The McCall Arts & Humanities Council exists to help people “flex their imaginations.”
Like a physical muscle, a strong imagination must be stretched and conditioned to be most effective.
The arts and humanities matter because they engage our imaginations, allowing us to interpret the past,
envision the future, and form a foundation for critical thought and pioneering ideas.
By flexing our imaginations, we ultimately exercise our own humanity.

Annual Pre-Season FUNdraiser:

Holiday Wreath Spectacular FULL!
Thursday, Dec. 7 6:00-9:00pm
Our Lady of the Lake Catholic Church, 501 Cross Rd.  $48
This lovely annual event offers guests a festive opportunity to both give and receive in a warm, holiday environment. The evening of crafting and conversation will be hosted by Katie Morgan and will feature a light soup supper, fresh baked breads, and desserts. Along with the basic materials needed to make an evergreen wreath (including some fun and whimsical adornments) guests will also receive a look at the MAHC’s 2018 Cabin Fever class schedule. Those who register for Cabin Fever classes AT this event (cash or check ONLY) will all receive a 10% discount!! This fun and friendly MAHC event costs only $48, and is made possible through the generous donation of all materials, foods, and teaching time. Guests should bring their own clippers if possible and are welcome to bring their own personal or unique adornments, if desired. Guests are also welcome to bring a bottle of wine to enjoy with their dinner. Registration Required

THIS SEASON - ⚪️
look for this symbol
This season the MAHC is participating as a program partner with the City of McCall on their public art project, Bridging the Source: Arts and Payette Lake. To promote understanding and encourage dialogue around the topic of our lake and watershed, the MAHC is offering a variety of unique water-themed presentations and classes this winter.
Classes featuring this theme are marked with the symbol above.

Explore your water!
Cabin Fever 2018 - FLEX YOUR IMAGINATION!

Authentic Argentine Tango
Tuesdays, Jan. 2, 9, 16, 23, 30, and Feb. 6  7:00-9:00pm
McCall-Donnelly High School Commons  $90 per person for 6 sessions (12 hours instruction!)
No former dance experience is necessary to jump-start your winter with this spicy dance class. This weekly 2-hour class is geared toward absolute beginners as well as those who are returning to tango from last year’s class. We will take a measured, slow introduction to the dance and its music with special attention to connecting with each other every step of the way. This is a beautiful dance that appeals to all ages and abilities. Please bring a partner - any gender-blend is fine and we will switch partners at times during our learning process. The first hour of each session will offer a structured lesson. The second hour will be a “guided practica.” This is a period for students to explore and practice what they’ve learned with instructors on hand to coach and answer questions. Instructor Marge Dobie started dancing tango in Boise in 2001 and was instrumental in forming and sustaining the vibrant Boise tango community. She has traveled extensively to study, including festivals in the US and Buenos Aires, and has organized workshops with internationally renowned tango professionals here in Idaho. Her teaching style is welcoming, supportive, dynamic and energizing. Her primary goal as an instructor is to inspire students to start down the tango discovery path and reap the many benefits of experiencing this intimate, elevating, and creative dance. Registration Required

A Winter Dinner Party with Nicki Humphries
Monday, Jan. 8  6:30-8:30pm
Alpine Village Sales Gallery, Condo 206 (park on Maverik side of building)  $45
This cooking class taught by Edible Art Catering’s Nicki Humphries will prepare you for a winter of cozy entertaining and delicious dining! Nicki will share recipes and techniques (as well as delectable samples) to guide you through the creation of a lovely dinner, including appetizers, a perfect pasta dish (learn how use a pasta maker), fresh and flavorful salad, and a delightful dessert. Start your 2018 entertaining right by joining Nicki for this fun Cabin Fever adventure! Registration Required

How Geology Shapes our Watershed 💧
Tuesday, Jan. 9  6:30pm-8:30pm
McCall Public Library, 218 E. Park St., FREE (suggested $5 donation)
This lecture and PowerPoint presentation will provide a thorough overview of our dynamic local geology along with explanations of the many interesting processes that have shaped the landscape and watershed we live in today. Presented by John Rygh, semi-retired geologist, hydrologist, and wearer of various other earth-science hats.

