

History & Culture

#2704 A

Thomas Hart Benton, The Life and Legend

Come to an informal talk by Linister, an artist who knew Mr. Benton and helped him drink his bourbon. Linister will share personal anecdotes and show slides of this native Missouri artist, born in Neosho in 1889. Wine and cheese will be served. Linister is one of the last artists helped by Mrs. Benton, along with Jackson Pollock and Grant Wood.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$6 material fee = \$15

Sec. A: 1 session; Saturday, April 14; 6:00 PM - 9:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#2709 A

The Way We Were

Remember restaurants of the past in Kansas City and surrounding areas. In this class we will take a trip backwards and discuss the restaurants that helped develop lifestyle in KC, i.e., The Wishbone Restaurant, Nichols Lunch, etc. This class took over four years to develop and participants will view very hard-to-find menus and make a dish from one of those menus.

CONVENER: Lord William Crume (816-931-5323)

CLASS FEE: \$9 + \$10 material fee = \$19

Sec. A: 1 session; Wednesday, March 21; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 7

#2711 A

Norse Mythology

Find out about the Gods that gave their names to the days of the week (among other things). What is Yule? What is Ragnarok? What were the Norse gods like? Class is in lecture format with a 3-page handout, with some time for Q & A.

CONVENER: Jane Nichols

CLASS FEE: \$9

Sec. A: 1 session; Friday, April 13; 7:00 PM - 8:30 PM; Royall Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#2712 A

Greco/Roman Myths

The Greeks and the Romans gave us classical mythology upon which much of western culture is based. Find out about their gods and their stories and how they still relate to today. Do they teach this in school anymore? Class is in lecture format with a 4-page handout. Adults preferred, these are not cutesy tales. Jane, better known as Fiona, loves mythology, the stories that fuel a culture. Please bring 50 cents to class for handouts.

CONVENER: Jane Nichols

CLASS FEE: \$9

Sec. A: 1 session; Friday, May 11; 7:00 PM - 8:30 PM; Royall Hall, Rm. 305, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

food

The Pantry



#3005 A

Spring Festivals

Come celebrate Spring! We will prepare goat cheese stuffed squash blossoms, coated with cornmeal and pan-fried, roast asparagus and spring onions with an herb crusted rack of lamb, as well as sinfully delicious maple custard. Chef Bero is a graduate of the Culinary

Institute of America, and has worked in Vermont, New York City and Park City, UT, from food cops to 4-star restaurants.

CONVENER: Jessica Bero (816-519-9610) E-mail: chefbero@aol.com

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Sunday, April 1; 4:00 PM - 7:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 15

#3006 B

Coffee Cupping

For coffee lovers only! You will be taken through a coffee tasting journey that you will never forget! Learn about and taste a variety of the best coffees the world has to offer. Find out about the Cup of Excellence coffees as well as barista competitions. Danny has been passionate about coffee ever since he spent a year in Costa Rica as a high school exchange student and is now founder and president of The Roasterie. Mail material fee of \$10 to convener at 1204 W 27th St., KCMO.

CONVENER: The Roasterie Staff (816-931-4000) E-mail: danny@theroasterie.com Web site: www.theroasterie.com

CLASS FEE: \$9

Sec. B: 1 session; Thursday, March 22; 7:00 PM - 8:30 PM; The Roasterie, 1204 W. 27th St., KCMO; LIMIT: 10

#3008 A

Tastefully Organic

Delectable foods prepared from organic ingredients in a timely manner. JoAnne White (new name) has prepared dishes for Community classes such as "Is It Ready Yet," "Executive Dining," "Heart Healthy Holidays" and "Death by Chocolate" for the past five years. She comes from 20 years of culinary experience from Hawaii to the Midwest bringing exciting, easy to prepare meals from many origins. E-mail jwhite@gmail.com for more

CONVENER: JoAnne White (816-806-6492)

E-mail: jwhite@gmail.com

CLASS FEE: \$9 + \$12 material fee = \$21

Sec. A: 1 session; Saturday, March 24;

Sec. B: 1 session; Saturday, April 7;

MEETS: 10:00 M - 12:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 16

Ethnic Food

#3104 A

Vegetarian Ethiopian Cooking

Learn centuries-old Ethiopian traditional cooking. Learn to use Ethiopian spices in this hands-on class. Learn to prepare injera (soft, spongy and flat national bread), gomen (Collard greens), and atiklet watt (cabbage, carrots and potatoes). You'll receive complete instructions on how to prepare this unique cuisine.

