



NORTHLAND NEWS

Northland Recreation Laboratory

April 24 -May 1, 2025

Camp Wapogasset, Amery, Wisconsin

WHAT IS NORTHLAND REC LAB?

Northland Recreation Laboratory was founded in 1935 as a place to play and learn, teach and celebrate. The Northland experience includes discussion, crafts, singing, dancing and more. There is something for everyone of all ages and all walks of life. Whether it is your 60th year attending, or your first, you'll find Northland life changing.

WHAT HAPPENS AT REC LAB?

Each year, Rec Lab week offers a variety of new classes and old favorites, along with daily activities that bring us all together. Housing is provided in a range of options, from primitive cabins to hotel-like accommodations. All meals are provided. Programming, lodging, and meals are included in your registration fee. There may be a nominal supplies fee for some classes.

GREET THE MORNING WITH SONG

June Fettig is a gifted choral leader who will return to lead us in song each morning after breakfast. There's fun, laughter, nostalgia, and inspiration, with music from many countries and genres.

DANCING

Dave Leussler will again lead us in folk dancing each evening, teaching the old favorites and introducing new favorites. Dave has been dancing most of his life and is anxious to share his teaching methods with you. If you play an instrument, you can join the dance band!

SAMPLE DAILY SCHEDULE

Do a little or do a lot – there's something for everyone!

| | |
|---------------|---------------------|
| 7:30-8:15 am | Breakfast |
| 8:30-9:15 am | Singing |
| 9:30-10:15 am | Discussion |
| 10:30 am-noon | Creative Activities |
| 12:15-1:00 pm | Lunch |
| 1:00-3:00 pm | Creative Activities |
| 3:00-3:30 pm | Teatime* |
| 3:45-5:45 pm | Creative Activities |
| 6:00-6:45 pm | Dinner |
| 7:15-8:45 pm | Dancing |
| 9:00-9:30 pm | Fireside* |
| 10:00 - | Caboose* |

DISCUSSION:

DISCOVER THE GREAT LAKES: A MUSICAL JOURNEY

Each morning, everyone at Northland is welcome to take part in a learning and discussion session. This year, Lee Murdock, an historian and folk musician will facilitate discussion sessions. With a combination of stories and songs, Lee will explore with us the history, lifestyle, and music around and on the Great Lakes. Over six days, Lee will focus on a different theme of the Great Lakes, from "Lighthouse Legends" to "Ships That Go Down and Ships That Come Up" to "Work Songs of the Lake Sailors" to "Great Lakes Ghosts" "to Safe in the Harbor:"

HELP WANTED

Photographer for Notebook

Yoga Instructor

Tai Chi Instructor

Do you or someone you know have these skills that they would like to share with Rec Lab attendees? These roles receive a generous stipend for their stay that covers all or nearly all registration fees.

Outdoor Games - Do you have an outdoor game you can bring, such as bocce ball or corn hole? We can use several.

Teatime * – Bringing your favorite snack (homemade or otherwise) will add to our variety at Teatime.

CREATIVE ACTIVITIES

Rec Lab includes four Activity Periods each day and so, you can create your own schedule to learn a new skill, explore the beauty of Camp Wapo, chat with friends with similar interests, jam with other musicians, play games, or simply take time for yourself. Here are the classes and activities currently planned for Rec Lab 2025:

NEW! BIRCH BARK BASKETS

Sarah Erhardt will offer a 2-day class on making baskets from birch bark. She may offer a second 2-day class, subject to the availability of birch bark.

NEW! STORY LANTERNS

Remember the story lantern tradition introduced by Jen Strauss in last year's Rec Lab Discussion? Jerry Brown has studied its design and will teach a woodworking class to make your own story lantern so you can use it when sharing stories with the next generations!

NEW! OFF-LOOM WEAVING

Sharon Nolte will teach you a sustainable and innovative form of weaving that does not require a loom. It's a very portable and adaptable craft.

We want to hear from you!

Are you willing to receive the newsletter electronically, to help manage Northland expense? If so, please notify Carol Esnough by email at cesnoughnrl@comcast.net or leave a message for Carol on 763-537-059.

If you no longer want to receive the newsletter in either format, you can notify Carol as well.

NEW! MINDFUL ART JOURNALING

Joan Bullivant will teach the mindful art of journaling, a practice that encourages awareness of one's feelings, thoughts, and environment through artistic expression with words and art. It can alleviate stress, serve as a tool to navigate challenges, decrease anxiety, and instill a rewarding sense of achievement.

WATERCOLOR PAINTING

Whether you are new to watercolor or are returning to this beloved art form once again, there is a place for you in one of Brad Hall's painting classes.

NATURE WALKS

Lindsey Page returns to lead you to some of the unseen treasures around Camp Wapo, sharing her rich knowledge of the flora and fauna in the region.

BIRDS AND BIRDING

With the help of our instructor and 40-year birder, Howie Hughes, you will learn to find and identify some of the 400+ species of birds that frequent the

upper Midwest. Visiting multiple nearby habitats, you will learn tips to identify birds by sound and sight, and learn about migration, habitat, feeding, nesting, and other bird behaviors.

*** WHAT IS IT?**

Teatime is snack time, a mid-afternoon opportunity to take a break for some conversation and refreshment at Crossfire Lodge.