Introduction to the Paleo Diet: an Evening with Chef Amy
Wednesday, Jan. 10  6:30-8:30pm
Alpine Village Sales Gallery, Condo 206 (park on Maverik side of building)  $45
The paleo diet takes eating back to our earliest roots, recreating the intake of our caveman (and woman) ancestors. The paleolithic diet and lifestyle are based on an ancestral approach that prioritizes eating real, whole, nutrient-dense foods. These foods consist of meats, fish, some fruits, roots, nuts, seeds and vegetables. Excluded are grains, beans, sugar, and dairy. The paleo diet works well for so many people because the main food culprits are eliminated - dairy, grains, gluten, legumes, and refined sugars. In this class, Chef Amy Klingler of Amy’s Whole Foods Creations will inspire you with modern paleo recipes that include locally-sourced meats and produce. You will also learn different preparation techniques and the use of new tools (such as the spiralizer) to keep food prep tasks fun and simple. Everyone will receive a packet of recipes to take home, in-class sampling,
and a surprise gift from Chef Amy. Have fun in the kitchen, dive into experimentation, and learn new skills to nourish yourself and your loved ones! **Registration Required**

**Photography for the Ultimate Beginner**  
Wednesdays, Jan. 10, 17, 24, & 31  
6:30-9:00pm  
McCall-Donnelly High School Computer Room *(enter through main entrance on Mission)*  
$75  
(10 hours instruction!)

Demystify your camera and learn how to start with the basic creative tools available to you in order to take better photographs and broaden your visual options. If you are an ultimate beginner -- fear not! Join professional photographer Pam Benham for this class on be-friending your digital SLR camera. Learn about F-stops, Shutter speeds, ISO Settings, composition and how to use natural lighting to make your beautiful photographs. Participants should bring their cameras with them to each class. Classes will include a combination of instruction, explanation, shooting practice, at-home assignments, and critiques of student work. Instructor Pam Benham works as a location photographer throughout the West for a wide array of corporate, editorial, and advertising accounts. Pam has taught at Boise State University, the College of Southern Idaho, and most recently designed, launched, and taught the College of Western Idaho’s first photography classes. Find out more about Pam at [www.benhamphotography.com](http://www.benhamphotography.com). **Registration Required**

**Introduction to Major Religions: Awareness, Understanding, & Belief**  
Thursdays, Jan. 11, 18, & 25  
6:30pm-8:30pm  
Tantra Power Yoga, 409 S. 3rd St.  
$48  
(6 hours instruction!)

Join Dr. L. Bryan Williams for this 3-session class exploring the major religions of the world. Never has there been a better time to broaden and deepen our understanding of world religions. Exploration and learning leads to understanding, understanding to respect and tolerance, respect and tolerance lead to greater peace and safety for all. Sessions will include - Session One: Awareness of Similarities and Differences in Religions & Moralities, Session Two: Understanding Peoples of the Book & Religions of India & China, Session Three: Believing and Practicing Your Own Faith - Energizing One Faith or Creating a Meaningful Collage. Dr. Williams is a Social & BioEthicist and President of McCall College. He served as Associate Professor of Religion and Ethics and Chair of the Department of Religion and Christian Ministries at Warner Pacific College in Portland, Oregon. Dr. Williams earned his PhD in Religion and Social Ethics from the University of Southern California. His recent book, *The Spiritual Healer: Healing Strategies from Shamanism, Buddhism & Spiritualism*, is available on Amazon. **Registration Required**

**Beyond Color and Value**  
Saturday, Jan. 13  
10:00am-3:00pm  
Gallery 55, 311 E. Lake St.  
$64  
(4 hours instruction with one hour lunch break!)

This 4-hour workshop will help every artist explore what makes a good painting, considering how an artist can take a painting beyond the “ordinary.” For years, landscape artists have used color, temperature, and value to shape atmospheric perspective. In this class, expressionistic artist Mary will help students explore the importance of color and value as a framework. Then, moving beyond color and value, the class will look critically at paintings and discuss design principles. Mary will inspire students to deepen their personal expression in their paintings by helping discern what each student wants to “say” about his or her subject. Cost includes all supplies needed. Students should dress to get messy. **Registration Required**

**Second Sundays Sounds at Six**  
Sundays at 6:00pm, Jan. 14, Feb. 11, & March 11  
Community Congregational Church, 901 First St.  
**FREE**

Don’t miss this unique & wonderful classical musical recital series offered by the McCall Music Society! Second Sundays brings renowned & talented classical musicians to McCall from all over the country (and sometimes the
Detox or Not?

Tuesday, Jan. 16  11:45am-1:15pm
Community Congregational Church, 901 First St.   $5
This class is part of the Nutrition Edge series offered by St. Luke’s Center for Health Promotion, supported by the MAHC, and facilitated by Susan McCandless and Liz Jones. Curious about detoxification? Have you ever wondered if it’s for you (it is), but been leery about all the health claims? Learn the truth about detoxification and how to tailor a program fit specifically for you. You will go home with your own detoxification program, as well as recipes! This class will include a 20-minute walk, so participants should bring good walking shoes. Students should also bring a brown-bag lunch, but will taste some delicious samples in class, as well. Susan McCandless is a Registered and Licensed Dietitian Nutritionist working with St. Luke’s McCall’s Integrative Medicine Clinic. She is also a Certified Intuitive Eating Counselor. Liz Jones is St. Luke’s Coordinator for the Center for Health Promotion. Registration Required - contact St. Luke’s directly to register at 208-630-2420.