CONVENER: Daniel Fikru (816-283-0990) E-mail: dfikrud@yahoo.com Web site: kcbluenilecafe.com

CLASS FEE: \$9 + \$12 material fee = \$21

Sec. A: 1 session; Tuesday, April 3; 4:30 PM - 6:00 PM; Blue Nile Café, 20 E. 5th St. KCMO, River Market; LIMIT: 12



#3105 A

Easy Salmon Everyday

Salmon - the richest source of Omega-3 oil. Dishes are easy to prepare, perfect for a busy life, flavorful, low in fat and packed with nutrients. Learn to prepare: Grilled Salmon in Green Salad (with sesame seed vinaigrette), Seared Salmon with Warm French Green Lentil, Oven Roasted Wild

Salmon with Tomato Chutney (served on wilted spinach), and Broiled Salmon Fillets with Sautéed Onions, Zucchini, and Sun-dried Tomato (served on lemon linguini). COME AND SAMPLE (made with organic ingredients available at the Wild Oats store).

CONVENER: Debjani & Sabil Bhaduri

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Saturday, March 24; 2:00 PM - 4:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 16

#3106 A

Thai oh My!!!!

Taste the allure of distant lands and exotic flavors as we prepare "Sweet and Sour Eggplant" and "Creamy Curried Chickpeas" and enjoy both served over rice noodles. You'll swear you see gold gilt elephants as you close your eyes and savor the flavors. (Warning...the student next to you may try to eat your food while you're envisioning). Recipes provided.

CONVENER: Zoe Lagrece (913-722-2628) E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, May 23; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 15

#3107 A

Vegetarian Pot Luck Dishes

Got invited to a pot luck and don't know what to bring? How about vegetarian? Debjani demonstrates and shares vegetarian pot luck recipes for easy entertaining. Menu includes: Vegetable Biryani (casserole dish of spiced saffron basmati rice cooked with paneer, vegetables, and nuts), Cucumber and Mint Raita (yogurt condiment with cucumber and mint), Omelet Dalna (omelet with spicy and tangy sauce), Phulkopir Korma (cauliflower florets in fragrant gravy) and Aapeler Payesh (apple-milk pudding infused with green cardamom pods). COME AND SAMPLE (made with organic ingredients available at the Wild Oats store).

CONVENER: Debjani & Sabil Bhaduri

CLASS FEE: \$9 + \$20 material fee = \$29

Sec. A: 1 session; Saturday, April 21; 2:00 PM - 4:00 PM; Wild Oats (Mission), community kitchen, 5101 Johnson Dr., Mission, KS; LIMIT: 16

#3108 C

Indian Cooking

Learn to cook Indian dishes from scratch using traditional spices and techniques. Each section will delve into a unique world of cookery delights. Ajay ran an Indian Grocery store and was often asked how to use Indian spices. He now teaches cooking classes along with his wife and his mother. Take one section or both. Sec. C: Paneera Yogurt

CONVENER: Ajay Sood (913-268-3608 or (913) 963-1787)

E-mail: ajappell123@yahoo.com

CLASS FEE: \$9 + \$12 material fee = \$21

Sec. C: 1 session; Monday, April 2; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Communiversy's Next

Wholistic Health FairSunday, March 18th—11 AM - 6 PM

Call 816-235-1448 for information

www.umkc.edu/commu**Vegetarian**

#3206 A

Two Too Spring Rolls VEGAN!!!

Learn to make fresh and fried spring rolls in this class. Add a couple of appropriate sauces "Extreme P-Nut" and "The Easiest Sweet and Sour on Earth." It's too delicious to miss so grab a friend and two by two toile over to a tasty class. Recipes provided and the consumption of our efforts. YUM.

CONVENER: Zoe Lagrece (913-722-2628) E-mail: zoelagrece@yahoo.com

CLASS FEE: \$9 + \$15 material fee = \$24

Sec. A: 1 session; Wednesday, May 9; 6:00 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

Drink

#3304 A

Introduction to Champagne

Gain a little knowledge and have a lot of fun at this benefit for the Kansas City Art Club. Sampling ranges from the most delicious champagne in the world (in Linister's humble opinion) to a lesser, but enjoyable Spanish or Australian bubbly. You will learn how to buy and store wines, and how to order wine in a restaurant. Cheese, fruit, cold white wine and champagne/sparkling wine compliment the evening. Linister is an artist who enjoys champagne because life is meant to be enjoyed.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$22.50 material fee = \$31.50

Sec. A: 1 session; Saturday, March 31; 6:00 PM - 9:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#3305 A

Wines of Australia

Explore the vineyards of Australia. Join Kansas City Artist Linister in his studio as he describes some of his favorite Australian Wines. Cheese and fruit round out the evening in this midtown art studio.

