

# FREE SELF-RELIANCE SKILLS FAIR

## Natural Health, Homesteading, & Sustainable Living

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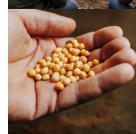
### **WILD EDIBLE PLANT WALK – AUTHOR DAWN TRAMMELL AND FRIENDS**

Embark on a guided walk (rides available) where you'll learn to identify edible and medicinal plants growing in the natural landscape. Dawn will be selling her \$12 pocket guide of edible plants with easy-to-identify pictures of 130+ plants and directions of how to eat and use them medicinally.



### **OUTDOOR SURVIVAL SKILLS ADVENTURE – CARL KOSTOFF**

Embark on a 2½-hour guided adventure through field and forest that teaches simple, practical survival skills. Participants of all ages and experience levels will learn what to carry on a day hike and how to stay safe if lost. Discover how to find water, build shelter, identify wild edible plants to eat, and start a fire without a match—then walk away with real skills and confidence for the outdoors.



### **PLANT AND SEED SWAP**

Bring your extra houseplants, outdoor plants, herbs, cuttings, seedlings, seeds, gardening supplies, etc. and take home something new for your garden. It's a fun, sustainable way to grow your collection and connect with your community.



### **HEALTH SCREENING – NEWSTART**

This free service will check many factors of your health including body fat, blood pressure, blood glucose, step test, airflow, and computer health age. You will receive individualized information on what you can do to improve your health.



### **BUG OUT BAGS – RANGER RICK**

Are you ready for a sudden evacuation? Meet Ranger Rick at his fire truck, and he will teach you what essentials to include in the top three emergency personalized survival kits/bags.



### **PROFESSIONAL FOREST MANAGEMENT – SHANE HOOVER, CF**

The summers keep getting hotter and the wildfires keep getting closer! Learn tree identification and how to spot signs and symptoms of insect and disease in your forest. Discuss current log market conditions and gain practical knowledge in wildfire hazard reduction to keep your property and forest safe.



### **SMALL ENGINES – DAVID NEUHARTH**

Come chat with a certified small engine mechanic. Pick his brain on what machine to buy to meet your needs. Learn steps you can take to prolong the life of your engines. See hands-on examples. (Lawnmowers, chainsaws, generators, outdoor power equipment, snowblowers, etc.)



### **SELF-SUSTAINING GARDENING TOUR – MASTER GARDENER LEANN KNIPPLE**

LeAnn has spent her lifetime gardening. Tour an active summer and winter greenhouse and garden. Learn how to start plants inside, transplant, and store food. See raspberries, blackberries, grape vines, a variety of raised beds & weed control methods, and automatic water system.



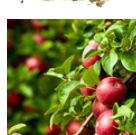
### **GREENHOUSE BUILDING AND FOOD PRESERVATION – BILL & DARLENE HOWARD**

Bill and Darlene are local homesteaders. They love to work in their garden and greenhouses and preserve food through canning, drying, and cold storage. They enjoy putting to work the knowledge they learn each year from their successes and failures. They are a wealth of information!



### **SALVE MAKING – BILL & DARLENE HOWARD**

Watch a live demonstration of how to make comfrey salve. Learn how to process local herbs into natural, family friendly ointments. Now you can turn the local herbs into your specific health remedies.



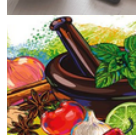
### **MAXIMIZING FRUIT TREE PRODUCTION/FROST FREE VEGGIES – SPENCER SCOTT**

Learn how you can maximize your fruit tree production, and how you can lengthen your growing season for those delicious veggies!



### **CHARCOAL, POULTICES, AND WATER REMEDIES – GWEN SHORTER**

Learn fascinating facts about the healing properties of charcoal and water from the 1918 Flu to today. Learn about a variety of poultices that can easily be made with ingredients in your kitchen to heal a variety of illnesses.



### **DISEASE REMEDIES FOUND IN YOUR KITCHEN – KENDOR SHY**

This hands on presentation will help you learn what to do for many health conditions. The best part is every single remedy can be found in your kitchen at home. We promise that you will never look at your kitchen the same again.



### **GUT HEALTH AND NUTRITION – RICHARD SHEARER, MD.**

"You are what you eat." Are you sure? Or are you what your body can digest and absorb? Learn how to achieve great digestion so you can optimize your health through better nutrition.