Mythology: Water and Water Beasts

Tuesdays, Jan. 16, 23, 30, & Feb. 6  6:30pm-8:30pm
McCall Public Library, 218 E. Park St.  $60
In this class, students will encounter a variety of myths from around the world in order to understand the powerful role water plays in these ancient stories. Guided by mythology scholar Tracey Kindall, participants will explore stories about wells of memory and inspiration, the crossing of watery thresholds, water’s role in death and rebirth, and water as a force of fertility, healing, power, and purification. Along the way students will also encounter a variety of mythic beasts native to the watery realms, and will explore the functions and symbolism of these various beings. Tracey Kindall is a passionate advocate of imagination, story, and myth. She holds a Master’s Degree in Folklore from the University of Oregon and regularly teaches classes on mythology. Registration Required

DIY Spa: Fully Awaken Your Inner Beauty

Wednesday, Jan. 17  6:00pm-8:30pm
Payette Lakes Middle School Art Room  $40
Join local herbalist and licensed cosmetologist, Christine Hulse, co-owner of Woodland Wildcraft, to learn how to create your own spa experience at home using nourishing products and practices. During the class, Christine will discuss the impact of lifestyle choices such as diet, stress-management, and sleep on physical appearance - beauty begins within! Participants will be guided through the production of their own herbal facial masque, customized for their unique skin issues, and learn how to apply the masque in class. Facial cleansing, the use of scrubs, and moisturizing will all be discussed as well. Throughout this mini-spa experience, participants will also have the opportunity to sample relaxing and enriching spa supports such as soothing music, calming herbal teas, refreshing aromatherapy, and more. This class offers the perfect starting point for replacing chemically-laden beauty products with truly healthful alternatives. Participants will take home a tin of tea, face cream sample, and skin tonique - ALL crafted with locally and sustainably-harvested plants. Registration Required

Salmon and Steelhead of the Columbia Basin

Jan. 18  6:30pm-8:30pm
McCall Public Library, 218 E. Park St.  FREE (suggested $5 donation)
Join Idaho Fish and Game’s Regional Fishery Biologist, Kim Apperson, for this lively presentation on the history of Pacific Salmon in the Columbia Basin. Kim will also explore the impacts to fish populations that resulted from
European settlement and development. Further in-depth discussion will focus on the history and current status of populations of Chinook Salmon and Steelhead Trout in the Snake River Basin of Idaho, and ongoing efforts to recover them to sustainable abundance.

**Postal Valentines**

Saturday, Jan. 20  1:00pm-4:00pm  
Gallery 55, 311 E. Lake St.  $32

Remember good old-fashioned home-made Valentines? Join artist Thea Belecz for this lovely workshop and learn to make your own set of Valentine’s to send to family and friends. Materials will be supplied for each student to make up to 10 (time dependent, of course!) canvas, mail-ready Valentine post cards. Stamps, paint, pictures, fun! All supplies are included, but please feel free to bring some of your own unique items if desired (special paper, pictures, lace, etc.). Thea Belecz is a mixed-media and fiber artist who also loves to make and bind books. She lives in McCall with her husband and dog and loves to take long walks, cook, bake, and grow things. Thea is a long time member of Gallery 55 and her work lives nationwide in many homes and businesses. **Registration Required**

**Japanese Shibori Dyeing**

Tuesday & Wednesday, Jan. 23 and 24, 5:30-7:00pm  
Keep Me In Stitches Studio, 136 E. Lake St.  $42

*Shibori* is a Japanese term for methods of dyeing cloth by binding, stitching, folding, twisting, and compressing. In Japan, the earliest known example of cloth dyed with the shibori technique dates back to the 8th century. Using silk scarves and dyes this class will focus on techniques used to produce color safely on fabric that has been manipulated in traditional ways to produce interesting patterns. Instructor Lonna Alexander-Steele is a well-known fiber artist who travels, writes, presents, and teaches widely. She has written for several fiber arts magazines and has taught at numerous fiber arts festivals throughout the U.S. Cost includes silk scarf and all dyes. **Registration Required**

**American Classics: Let’s Talk About It Book Discussion Series**

Wednesday evenings, Jan. 24, Feb. 7, 21, March 7, 21, 7:00-8:30pm  
McCall Public Library, 218 E. Park St.  **FREE**

During this popular winter book discussion series, participants will gather at the library to explore themes and issues addressed by the season’s books, led by visiting scholars. The 2018 theme is “American Classics.” Book titles, in order of discussion, are *Catcher in the Rye*, by J.D. Salinger; *Gone with the Wind*, by Margaret Mitchell; *The Great Gatsby*, by F. Scott Fitzgerald; *Puddinhead Wilson*, by Mark Twain; and *The Wizard of Oz*, by Frank Baum. Books are provided and a library card is not required. **Registration Required** -- call the library at 634-5522 to register.

