



Cabin Fever College Helena Township Public Library

2009-2010

Attendance may be limited for some of the offerings. If you are interested in any of these programs, call the library about three weeks before they are scheduled and ask to be put on the sign-up sheet, if there is one for that program.

There is no charge for the above classes and presentations; however, there will be cost-sharing for materials provided, when applicable.

Thurs. Oct. 15, 2 pm Pixies, Pixels and Perfect Pictures Tim Hannert, world traveler and photographer, will help you learn to get the most from your digital camera. Bring your camera and all your questions.

Sun. Oct. 18, 2 pm Asian Adventure Travelogue highlighting China, Hong Kong and beyond. Joy and Ted Whittlesey, presenters.

Tues. Oct. 20, 1 pm Make Your Own Greeting Cards with Rebecca Finch. Bring your own embellishments: Ribbon, feathers, photos, pretty paper, etc., that you would like to use. Rebecca will also have a supply on hand.

Thurs. Oct. 22, 10 am Awesome Appetizers Bill Bockstahler will lead another hands-on class to whet the appetite of family and guests at his home. Call to register and receive further info. Limit 6 people.

Thurs. Oct. 29, 2 pm Organize Your Photos on the Computer Robert Vanover, the library's tech person, will present. Backing up and creating slide shows are covered.

Thurs. Nov. 12, 9 am Breakfast Basics and Beyond (MEN ONLY) Bill Bockstahler will give instructions and lead a hands-on demonstration for the first meal of the day at his home. Call to register and receive further info. Limit 6 people.

Sun. Nov. 15, 2 pm Incredible India Jim and Roberta Amstadt will present this travelogue about the many colorful and varied cultures in this country.

Thurs. Nov. 19, 2 pm Simple Photo Manipulation Robert Vanover will show you how to resize photos, adjust brightness and contrast, crop and remove red eye, etc.

Thurs. Jan. 14, 7 pm Eat Well Dr. Trevor Darnell speaks about nutrition for our genes, to save our lives and the world.

Helena Township
Public Library
231-331-4318
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Sun. Jan. 17, 2 pm Jewels of Ecuador & Peru: the Galapagos and Machu Picchu Travelogue with Tim Hannert

Thurs. Jan. 21, 2 pm Genealogy for Beginners Anne Nicholson will help you discover how to research your family history through such different avenues as public and personal records and the internet.

Thurs. Jan 28, 7 pm Move Well Dr. Trevor Darnell covers feeding our bodies with the most deficient nutrient.

Thurs. Feb. 11, 7 pm Think Well Dr. Darnell covers stress and the unconscious mind in health and wellness.

Thurs. Feb. 18, 2 pm Genealogy II with Anne Nicholson. This is for individuals who have had some experience researching their family history. Participants will share sources they have used and discover new possibilities.

Sun. Feb. 21, 2 pm Exploring Scandinavian Heritage with Roy and Nancy Ludwa. The history and culture of Denmark, Norway, Sweden, Finland and Estonia is explored.

Wed. Mar 3, 2 pm Organic Gardening I with Carolyn Royal.

Wed. Mar 24, 2 pm Organic Gardening II with Carolyn Royal.

Sun. Apr. 11, 2 pm Island Republics: Iceland and Malta, Lynn Durling.

Tues. Apr. 13, 2 pm Introduction to Visual Journaling with Patricia Innes. Learn to create simple symbols that capture the high points of your day, producing a lively visual record of your life.

Tues. Apr. 20, 2 pm Visual Journalling II with Patricia Innes.

Wed. Apr. 28, 10 am Fly Tying for Fly Fishing Dale Claudepierre, experienced fly fisherman and fly tier, will demonstrate and teach a variety of ties for trout, salmon, and bass including dry flies, streamers, minnows and poppers. Materials and tools will be provided. If you have tying tools and want to bring them, please do.

Wed. Apr. 28, 2 pm Cooking Fish and/or Seafood Join amateur chefs Ginny and Dale Claudepierre to explore different techniques for preparing seafood. This will be a hands-on class; everyone will help. Bring cutting board, sharp knife and your own fork. Limit 10 people.

The programs will take place at the Helena Township Community Center, 8751 Helena Road, Alden, MI unless otherwise noted.

Additional classes may be offered and will be added to the list.