

Courses & Programs / Winter Spring 2010

Introduction to the Internet

Learn from Bob Huculak to use the Internet to search for information, its languages and tools, information about browsers, URLs, hyperlinks and search engines. Some of the common Internet applications will be used as examples. You should have a basic understanding and skills within Windows computer environment.

SESSION 1-2 Classes \$0 - W - Apr 21, 28 - 10-12AM

SESSION 2-2 Classes \$0 - F - Apr 23, 30 - 10-12AM

Buying your First Home

Are you ready to buy your first home? How to get pre qualified. What you should know. Hidden costs and traps. We can demystify some of the steps in making your biggest investment ever Instruction – Kathy Gallant RBC TV

W - Feb 24 7-8PM

Student Banking for Grads

There's the hard way and then there's the easy way. From financing your studies to building credit. We will talk about managing debt and savings while still planning for future goals. Parents welcome. Instruction – Kathy Gallant RBC TV

W - Apr 14 7-8PM

Alter. Health Opt. for a Healthy Body

People are looking for complimentary /alternative treatments as part of their health program including high blood pressure reduction, back pain and stress relief. Learn about benefits of alternative therapies and get answers about finding qualified practitioners. Demonstrations included. Panel made up of local practitioners, experienced in a variety of therapies.

SESSION 1-Th Feb 25 7:15-8:30PM

SESSION 2 -Th Mar 4 7:15-8:30PM

What is Stress? Getting the facts!

Stress is defined as the perception of a threat to physical or psychological well being. Stress levels are related to personal coping mechanisms. Pharmasave pharmacist, Jason Spicer, will cover what is stress; lifestyle coping skills and helpful complementary and pharmaceutical therapies to help cope with a person's stress.

W May 5 7:15-8:30PM

Healthy Sleep vs. Sleep Disorders

Sleep disorders affect 1/3 (approx) of adults, commonly women and those over 60. Join Pharmasave pharmacist, Jason Spicer, to discuss the facts of Healthy Sleep, common sleep disorders, lifestyle modifications/changes to promote healthy sleep patters and complementary and pharmaceutical therapy to help improve sleep.

W Jun 2 7:15-8:30PM

Reading Food Labels

During this seminar a registered Nutritionist will teach you how to read food ingredients, what serving size are, how much energy each food contains and how to decipher the nutrition fact labels on the food you are buying, helping you to become a nutrition savvy shopper

Tu Apr 27 10-12 PM

Free Library Membership for Jan. 2010

People of all ages can celebrate the importance of reading and learning together at Family Literacy Day events across Alberta. Sheep River Library is marking Family Literacy Day with free new library membership (single or family) for the month of January 2010.

Jan 1 - 31

GENERAL INTEREST COURSES

Instant Recipes for East-Indian food

Three hours - learn six East-Indian dishes. After these sessions you should be able to prepare delicious Biryani, Butter Chicken, Chicken Karahi, Pakoras, Samosas, and Nan Bread. Please register in person or call your library.

3 Classes - \$30 - Th Apr 22, 29 May 6 6-7 PM

Brighten up winter with Flowers

Come arrange your own flowers for your table. New Creative & modern table wreaths. Choose from fresh flowers, spring bulb plants or a mixture of both. Includes wreath and supplies – plants and flowers for purchase. Instruction – Karina Nature Arranged BD

1 Class \$35 - Th Jan 21 6:30-8 PM

New and Modern spring wreath...

Come have some fun creating your very own wreath. Includes wreath and supplies – decorations for purchase. Instruction – Karina Nature Arranged BD

1 Class - \$35 - Th May 27 6:30-8 PM

How to solve Cryptic Crosswords

Learn the keys to solving these crossword puzzles. Techniques to solving these puzzles will be shown and participants will get to try solving some puzzles to get them on their way to hours of crossword fun!

Th Jan 28 7-8:30PM

Hair How – To 101

Do you struggle with the day to day styling of your hair? Is your style stuck in the wrong era? Learn fast and simple styling tricks? Join Diamond Oasis professionals for presentation, hands-on demonstrations and open discussion. Receive free styling kit. Extra supplies and styling tools available for purchase.

1 SESSION - \$ 20 - Th Feb 18 7-9 PM

Book Club

The Library Book Club meets the second Tuesday of every month. Books are chosen by members two months in advance and selections will be posted at the library. If you are interested in knowing more about the Book Club, contact Carol Hartholt at: 403-933-7464.

Tu - Jan 12, Feb 9, Mar 9, Apr 13, May 11, Jun 8 1:15PM

Build Your Own 'Self Wicking' Planter

Tired of watering your plants daily? Going away on a trip? No worries!!! Palma Heming will teach you how to construct a self-watering planter your annuals content in a moist environment. Materials list and construction blueprint available at the class. Pre-registration required.