**Tasty Winter Pot Pies**

Thursday, Jan. 25  6:30pm-8:30pm  
Payette Lakes Middle School Art Room  $38

If you can’t escape the cold snowy weather of McCall winter - counteract it with coziness! Nothing is cozier than a warm night around the fire, eating delectable chicken pot pie! Anjel Griggs - operator the Boise Grange and general expert in food preparation, food preservation, and so much more - will visit McCall in January to teach this hands-on class in pot pie construction. In class, Anjel will guide participants through the creation of perfect pie crust, and the creation of classic chicken pot pie filling. Students will craft several small pies to take home and bake (or freeze for later). This is a hands-on culinary crafting class, so students should come prepared with aprons or other appropriate kitchen clothing. Find out more about Anjel and the Boise Grange at [www.boisegrange.com](http://www.boisegrange.com). **Registration Required**

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MAHC members receive 15% off all Cabin Fever classes! Join **before** you register & save!
Metalsmithing for Beginners: Soldering

Wednesday, Jan. 31    6:00pm-8:30pm
Gallery 55, 311 E. Lake St.    $120 - includes torch, pick, & tweezers to keep!
Learn the basics of soldering for non-ferrous metals (copper, brass, silver) in this beginning level class. Artist Nancy Sathre-Vogel will teach participants two distinct methods that can be used to solder pieces together, and students will create multiple practice pieces. All materials will be provided, and you'll get your very own torch, block, pick, and tweezers to take home so you can continue to practice on your own. Nancy Sathre-Vogel left teaching after 21 years to pursue her passion for making jewelry. Now, she spends her time etching, hammering, and soldering metal to create wearable art out of old recycled metal. Nancy’s work can be found at Gallery 55 in McCall. Registration Required

Metalsmithing for Beginners: Copper Patinas

Thursday, Feb. 1    6:00pm-8:30pm
Gallery 55, 311 E. Lake St.    $48
Play with color! Copper is a very reactive metal, and lends itself to a wide variety of patina effects. In this class, artist Nancy Sathre-Vogel will guide students through an exploration and application of some of the most common methods of creating patinas and other colors on copper. Nancy Sathre-Vogel left teaching after 21 years to pursue her passion for making jewelry. Now, she spends her time etching, hammering, and soldering metal to create wearable art out of old recycled metal. Nancy’s work can be found at Gallery 55 in McCall. Registration Required

The Fine Art of Italic Calligraphy

Tuesdays & Thursdays, Feb. 6, 8, 13, & 15, 6:30-8:30pm
Payette Lakes Middle School Art Room   $62 for 4 sessions (8 hours of instruction!)
Need a new creative outlet for winter evenings? Consider the lovely and venerable art of calligraphy! Over four sessions, participants will be tutored by artist Bonnie Glick in mastering Basic Italic hand. Italic is a cursive alphabet which is matched with a Roman font. While roman typefaces are upright, italic typefaces slant to the right. Italic script was developed during the Renaissance in Italy. The class fee includes a pen holder and nib, an ink well, a mixing brush for loading the ink and a 1 oz. container of walnut ink crystals that students will take home. An opportunity to work with Arches French paper will be included, with basic instruction on layout and design. Instructor Bonnie Glick is a calligrapher and artist trained in Italic, Copperplate, Uncial, and Gothacized Italic lettering. She has been a member of the calligraphy guild of Idaho, the Idaho Inkspots, for many years. She attends continuing education and training through the guild each spring and fall with instruction from internationally recognized calligraphers and attends the international calligraphy conference every other year. Her love of calligraphy started as a child when her mother bought her a set of calligraphy pens. She has developed her craft since then and spends many happy hours, especially in the winter months, practicing various hands. NOTE: students need to note in their registration if they will be writing with their right or left hands, so that appropriate nibs can be ordered. Registration Required

Make Your Own Valentine’s Day Truffles

Wednesday, Feb. 7     6:30pm-8:30pm
Payette Lakes Middle School Art Room   $38
Join food guru Anjel Griggs, operator of the Boise Grange, for this hands-on workshop which will teach students to craft their own delicious truffles just in time for Valentine’s Day! Truffles make fabulous gifts and they stay fresh for a long time. Anjel will guide participants through the construction of their own Valentine’s Day ganache to take home. Since ganache needs to sit overnight before it is rolled, Anjel will also bring some already-prepared ganache for students to work with in learning the further steps in delicious truffle-making. This is an active, hands-on class so students should come prepared with aprons or clothes suitable for culinary crafting. Find out more about Anjel and the Boise Grange at www.boisegrange.com. Registration Required
Happy Birthday, Thoreau! Getting to Know Henry

