



### What is Bluestem University?

Bluestem University is a flagship program of Bluestem Earth Festival that includes original, intriguing, no-cost courses within 5 schools that offer incentives and knowledge to empower individuals and families to live a healthier, more sustainable and socially responsible lifestyle.

The schools that comprise the University are Food, Wellness, Water, Energy, and Waste.

**Join us to win prizes and learn your way to a better you and a better community!**



### School of Food



### School of Wellness



### School of Water



### School of Energy



### School of Waste

Bluestem University is the **interactive** seminar experience of the Bluestem Earth Festival, representative of the Core Values of the Joliet Franciscans.



## The School of Water

**Time: 10:30AM - 11:00AM**

**Location: Dave Walker  
Sound Stage**

### Joliet's Water Supply

**Instructor:**

Allison Swisher

**Instructor Bio:**

Allison Swisher is the Director of Public Utilities for the City of Joliet and has worked in the municipal engineering business for 15 years in both the public and private sector. She has a bachelor's of science degree in environmental engineering from Northwestern University and a Masters of Public Administration degree from Governors State University. Allison is the secretary for the Chicago Metro Chapter of the American Public Works Association and president of the Lower DesPlaines Watershed Group.

**Presentation Description:**

The deep groundwater aquifers that the City of Joliet relies on to provide drinking water to its 148,462 residents will no longer be a sustainable water source by 2030. In 2018, the City began a study to analyze all possible alternative water sources to be the new water supply for the City and potentially the region. These alternatives included multiple options for river water, ground water and Lake Michigan water. The first phase of the study evaluated the alternative water sources based upon water quality and quantity and concluded that the Kankakee River, Illinois River and Lake Michigan are viable options for further study. Phase II will evaluate these water sources based upon governance, control, cost, risk, and sustainability. This presentation will discuss the history of Joliet's water, the issue the City is confronting with its existing water source, the study being completed to identify an alternative water source and how stakeholders can become engaged in the process.





**The School of Food**

**Time: 11:30AM - 12:15PM**

**Location: Dave Walker  
Sound Stage**

## **Kombucha, Kefir and Kraut** **What's all this buzz, fizz, pop about?**

### **Instructor:**

Mary Krystinak

### **Instructor Bio:**

Mary Krystinak is an avid cook, teacher, gardener and outdoors woman who enjoys sharing her knowledge with others.

Mary teaches sustainable living and traditional homemaking skills thru her business Mary's Wholesome Living, Ltd, located in West Chicago. Classes are currently being offered at Whole Foods Naperville, Heritage Prairie Farm, Liam Brex HOME. Mary is also available to teach at local community events.

Canning, pickling, preserving, fermentation are just a few of the food preservation methods taught by Mary in an engaging, hands-on, friendly manner. Teaching folks to prepare healthy foods in simple and straight forward ways is her specialty.

She can be reached at 630.776.4604, wholesomemary@att.net or her website [www.maryswholesomeliving.com](http://www.maryswholesomeliving.com) Mary's Wholesome Living

### **Presentation Description:**

**Kombucha, Kefir and Kraut** (Fermented Veggies)– touted as the Trilogy of cultured foods, carry all the beneficial bacteria you need to create a diverse and healthy microbiome for optimal health.

**Kombucha** is a popular naturally carbonated drink of fermented tea that comes in an endless variety of flavors. This fermented tea is made by adding a SCOBY (symbiotic culture of bacteria and yeast) to a solution of tea and sugar.

**Kefir**, often referred to as the champagne of yogurt, is a fizzy, drinkable version of yogurt. This probiotic beverage boasts over 50 strains of gut health bacteria compared to its cousin, yogurt which only has 10 strains.

**Fermented Veggies**, such as sauerkraut and kimchi, has more probiotics in 1 spoonful than an entire bottle of probiotic capsules.

Mary Krystinak, of Mary's Wholesome Living, will introduce you to cultured foods and suggest tasty ways to include more of these bubbling beneficial goodies into your everyday diet. Samples of Kombucha, Kefir and Kraut will be available during the presentation. Full size fermented products will be available to sale throughout the day at Mary's booth.





## The School of Waste

**Time: 12:45PM - 1:30PM**

**Location: Dave Walker  
Sound Stage**

### Polluting the Waste Stream

#### **Instructor:**

Meghann Maves

#### **Instructor Bio:**

Meghann is a Recycling Program Manager for Waste Management Recycling Services, focusing on finding ways to increase landfill diversion, by launching, maintaining, and educating the Chicago area on the benefits of recycling and food scrap composting programs. She is a past co-chair of the USGBC Northwest Indiana Branch for 2017; currently sits on the leadership & municipal outreach committees for that branch, and serves as an instructor for the LEED Green Associate exam.

Her past roles include work as a Sustainability Consultant at Cannon Design, primarily working as LEED Project Administrator for LEED for Schools projects, as a LEED reviewer for the Green Building Certification Institute; as well as work for the Chicago Department of Environment at the Chicago Center for Green Technology. Additionally, she volunteered and worked for almost a decade with the USGBC - Illinois Chapter of the U.S. Green Building Council as a Programs Committee Chair, on the Strategic Education Committee, and the Chapter's Strategic Operation's Circle.

She holds a Bachelor of Fine Arts degree in Interior Design from the Illinois Institute of Art at Chicago and has over 15 years' experience working in sustainable design fields.

#### **Presentation Description:**

Join Meghann Maves, of Waste Management recycling services, for a deeper look into what goes into our solid waste stream. Learn about how to maximize your recycling efforts at home, by learning more about the big picture of the current recycling industry. We will examine why certain items are acceptable for single-stream recycling, what is considered contamination and how it negatively impacts recycling efforts, how recyclers extract value from the waste stream, and strategies beyond recycling that will help you achieve your goals for reducing landfill materials and living green.





## The School of Wellness

**Time: ALL DAY**

**Location: Wellness Corner**  
**Sponsored by: AMITA Health**



## Wellness & You

### Instructors:

Staffed by practitioners at **The Center for Wellness and Bodywork** and **Saint Joseph Medical Center**.

### Instructors' Bio:

The Center for Wellness and Bodywork is a collective of holistic health practitioners serving the Joliet/Plainfield area.

### Course Description:

The Wellness Corner features mini-sessions in massage, reflexology, healing touch, and acupuncture. Blood pressure and glucose screening is available. Wellness information includes chiropractic, hypnosis, nutrition, birthing.



While children are welcome at all Bluestem University Courses, this course is designed with kids in mind.







**The School of Energy & Waste**

**Time: 2:15PM - 3:00PM**

**Location: Children's Tent  
Sponsored by: James Dunne**

**James Dunne**  
*in honor of*  
**Kathleen Dunne and Jack Noyes**

## **The Dynamic Energy of Worms**

### **Instructor:**

Joan O'Keefe

### **Instructor Bio:**

Joan O'Keefe is Will County's own Environmental Educator. She teaches kids and community members the importance behind recycling, composting, and more.

### **Presentation Description:**

Learn how worms work as decomposers turning organic matter into healthy soil. Watch the worms wiggle and join a raffle for your very own compost bin!



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