Tu Apr 13 7-9 PM

Fly Fishing Sampler

In words and photographs, fly-fishing instructors Jim and Lynda McLennan will introduce you to the wonderful world of fly fishing. They'll explain what's involved in choosing equipment and learning how to use it, and will show you why southern Alberta is one of the best places to fly fish.

1 SESSION - \$ 20 - Tu Feb 23 7-9 PM

Three Night Fly Fishing Course

Let fly-fishing instructors Jim and Lynda McLennan show you the fundamentals of this great sport. Course topics include tackle, knots, trout food, and reading water, with an additional free outdoor casting session on April 24.

Special emphasis on the fly-fishing opportunities available in southern Alberta. All materials supplied.

3 Classes - \$ 75 + GST -W Mar 17, 24, 31 7-9 PM

West Word Ho! Meet Poet / Author Doris

Daley Join one of Canada's premier cowboy poets for an evening of entertainment, poetry, writing tips, festival reports....and iambic pentameter! Doris is the first Canadian to win the Western Music Association's top award for Best Female Cowboy Poet in North America and best honours for recent CD, Beneath a Western Sky.

Tu Feb 4 7-8 PM

TRAVEL STUDY COURSES

2008 David Thmpsn Brig. with Jim

Join 21st Century voyageurs as they journey along an historical Canadian canoe route from Rocky Mountain House to Old Fort William in Thunder Bay. David Thompson was perhaps Canada's greatest explorer and cartographer. This bicentennial 3200km journey was a celebration of Thompson's life. Relive this 2 month expedition with Jim.

W Jan 13 7-8:30PM

Exploring Glass... with Julia

Glass artists Julia Reimer and Tyler Rock will do a presentation on their recent trip to Japan, exploring the landscape and culture through their interest in craft. They will also focus on the influence of Japanese craft traditions on modern craft design.

W Feb 10 7-8:30PM

Galapagos with Dave Heron

These islands gained prominence in 1835 when Charles Darwin based on his findings, challenged previously accepted theories of evolution. Tourism opened in 1960's and is very tightly access-controlled. Dave shares his recent trip into this UNESCO jewel which was placed on a World 'Heritage in Danger' list.

W Mar 10 7-8:30PM

New Zealand with Alan Burney

New Zealand's awesome landscapes, lush forests, amazing wildlife and pleasant climate make it a haven for many outdoor activities. New Zealand society is diverse, sophisticated, multicultural, friendliness, and openness of Kiwis will impress you. If you want to know more about New Zealand come and join us.

Th Apr 15 7-8:30PM

War on Terror with Muhammad Zia

Is there a difference between Taliban and Al-Qaida? What is Federally Administered Tribal Area (FATA) between Pakistan and Afghanistan? Current situation of War on Terror? ... and many other questions will be answered in this talk.

W May 12 7-8:30PM

BEAR STUDIES PROGRAMS

Sid Marty & The Black Grizzly...

In describing the true events surrounding a series of brutal bear attacks, this best-selling nature/adventure author explores our relationship with the great grizzly. A failed berry crop and easily accessible garbage brought bears into town. Meet Sid and discuss the gripping experience of participation in a massive bear hunt.

W Feb 17 7-8 PM

Joe Pavelka - The Story of Bear 693

Meet author Joe as he talks about a young grizzly Ned, his mother, and their struggle with human encroachment on their habitat. Their story will enlighten and delight young and old about the natural world.

Sa Mar 6 1-2PM

Living with Wildlife and Bear Dogs

A community bear smart and cougar awareness presentation. The Sheep River Valley and surrounding rural area provide important habitat for wildlife. Join Fish and Wildlife Officer, Rob DiPalo and his Karelian Bear Dog, Atlas for an evening of learning about coexisting with cougars and bears to reduce problem encounters.

Th Mar 18 7-8PM

Talk and Touch - Bears From Zoo.

No live bears - just lots of bio-facts (fur, teeth, skulls...) for touching and to look at. Zoo docents will talk about bears in general and Zoo bears specifically. Do bears hibernate? Are all black bears black? Which zoo bear has a sweet tooth? Hear surprising answers - School PD Day - Instructors - Dusty & Roy Aylett Library

F Mar 19 10:45-11:45 AM

The Value of Watchable Wildlife

Join Cypress Hill's Visitor Services Coordinator Peter Swain, a former bear viewing guide whose MSC examined the role wildlife tourism can play in preserving natural spaces. Using blue-listed grizzly bears as an example, we'll see spectacular footage and understand how well-run enterprises can benefit species-at-risk by being successful.