Thursday, Feb. 8  6:30pm-8:00pm
McCall Public Library, 218 E. Park St.  FREE (suggested $5 donation)

Celebrate Thoreau with photos and stories Renée Silvus recently collected in Henry’s hometown of Concord, MA. There’s the mythology around his two years at Walden Pond. Colorful notions of a cantankerous idler belie the voluminous journals, letters, lectures, books, poems, essays, and surveys. Were those long daily walks frivolous, or fodder for creativity? Scientists today are grateful ~ they have precise measurements from a nineteenth-century natural historian. We also have our personal and collective philosophic inheritance, ways we’ve received a deep wisdom and made it our own. In this evening we’ll look at places and artifacts, read a little brilliance, and discuss how to Live like Thoreau. Renée brings a blend of perspectives as an educator, therapist, and coach. She taught high school English for 17 years across 5 schools and 2 continents. Reading and teaching Thoreau has been one of her biggest influences. She recently visited Concord to collect material and inspiration for Idaho events and a playbook. Read more at reneesilvus.com.

Food & Mood

Tuesday, Feb. 13  11:45am-1:15pm
Community Congregational Church, 901 First St.  $5

This class is part of the Nutrition Edge series offered by St. Luke’s Center for Health Promotion, supported by the MAHC, and facilitated by Susan McCandless and Liz Jones. What can we do every day to make our brains stronger and healthier? How does our nutrition impact brain health? Learn what the experts have to say about topics such as Alzheimer’s, dementia, ADHD, autism, depression, anxiety, traumatic brain injury, and more. This class will include a 20-minute walk, so participants should bring good walking shoes. Students should also bring a brown-bag lunch, but will taste some delicious samples in class, as well. Susan McCandless is a Registered and Licensed Dietitian Nutritionist working with St. Luke’s McCall’s Integrative Medicine Clinic. She is also a Certified Intuitive Eating Counselor. Liz Jones is St. Luke’s Coordinator for the Center for Health Promotion. Registration Required - contact St. Luke’s directly to register at 208-630-2420.

Understanding Your Watershed

Thursday, Feb. 15  6:30pm-8:30pm
McCall Public Library, 218 E. Park St.  FREE (suggested $5 donation)

Have you ever wondered where your water comes from? Or where it goes? Have you ever been confused driving along Idaho rivers that seem to flow to all four cardinal directions, or perplexed when looking at a map wondering “the east fork or the south fork of what?” Jon Kittell will help to set us all straight in this evening presentation designed to orient us all comfortably within our watershed. Jon will describe what happens to our snow in the springtime, will explain the natural contours and boundaries that define our local watersheds, and will discuss the social responsibility that comes with living at the top of a watershed. Jon Kittell is a fly-fishing and whitewater guide on the Middle Fork of the Salmon River during the summer, and drift-boat Steelhead guide during fall and winter. Jon studied Natural Resources Management and Cartography at Colorado State University. Passionate about the health of river ecosystems, Jon regularly engages and educates the general public through his work as a river guide. He also leads expeditions exploring remote river regions and rarely-seen river canyons around the world.

Garden Dreamscape Journals

Saturday, Feb. 17  1:00pm-4:00pm
Gallery 55, 311 E. Lake St.  $36

Winters can be long in Valley County. February is the perfect month for planning out our gardens - real, imagined, or hoped for. This February class will provide the perfect outlet for your dreams of spring AND introduce you to
the art of simple bookbinding! Thea’s Garden Journal inter-leaves gridded paper with plain paper, making it perfect for storing notes and lists as well as pasting pictures into one page while plotting and planning on the next page. Finished journals will be 8.5 inches wide and 11 inches at the spine. Pages will be sewn together using a simple stitch; sturdy board covers will be glued onto the first and last pages. Each participant will decorate the front cover making each dreamscape journal unique! All materials to be provided. If you’d like to bring your own decorative items for your book cover, such as photographs or pictures, please do so. Thea Belecz is a mixed media and fiber artist who also loves to make and bind books. She lives in McCall with her husband and dog and loves to take long walks, cook, bake, and grow things. Thea is a long time member of Gallery 55 and her work lives nationwide in many homes and businesses. Registration Required

Learn to Crochet
Monday, Wednesday, & Friday, Feb. 19, 21, & 23, 5:30-7:00pm
Keep Me In Stitches Studio, 136 E. Lake St.  $38 for 3 sessions (4.5 hours of instruction!)
This class will introduce students to the art of crocheting and will leave students with a lovely and useful project. Local fiber maestro Lynda Vrgora will guide students through the process of making a super cute winter hat. Skills learned can be taken home and extended on endless projects! A crochet hook to keep is included in the class. All yarn provided. Registration Required