NEW! FELTING

It may be new to Northland Labbers, but felt making is an ancient art, dating back to well before 6000 BC! Joann Murdock will lead a 6-day class to learn needle felting and wet felting. You will turn wool into unique felt objects along the way.

KNITTING BASICS

Melody Draves returns to teach the beginning basics of knitting. If you've always wanted to learn knitting, this is your chance, and with a finished product to show for it!

POLYMER CLAY

Join Laura Burliss in this extremely popular class. She has taught many happy Labbers over the years. Laura is a talented and patient teacher who will help you discover a creativity that will surprise and bewitch you. You will learn many polymer clay techniques that you can use to make just about anything – you will find yourself coming back to make one more thing...and then, one more thing.

*** WHAT IS IT?**

Fireside is a relaxed way to round out the evening with some reflections of the day and entertainment.

WOODWORKING: BANJO

Making stringed instruments has been a long-time craft offering at Rec Lab. Seamus Donelon returns this year, prepared to walk you through all the steps to make your own 5-string banjo. He tells us this banjo is much more approachable than last year's ukulele! Seamus will even teach you a few chords -- maybe you'll find yourself playing it at the closing night program!

BASKET WEAVING

Bud Bullivant will be back with one of the oldest known crafts for both functional and decorative use. Learning Bud's five basketmaking stages will give you the skills to use simple patterns to weave your own beautiful basket.

NEW! ICE DYEING

Tina Rohde will teach you how to use ice dyeing techniques to transform white or light-colored fabric, T-shirts, napkins, etc. into something spectacular!

NATURE WALKS

Lindsey Page returns to lead you to some of the unseen treasures around Camp Wapo, sharing her rich knowledge of the flora and fauna in the region.

NATURE PENDANTS

Kim Buell returns with her extensive collection of stones, wood, jewels and other items. She will help you make a stunning, one-of-a-kind piece of jewelry. Her class is always popular, and you will be amazed at how Kim helps you discover your unique creativity!

EXPRESS CLASSES

Can you complete a project at Northland? Yes, you can, with these "one and done" classes:

- Dream Catchers
- Dot Painting
- Beaded Snowflakes
- Outdoor Games
- And more!

***AND ONE MORE THING!**

On Monday evening at dinner, we have a costume party with special activities (and food!). This year's theme is "Let's Get Nautical." Get creative about your costume and get ready to have some fun!

AUCTION ACTION!

On Sunday afternoon at Rec Lab, an auction is held to replenish the Scholarship and Program Funds. Participants donate quality items and bid generously in both a rousing live auction and competitive silent auction. We encourage you to bring an item or two that will spark interest, value and joy for its next owner! Handmade items are especially treasured. We've had everything from handmade harps to an original Rec Lab t-shirt from long ago. No garage sale items, please!

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 or just enjoy listening.

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 books and/or puzzles to share.

*** WHAT IS IT?**

Caboose is for the night owls among us who want a little late-night activity. Games, Hot Dice, Card Games, Dancing, and more.

CAMP WAPOGASSETT

The site of Northland Recreation Laboratory is a lovely, wooded area close to Amery, Wisconsin. Hugged by Lake Wapogasset and Bear Trap Lake, the camp has a mixture of rustic cabins and newer buildings. Walking paths run between buildings and, for the most part, the area is fairly level. There is one hill, at the top of which is *Crossfire* where many of the classes and activities take place.

Driving around camp is not allowed for safety reasons. If you have mobility issues, no matter how slight, we suggest you bring an assistive device from cane to electric scooter.

And the weather? Early Spring is fickle in the Midwest. We have had from 75 degrees to nine inches of snow in the same week! Come prepared!

REGISTER EARLY!

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

Costs for the week are based on your choice of lodging, and on whether you are full-time or part-time.

Full-Time: Thursday afternoon, April 24 to Thursday breakfast May 1, 2025

Part-Time: Thursday afternoon, April 24 to Sunday evening, April 27, 2025

For any other date arrangement, contact Carol Esnough, Registrar**

Our limit is 130 persons, and the limit is met very quickly, so register now!

The \$50 registration fee is required and is refundable until March 30, 2025, if you need to cancel.

SCHOLARSHIPS

If you need assistance to pay registration, please contact our registrar, Carol Esnough 763-537-0529 or cesnough@comcast.net or go to www.northlandreclab.org. We encourage college students to check out our special student scholarship.

**** For more information on registration or scholarships, contact Carol Esnough at:**

763-537-0529 or email: cesnoughnrl@comcast.net

Northland Recreation Laboratory 2025 Registration

Mail \$50 deposit to: Carol Esnough, Registrar PO Box 28086, Crystal MN 55428 OR go online:
www.northlandreclab.org

Name _____ Email _____ Phone Cell or Landline (circle one) _____

Street Address _____ City _____ State _____ Zip _____

Roommate requests: 1. _____ 2. _____ 3. _____

Lodging Full Time: April 24-May 1

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

\$380 Hillside Cabins/Rustic Lodge \$430 Crossfire Conference Center \$480 Anderson Hall

Lodging Part Time: April 24-27 Thursday-Sunday supper (Contact Registrar for other Part Time options)

\$250 Hillside Cabins/Rustic Lodge \$275 Crossfire Conference Center \$300 Anderson Hall