Tu Mar 23 7-8 PM

Movie Night - The Edge 1997

A billionaire and two other men are stranded, unequipped, by a plane crash in a dangerous wilderness. How many will survive to be rescued? Cast: Anthony Hopkins, Alec Baldwin, Elle Macpherson, Harold Perrineau ... and Bart the Bear

Th Mar 25 7-9 PM

Bear Month GRAND FINALE

Bring the whole family! Prizes for best Teddy Bears, awards to youth for "Bear Stories", face painting, book draws, pins, and a Teddy Bear Picnic including hot dogs. Join the staff and board for a fun afternoon of entertainment and celebrations.

Sa Mar 27 1-3PM

ENDANGERED SPECIES COURSES

...Survival -The Ferruginous Hawk

Alberta's largest hawk, which feeds entirely on rodents, has faced a disastrous 40% reduction in recent years. Learn about these birds of prey, known for their incredible speed, razor sharp talons and flesh piercing beaks, impact of their extinction, and what is being done for their survival Instructor - Brandy Downey

Tu Apr 6 7-8 PM

...Northern Leopard Frogs

Can Northern Leopard Frogs Be Re-Introduced to Native Habitats? Join Beauvais Lake Provincial Park as they leap into this Unknown Scientific Discovery! What happened behind the scenes of this frog reintroduction project? Discover the trials and tribulations of the Leopard Frogs great return and the many people who helped Instructor -Alberta Parks - Heritage Appreciation Specialist - Heidi Eijgel

Tu Apr 20 7-8PM

Helping Alberta's Native Bull Trout -

Return of the River Wolf Learn first hand about one biologist's scientific journey to discover how to increase Alberta's native Bull Trout populations in Lower Kananaskis Lakes and the Sheep River. This is not your typical biologist talk! Entertaining and fascinating facts will guarantee your arm chair naturalist seat at the library is worth reserving!

Instructor - Sustainable Resource Development - Fisheries Biologist - Jim Stelfox

Tu May 4 7-8PM

"All Eyes on...Iris" - Blue Flag Iris

The only native Iris to Alberta! A rare plant population found in Police Outpost Provincial Park, one of the most threatened grassland / parkland ecosystems on the Canadian Plains. Learn more about the ecological requirements, conservation activities and monitoring that is helping to preserve this rare species. Instructors from Alberta Tourism, Parks & Recreation

Tu May 18 7-8 PM

The "Water Wolf"-Lake Newell's Predator

Pike Ever heard of the "Water Wolf"? A popular sport angling fish, Pike are a streamlined predator with the ability to stalk prey effortlessly. Find out what makes this fish a top predator, its habitat, fascinating fish facts, and what you can do to Help Keep this Fish in Our Future.

Instructor - Sustainable Resource Development - Fisheries Biologist - Cam Wallman

Tu May 25 7-8 PM

PROGRAMS FOR KIDS

Activities and Movies on PD Days

Kids! Get together with your friends at the library on PD days. Start the day at 11 with board games, craft classes, art activities. Bring your lunch and stay for afternoon movies. Watch for details in local papers and school posters.

SESSION 1 - Tu, F - Feb 16(6-8yrs) Feb 19 (8-12yrs) 11-3 PM

SESSION 2 - F Mar 19 (all ages) (Bear Movie) 11-3 PM

SESSION 3 - Tu, F Apr 6 (6-8yrs) Apr 9 (8-12yrs) 11-3 PM

SESSION 4 - F May 21 (all ages) 11-3 PM

Once Upon a Time (For parents with children 0-6 years of age)

Have fun making a book with your child. This FREE program gives parents and children an opportunity to make a book which they can then take home and read together. Supports early literacy.

4 Classes W Jun 9, 16, 23, 30 10-11AM

Storytime (3-5 years)

Storytime develops interest in books and reading. Parents stay in the library while our trained storyteller runs the session. This is an opportunity for young children to mingle with others and interact independently. Preregistration is required due to limited space. Register on phone or in person at the library.

8 Classes - M Feb 15 to Apr 12 1-1:45PM

VIDEOCONFERENCE - Law @ Lunch Series

Presented by Lethbridge Public Library and the Public Legal Education Program (Lethbridge College)

Small Claims Court and How it Works

W Jan 27 12-1:30 PM

Residential Tenancies

W Feb 3 12-1:30 PM

Loosing a Job and Wrongful Dismissal

W Feb 10 12-1:30 PM

Separation and Divorce

W Feb 24 12-1:30 PM

An Enduring Power of Attorney (A Will: A Legal Toolkit)

W Mar 17 12-1:30 PM

Being an Executor: Legal Rights and Responsibilities

W Mar 24 12-1:30 PM

Registration Procedure

Phone / Fax 403-933-3278

E-mail

abdsrclibrary@marigld.ab.ca

OR

In person at the library
301 Centre Avenue West
Black Diamond, AB

Early registration is important due to limited space availability