Photography & Photoshop: Creating Your Best Images
Wednesdays, Feb. 21, 28 & March 7, 14  6:30pm-9:00pm
McCall-Donnelly High School Computer Room (enter through main entrance on Mission)  $75  
(10 hours instruction!)
This class is for those who are trying to maximize the impact of their photographic images. Professional photographer, Pam Benham, will guide students through the basics of using both the principles of photography and Adobe PhotoShop CC. A wide cross section of photographic abilities will be welcome in this class. The only requirement is that students understand the basics of photography. We will explore lighting and how it affects and empowers images, elements of composition, and time and space in photography. Also included will be the many technical aspects of photography used to enhance images such as f-stops, shutter speeds, white balance, ISO setting, how and when to use strobes, and how to optimize natural light. An assortment of interesting assignments will be allow students to explore various genres of photography. Students are also invited to use this class to concentrate on an already-existing project. Adobe PhotoShop CC will be explored through digital post-production processing, offering students an opportunity to learn how to alter and enhance images; how to use the tool bar and menu; how to size photographs, get the right color, tones, and exposure; how to use the airbrush, rubber stamp, healing brush, and red eye tool; and more! This fun and interesting class will build both your photography and Adobe PhotoShop skills. Necessary equipment includes: cameras, lens, and thumb drive. Instructor Pam Benham works as a location photographer throughout the West for a wide array of corporate, editorial, and advertising accounts. Pam has taught at Boise State University, the College of Southern Idaho, and most recently designed, launched, and taught the College of Western Idaho’s first photography classes. Find out more about Pam at www.benhamphotography.com. Registration Required

Wines of the Loire Valley
Tuesday, Feb. 20  6:30pm-8:30pm
The Cellar at Bistro 45  $30
Explore one of the most diverse and exciting regions in France with Bistro 45’s inimitable Kit Worthington and Idaho Wine Merchant’s very own Scott Sprague during this festive Cabin Fever wine-tasting class! Home to Pinot Noir, Sauvignon Blanc, Cabernet Franc, and many, many more, the Loire region encompasses an enormous area of central France including Muscadet, Sancerre, and Chinon. An evening not to be missed! Registration Required
Make Your Own Elegant Leather-Wrap Bracelets

Tuesday & Thursday, Feb. 20 & 22, 6:30-9:00pm
Payette Lakes Middle School Art Room, $45
In this class, professional jewelry maker Louise Gilbert will teach students how to make a trend-setting leather-wrap bracelet with beads, yielding a finished piece worthy of Sundance catalog. Students will start with a single-wrap bracelet and progress to the double and/or triple-wrap bracelet. There will be a diverse selection of beads from which to choose, as well as various buttons for crafting the closure. This is a fun project with an EASY to MEDIUM difficulty rating. Photos of sample bracelets will be available on our website closer to class date. Registration Required

The Long Way Through: Journey on the Camino de Santiago

Thursday, Feb. 22 6:00pm-8:00pm
The Barn Owl Books & Gifts, in Alpine Village, 616 N. 3rd St. FREE ($5 suggested donation)
In September of 2014, Rebecca Havens walked away from her life to journey along the Camino de Santiago. While her pilgrimage was life-changing and amazing, it varied significantly - but not surprisingly - from the popular Martin Sheen movie, The Way (no stunt doubles!). Inspired by her own journey, Rebecca will share her experiences and suggestions to assist you in making your own six-week, 500-mile walk across Spain following the Camino. Travel is a powerful catalyst for change, and “walking away from it all” can lead to coming home with new vision, experience, and the feeling of being more fully alive. A packing list, tips, and tools will be provided, as will coffee and cookies. The Barn Owl Books & Gifts will also offer a 1-night only discount on the guidebook that Rebecca used for her journey. A must-have for every soon-to-be pilgrim!

Meditation for Starters

Saturday, Feb. 24 1:00pm-4:00pm
St. Luke’s McCall $26
Maybe you’re curious about all the recent scientific studies touting the benefits of meditation. Maybe you’ve been noticed some very positive changes in family & friends who practice meditation. Or, perhaps you’ve just been noticing the annoying chatter of your mind more often lately, and wondered how you might escape it. Meditation might seem mysterious and meant for loftier minds than yours, but it’s not. Anyone can do it, and anyone who practices consistently will feel its positive benefits. During this three-hour workshop led by yoga and meditation instructor Connie McClaran, students will not only hear about the benefits of meditation and how that works, they’ll leave having experienced these benefits first-hand. Participants will learn the simplest of techniques, practice them together, and then determine a plan for how meditation will best fit into their unique lives. Meditation may be practiced on the floor or in chairs, so there is no concern about discomfort. Connie McClaran has been a RN at McCall Memorial / St. Luke’s Hospital for 40 years, during the last 15 of which she has been devoted to bringing the practice of yoga and meditation to those uncomfortable in the typical yoga studio. As an RN she brings the knowledge and understanding of Western medicine & science to bear on the translation of these ancient practices to our western minds in a non-threatening, non-sectarian manner. Her passion is teaching. Yoga and meditation is what she loves to teach. Registration Required

