollakson@gmail.com](mailto:saratollakson@gmail.com)

## Meal Prep with Dietician, Taylor Peters



Find me on Facebook

### Meal Prep Class

- WHO: Anyone interested!!!
- WHAT: Meal prep for busy season, freezer/crockpot meals, prep to bring to work, healthy snacks for kids, etc.
- WHERE: OHS Family Consumer Science room, enter through door 7
- WHEN: 6pm-7(ish) on Wednesday nights
  - September 22: Balanced Meals for Families
  - October 20: Crockpot Meals
  - November 17: Healthy Thanksgiving
- **WHY: BETTER HEALTH FOR OUR COMMUNITY!!!**
- HOW: Taylor Peters, Registered Dietitian will present healthy, balanced meals to the class. She not only offers nutrition advice, but nutrition coaching. Ask her how she can tailor to your needs!!!
- Cost: TBD after she goes grocery shopping!
- Sign up directly with Taylor via Facebook, email [taylorpeters-rdn@gmail.com](mailto:taylorpeters-rdn@gmail.com), or call her at 320-305-2286.



## **Zoom- Back to School Survival Instant Pot® Freezer Meal Bootcamp!**

Have dinner ready in no time on a busy day. Have some fun participating in this virtual Instant Pot® Demonstration Style class with the OPTION to Prep-Along one of the meals as well! Learn the foundations of preparing homemade nourishing make-ahead freezer meals for your Instant Pot® that can go straight from your freezer to your Instant Pot®. Meals will include a variety of protein, vegetable, and starch ingredients. The instructor will demonstrate how to prepare four or five make-ahead meals for the freezer during this class, and participants will be invited to prepare ONE of the meals along with the instructor! Two of the meals that will be demonstrated are Sweet and Zesty Meatballs (to be served over rice or noodles), and Greek Lemon Garlic and Herbed Chicken. Participants will be given the option to prepare some Cheesy Stuffed Shells for their freezers as well! Experience how these culinary creations can make it seem as though you have been cooking for hours, when all you have done is opened up a bag and pushed a button! Have your questions answered by the instructor, interact with other participants, and expand your culinary prep repertoire to include Freezer Meal Prep ideas for your electric pressure cooker. Participants will receive a list of ingredients and supplies needed to prepare the Cheesy Stuffed Shells a week ahead of the class to allow time for shopping and prep.

Participants will also receive a detailed professionally made handout of the instructor's personal recipes for the recipes shared during the class. The handout will also include labels that can be printed out for cooking instructions. This class will take place on Zoom; a free on-line software. Participants will receive instructions on how to access the class prior to it starting. As an added bonus, the instructor has created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. The group will provide an opportunity for members to ask questions, share their own creations, interact with other participants and support each other on their Instant Pot® journey. Come join the fun! Note: One registration fee for this on-line Virtual class can include participants from the same household only. If children are participating, adult supervision is required.

**Saturday, Sept.  
18  
4:30-6:30 PM  
\$30  
Format: online class-  
ZOOM**



## **Zoom- Air Fryer Hype! Copycat KFC, & Recipe Ideas for All Ages! (Cook-Along & Demonstration Combo)**



Have you ever wondered what the Air Fryer Hype is about? Do you have one and want ideas about what to make in it besides fries or crisping up frozen processed foods? Are you thinking about purchasing one but would like to know more about it first? Well...this class may just answer all those questions for you! Have some fun participating in this virtual Air Fryer Demonstration and Partial Cook-Along class as we dive into the world of Air Frying! The instructor will demonstrate some family favorite recipes and invite participants to join in for one of them. The recipes that will be demonstrated include: homemade eggrolls wraps, pizza bites, seasoned potato wedges, and burgers! The cook-along recipe will be Copycat KFC Chicken! All healthy, delicious recipes that will have your family coming back for more! Leftovers may just become a thing of the past! Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! Have your questions answered by the instructor, interact with other participants, and increase your confidence in using your air fryer.

While cooking-along is loads of fun, and highly recommended, it is optional. Participants will receive a list of ingredients for the cook-along recipe, at least a week in advance of the class to allow time for shopping and prep. If the instructor's personal recipes are used for this class, they will be shared as a PDF. If recipes used are on-line, links to these recipes will be shared. This class will take place on Zoom; a free on-line software. Participants will receive instructions on how to access the class prior to it starting. As an added bonus, the instructor has created a private group on Facebook for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. The group will provide an opportunity for members to ask questions, share their own creations, interact with other participants and support each other on their cooking journey. Come join the fun! Note: One registration fee for this on-line Virtual class can include participants from the same household only. If children are participating, adult supervision is required.

**Saturday, Oct. 16  
4:30-6:30 PM  
\$30  
Format: online class on ZOOM**



# **Virtual Classes**





## Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

**Tuesday, Oct. 19 (Registration deadline: Monday, Oct. 11)**

**6:30-9:00 PM**

**\$59 (includes materials) sent a week before class starts.**

**Format: online class over ZOOM**

**Instructor, Craig Coffman [www.chordsarekey.com](http://www.chordsarekey.com)**



## Getting Started with Ancestry.com

Learn about the features of Ancestry.com and how to use them. We'll cover online trees, how to find databases in Ancestry's card catalog, and finding historical records all family historians need to use to trace their family history.