### **SOURDOUGH BREAD MAKING – JOY BRUBAKER**

Learn how to care for and use a sourdough starter, mix and develop dough, understand fermentation and timing, shape loaves, and bake for optimal flavor and texture. Spelt sourdough starters will be available for a limited number of participants. (Spelt bread is known for easier digestibility.)



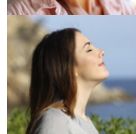
### **STRESSED? THINK AGAIN... – SUSSANNIE DA COSTA, MRC & PSYD (ABD)**

90% of disease begins in the mind! See how stress relates to disease and what we can do about it. Sussannie has a Masters in Rehabilitation Counseling and Doctorate in Psychology (ABD). She is the author of the Daniel Diet Fast and Co-Founder of Foundations Academy Blueprint Education.



### **WOMEN'S HEALTH & MENTAL HEALTH – PEDRO NARANJO CHC, DIPMH**

Learn natural ways to balance your hormones and weather through the changes with grace. Learn how to identify stress and practical ways to deal with it, such as herbs, music therapy, hydrotherapy, and more!



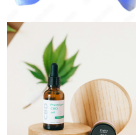
### **LIVING THROUGH DISASTER – MARTIN KLEIN, RN, BSN & JANELLE KLEIN, RN, MSN, ARNP**

When there are no Medicines: Surviving a disaster when medical options are no longer available. Oxygen for Health: Simple to Complex. God's promises to help you survive.



### **HEART & LUNG HEALTH TO SURVIVE COVID – BEN AND JANELLE KOMOROSKI**

Learn how to improve your heart and lungs with Ben Komoroski (RRT, CPT). Learn how to shed the spike protein after vaccination with Janelle Komoroski (midwife, PHD in Nursing). Also learn what to have in our Emergency Medical Kit.



### **BENEFITS OF CASTOR OIL AND WILD YAM HORMONAL BALANCE SALVE – RACHEL FLATUM**

Learn about the many benefits of castor oil, as well as the benefits of Natural Wild Yam Hormonal Balance Salve, a Heat and Healing Salve, and a Face Moisturizer Salve.



### **TIGER BALM: MAKE IT, USE IT, TAKE IT HOME – RUSS & PEGGY LLOYD**

Join us for a live demonstration on how to create Tiger Balm from simple, natural ingredients. Learn about its many practical uses for muscle pain, headaches, coughs, sore throats, and more. Participants will receive free samples to experience its benefits firsthand.



### **SOAPMAKING – SYLVIA BROWN**

Learn how to make your own soap by watching demonstrations, getting recipes, and talking to a successful soapmaker. Purchase some homemade soap too!



### **HEALTHY CLEANING – NICOLE HAYWOOD**

Nicole is a wife and mother who enjoys finding simple and healthy ways to clean, that avoid the use of harmful and expensive chemicals. Come learn how to save time, money, and your health while effectively cleaning your home and body with just a cloth and water!



### **EMERGENCY COMMUNICATIONS AND LONG-TERM FUEL STORAGE – JOHN BROWNLEE**

Discover dependable ways to communicate in an emergency, and the best proven ways to store fuel on a long-term basis.



### **EMERGENCY MEDICAL KITS – WHAT SHOULD THEY HAVE?**

Discover what an ER, and Flight Nurse would recommend for your small emergency medical kit.



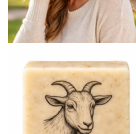
### **CROSSCUT SAW CLASS – JERRY PLOCHER**

Jerry will discuss all six tooth-patterns on cross cut saws. He will also demonstrate how to use and sharpen a one person and two person cross cut saw.



### **DEPRESSION AND ANXIETY RECOVERY – HEATHER GALVEZ**

Come learn tools to overcome depression and anxiety! Hather went from being depressed every day, to waking up with purpose every morning. When she begins to feel depressed or anxious, she has learned to use her tools and always feel better.



### **MAKING GOAT MILK SOAP – JACQUI DAVIS**

Come join us at our goat milk soap making demonstration! Learn the most important key rules about making your own soap... and maybe an extra fun tidbit or two!



### **REJOICE IN RECOVERY – JOE DAVIS**

Are you a slave to addiction? Or do you care about someone struggling with one? Do you want to be FREE from addiction? Come visit Joe, let's talk!

**6561 Spring Valley Rd. Newport, WA 509-860-4792**

Healthy plant-based food and health products will be available for sale. Cash only.

For updated schedule please visit [northwesthomesteader.com/calendar/](http://northwesthomesteader.com/calendar/)