Sounding the Depths of Sound in Your Writing: A One-Day Workshop

with Poet, Novelist, and Professor - Alexandra Teague

Sunday, Feb. 25 9:00am-5:00pm (includes a 1-hour lunch break)
Hotel McCall $85 (8 hours instruction!)
If, as Ilya Kaminsky says, “Poetry . . . exists above any speech,” how do we use attention to sound - the musicality and pacing of our language - to make our own written words (whether poetry or prose) stand out above ordinary speech? How do we keep natural cadences and voices, while still amping up the sounds so that they’re doing their best work on the level of line or sentence or paragraph? How can attention to stresses and syntax help us
write better-sounding and more interesting and effective prose and/or poetry? In this interactive workshop, aimed at ALL levels, we’ll closely read sonically-skilled writing samples from John Milton to Flannery O’Connor to contemporaries such as Danez Smith, AND we will do a range of writing exercises - from playing with the wording of sentences to writing in meter to imitating pieces of music - to get a sense of how far sound can take us. Instructor Alexandra Teague is the author of two poetry books — *The Wise and Foolish Builders* and *Mortal Geography* (Persea 2010 and 2015) — and a novel, *The Principles Behind Flotation* (Skyhorse 2017). A former National Endowment for the Arts and Stegner fellow, and recipient of the California Book Award, she is an Associate Professor of Creative Writing at University of Idaho. Registration Required

**Kucy Favorites - An Evening with Gary & Stacey**

**Tuesday, Feb. 27  6:30pm-8:30pm**  
Alpine Village Sales Gallery, Condo 206 (*park on Maverik side of building*)  $60

Join McCall cooking/baking rock stars, Gary and Stacey Kucy, for the ultimate Cabin Fever cooking class. In this fun class, Gary and Stacey will unite to share some of their favorite recipes through the creation and presentation of the ultimate in winter comfort food. A hearty main dish will be sandwiched between an amazing appetizer and decadent dessert. We are leaving the rest to the imagination to tantalize participants! Gary was a 2013 semi-finalist for the prestigious James Beard award, and is currently the chef at Rupert’s. Stacey is the owner of Stacey Cakes and is famous in and around McCall for her delectable desserts. Together, they have several decades’ worth of shared experience and our community is the richer for their presence. As the class date approaches, participants will be emailed wine suggestions, which are optional accompaniments students may wish to bring to class. **NOTE:** This class will fill very fast. Space is limited and drop-ins will NOT be able to be accommodated. Registration Required

**10th Annual Heritage Night: Payette Lake & Our Watershed**

**Thursday, March 1, 6:30-8:30pm**  
Shore Lodge, upper pavilion  **FREE** ($5 suggested donation)

Each year, our popular Heritage Night serves as the heart of the Cabin Fever series. This special evening provides opportunities to learn and share stories and experiences related to our heritage. This year’s event will feature a panel discussion with community members who will help us explore Payette Lake and our watershed through a variety of lenses, including the environmental, historic, cultural, economic, and geographic. The audience will be encouraged to ask questions and share their own related stories to foster community dialogue on our precious waters. Panelists will announced as the season gets underway and updated information will be available on our website. Coffee, tea, and water will be provided. Join us for a lovely community evening on the lake at Shore Lodge!

**Fun with Color: Discovering Abstract Painting**

**Saturday, March 3  10:00am-2:00pm**  
Gallery 55, 311 E. Lake St.  $60  (3 hours instruction with oils!)

This class will introduce students to oil painting in a fun and non-threatening way. All levels of proficiency are welcome - no prior experience necessary. Professional artist Stephen Douglas will guide participants through the discovery of the beauty of color found in creating non-objective art. Students will play with paint and explore its marvelous ability to capture and reflect light on canvas. Born in Chicago Illinois to artist parents, instructor Stephen Douglas has been creating art all of his life. Stephen studied art at the Art Institute of Chicago as well as the College of Arts and Crafts in California. He prefers abstract art that allows the viewer to interact with the painting, engaging his or her imagination to tell a unique story around each piece of work. Students should come prepared to work with messy oil paints and wear clothing that is appropriate (oils don’t wash out!) All supplies included. Class time listed includes a 1-hour break for lunch. Registration Required