**Join us online!** This class will be held online using Zoom. You will receive a link to join virtually.

**Thursday, October 7**

**6-8pm**

**\$25**

**Format: online class with ZOOM**

## Photo Organization– Digital and Print

Have a photo mess...are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive, or all of the above? Is your goal to SAVE, ORGANIZE, and SHARE your photos? Discover alternatives to get every printed/digital photo, movie, and memorabilia in one location permanently and safely. Learn about scanners, digitizing old photos, cloud storage, and organization. You'll leave with options to easily access every photo you own! Instructor Susan DeJute has been scrapbooking pictures for many years to preserve wonderful relationships, memories, and stories. Not only does she want to capture her own past, but wants to help others in their quest for preserving their memories for generations to come! Min. of 5, max 20

**Tuesday, Oct. 26 Reg. deadline: Tuesday, Oct. 12**

**7-8:30 PM**

**\$15**

**Format: online class on ZOOM**

## Cybersecurity for Parents

In this workshop, we will explore the basics of good cybersecurity for the home, how to protect your information online, and other tips and tricks such as freezing your credit. Participants will leave with additional resources and steps for securing the home network and helping children stay safe online.

**Date: Wednesday, October 13 (Registration Deadline is Monday, October 11)**

**Time: 6:30 - 7:30 p.m.**

**Fee: Free/Registration Required**

*Instructor: Mary Mehsikomer, Outreach Facilitator, Sourcewell Technology, has worked in Minnesota's education system at a state and regional level for over 40 years. She designs and delivers professional learning and consulting on technology planning, digital citizenship, cybersecurity, digital learning and other issues related to the use of technology for education.*

# Tiny Trojans

## CHILD CARE CENTER



Opening September  
7th, 2021!!!

Ortonville School District #2903 will be opening a CERTIFIED Child Care Center open to children 33 months-6<sup>th</sup> grade at this time. We will be open full days, after hours, & all year long for our Families starting this fall. Please contact Director, Sara Wollschlager at [sara.wollschlager@ortonville.k12.mn.us](mailto:sara.wollschlager@ortonville.k12.mn.us) or 320-839-6181 ext. 139 for more information or to get your child(ren) registered TODAY!



## Digital Citizenship for Parents

In this one hour workshop, we will review good digital citizenship practices, how to talk to your children about being online, and share resources that parents can explore with children of all ages.

Date: Wednesday, October 6 (Registration deadline: Monday, October 4)

Time: 6:30 - 7:30 p.m.

Fee: Free/Registration Required



*Instructor: Mary Mehsikomer, Outreach Facilitator, Sourcewell Technology, has worked in Minnesota's education system at a state and regional level for over 40 years. She designs and delivers professional learning and consulting on technology planning, digital citizenship, cybersecurity, digital learning and other issues related to the use of technology for education.*



### Community Education

Ortonville Community Education exists to facilitate the learning and participation of adults so they can improve their lives and our community. We provide opportunities for local citizens, schools, agencies and institutions to become active partners in addressing education and community concerns. Community Education brings community members together to identify and link community needs and resources in a manner that helps people to help themselves and to raise the quality of life in our community.

### Pickleball

Pickleball? Yes, pickleball! And yes, it's a real sport! It's a little tennis, a bit of ping pong, a splash of badminton and fun to say! It's fun, it's easy, anyone can play! Described as one of the fastest growing sports in the nation and among the fastest growing senior sports in the country! Come for some fun & exercise!

**Instructors:** Don Sherman

**Location:** OHS Elementary Gym or pickleball court

**Days:** Tuesday's & Thursday's ongoing

**Time:** 6:30pm

**Cost:** FREE



## How to Register, Payments, & Refunds Info:

### **E-Mail:**

E-Mail (**BEST WAY**):

sara.wollschlager@ortonville.k12.mn.us

### **Visit Us:**

<http://www.ortonville.k12.mn.us/page/2536>

- A full refund will be made if Community Education cancels a class. If you have registered for a class and you cancel at least three (3) business days prior to the start of the class, you will receive a full refund of the class fee. You are not eligible for any refund beyond the three day period.
- No-shows are not eligible for a refund.
- A refund may take up to three weeks to process.
- Payment for class fees must be paid directly to the community education coordinator by cash or check **prior** to the start of the class.
- Pre-registration is mandatory for all Community Education classes. Your pre-registration and payment reserves your space in class. Classes fill quickly. Register early!

[www.ortonville.k12.mn.us](http://www.ortonville.k12.mn.us)

**Ortonville Public School  
200 Trojan Drive  
Ortonville, MN 56278**

**NonProfit Org.  
U.S. Postage  
PAID  
Ortonville, MN 56278**

**Postal Patron**