CONVENER: Linister (816-753-2183)

CLASS FEE: \$9 + \$17.50 material fee = \$26.50

Sec. A: 1 session; Saturday, March 24; 6:00 PM - 9:00 PM; Linister's Studio, 1129 W. 41st St., (5 1/2 blocks E. of State Line) KCMO; LIMIT: 15

#3306 B

White, Green and Oolong Tea and the Chinese Tea Ceremonies

Learn how to select, prepare and enjoy fine Chinese white, green and oolong tea. We will conduct a Chinese Gongfu Tea Ceremony, with fine loose leaf oolong tea and traditional tea ware, as well as learn how to prepare tea in a "Gaiwan," or covered cup. Join us, and enjoy some of the highest quality and most exclusive tea available in Kansas City. Please bring \$10 for materials. Keith manages Temple Slug, a local retail store. Being half British and Chinese, Keith represents two of the major tea drinking countries.

CONVENER: Keith Buchanan

CLASS FEE: \$9

Sec. B: 1 session; Sunday, April 22; 2:00 PM - 4:00 PM; Temple Slug, 4303 Jefferson, KCMO; LIMIT: 8

#3401 B

Beginning Cake Decorating

It's fun and easy to create an elegant cake for your next party. Learn how to decorate fantastic cakes, shaped cakes for kids, beautiful borders and colorful 3D objects like clowns and bears. Also learn how to decorate more elegant cakes with flowers such as roses, lilies, daffodils and finish with a spectacular flower basket cake. In the final class, you will decorate a tiered cake. Traci is a Hy-Vee cake decorator.

CONVENER: Traci Williams (816-694-3412) E-mail: all_about_cakes@hotmail.com

CLASS FEE: \$16 + \$16 material fee = \$32

Sec. B: 4 sessions; Thursdays, beginning March 22; 6:30 PM - 8:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, (see class #3206 A for directions); LIMIT: 10

health**Yoga**

#4001 B

T'ai Chi Chih: Joy Through Movement

Certified T'ai Chi Chih instructor, Lorraine Lepine will speak about the T'ai Chi Chih discipline which is a form of Qi Gong influence. T'ai Chi Chih is not considered a martial art, but is a moving meditation with far-reaching benefits. This course will help you learn about increasing circulation and mobility, relieving stress, increasing energy and developing a greater general sense of well-being.

CONVENER: Lorraine Lepine (913-901-8818) E-mail: lor-

lepine@hotmail.com

CLASS FEE: \$9

Sec. B: 1 session; Tuesday, April 24; 6:00 PM - 7:00 PM; Wild Oats, Overland Park Store, 6621 W. 119th St., OPKS; LIMIT: 15

#4011 A

Gentle Strength Yoga

Anyone can learn yoga and enjoy its numerous benefits, including greater strength, vitality, flexibility, reduced tension and inner calm. This class is noncompetitive, allowing each student to progress at his or her own pace, and will include gentle strength-building postures, focused breathing and guided deep relaxation. Please wear stretchy clothes and be ready to practice in bare feet. Becky is a Registered Yoga Teacher (RYT500) who began studying yoga to relieve pain caused by scoliosis. This journey to healing has given her the opportunity to study with renowned yoga masters. She enjoys providing a compassionate space for students to explore greater freedom in their body and discover their own healing potential.

CONVENER: Becky Holsen Web Site: www.beckygyoga.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, April 14; 9:00 AM - 10:15 AM; Plaza Wellspring, 4901 Main St., Suite 400, KCMO; LIMIT: 15

#4003 B

Yoga for all Ages

Learn easy positions for beginners. With daily practice yoga strengthens your whole body, aids digestion, flexibility and will improve your eyesight. You'll notice the difference after day one and after three weeks you'll have enough knowledge to continue practice for the rest of your life. Wear loose clothing and bring a beach towel. Yoga is practiced best on an empty stomach (tea or coffee ok). Naresh is from India and has practiced yoga for thirty years.

CONVENER: Naresh Jain (913-322-1900) E-mail: jainnaresh@earthlink.net

CLASS FEE: \$16 + \$6 (room rental) = \$22

Sec. B: 8 sessions; Mondays & Wednesdays, beginning April 23; 4:00 PM - 5:15 PM; Westport Presbyterian Church, 201 Westport Rd., KCMO (enter off Westport Rd. by going to the little door with the scout troop 60 sign on it); LIMIT: 20