MAHC members receive 15% off all Cabin Fever classes! Join before you register & save!
Cajun & Creole Cooking
Monday, March 5   6:30pm-8:30pm
Alpine Village Sales Gallery, Condo 206 (park on Maverik side of building)   $45
Join expert chef, food preservation guru, cheese-maker, and all-around culinary goddess Anjel Griggs for this fun and friendly introduction to Cajun and Creole cooking. Anjel will demonstrate the creation of traditional gumbo, jambalaya, baked mac and cheese, hush puppies, and Mississippi mud cake YUM! Anjel operates the Boise Grange in the Valley, a resource for all kinds of food-related classes and workshops. Add a little Southern zip to your cooking this season! Find out more about Anjel and the Boise Grange at www.boisegrange.com. Registration Required

Smart Phone-ography:
Using Your Smart Phone to Achieve Awesome Photographic Results!
Monday & Tuesday, March 5 & 6   5:00pm-8:00pm
Gallery 55, 311 E. Lake St.   $40
Do you find that amazing scene you took a picture of with your phone just doesn’t reflect what you saw? What you felt? Are you thinking your smartphone isn’t capable of doing the job after all? And what makes a “good” photo anyway? Is it possible to use your smartphone to create an awesome photo? In Part I of this two part series, photographer Connie McClaran will introduce students to the technical skills needed to use their smart phone’s camera, and artistically learn how to compose a photo that pleases the inner artist (we ALL have one). Part I will end with an assignment, and upon return for Part II, the group will critique and learn how to process photos with the very best tools available on our smart phones. Because YES, it is possible. . .
Instructor Connie McClaran is a Fine Art photographer in love with translating the spirit of place through the lens of her camera. She has lived and worked in this community as an RN at McCall/St. Luke’s Hospital for the past 40 years, and having re-discovered photography as an artistic expression in her semi-“re-wirement”, is eager to share her learnings with you. She has an easy teaching style that makes simple what might have seemed complex, and believes photography is a wonderfully accessible way to fill our human need for connection and artistic expression. You can see her photographic work at www.thespiritographer.com Registration Required

Wines of Oregon: Pinot Noir and Beyond
Tuesday, March 6   6:30pm-8:30pm
The Cellar at Bistro 45   $30
Join local wine guru and Bistro 45 proprietor, Kit Worthington, and Idaho Wine Merchant’s Fine Wine Specialist, Scott Sprague, for this warm winter wine tasting class. Pinot Noir is synonymous with Oregon wine. However, many varieties of wine grapes thrive throughout the state. This class takes a look at the many grapes that have risen to attention alongside Pinot Noir to make outstanding wines in the Beaver State. Registration Required

Jewelry-Making: An Introduction to Wire Wrapping
Tuesday and Thursday, March 6 & 8   6:30-9:00pm
Payette Lakes Middle School Art Room, $45
In this class taught by professional jewelry maker, Louise Gilbert, students will learn to do simple wire-wrapping, a skill widely used in jewelry construction. The main project will be the creation of a chain necklace (using a pre-fabricated chain) featuring wire-wrapped bead dangles. After this process has been mastered, students will go on to make several pairs of earrings using wire-wrapping techniques. Come join the fun and learn how easy it is to make your own jewelry with a few simple tools and materials! Students who have taken Louise’s classes in previous Cabin Fever seasons are encouraged to repeat the class and deepen their skills. Registration Required
Be Prepared: Herbs for Home First Aid
Wednesday, March 7  6:00pm-8:00pm
Payette Lakes Middle School Art Room  $38
Did you know there are over 600 medicinally-active plants growing within a 60-mile radius of McCall? In this class, herbalist Christine Hulse, co-owner of Woodland Wildcraft, will introduce students to a few of these powerful plants focusing on useful first-aid products that are handy to have at home. Christine will talk about wild plants of our region, as well as familiar culinary herbs, that can treat the minor accidents or illnesses we all commonly encounter such as colds, flus, mild aches and pains, insect bites, etc. Participants will take home recipes and samples to help start their own home-crafted first-aid cupboard. Registration Required

Happy Birthday, Thoreau! Exploring Yogic Influences
Thursday, March 8   6:00pm-8:00pm
The Barn Owl Books & Gifts, in Alpine Village, 616 N. 3rd St.  $16
Long before moving to Walden Pond, Thoreau was steeped in the Bhagavad Gita and other Eastern scriptures. He read the Vishnu Purana while revising Walden. When he was just 21, he journals that “if with closed ears and eyes I consult consciousness for a moment. . . earth rolls from under me, and I float . . . eternity and space gamboling familiarly through my depths.” Those are the words of an advanced meditator who never attended a yoga class or meditation retreat. With this, how may we deepen our understanding and appreciation of Thoreau and his legacy? We’ll look at passages from Walden, the Gita, and yoga ethics and observances from the Vishnu Purana - all evident in Thoreau’s philosophies. Facilitator Renée Silvus brings a blend of perspectives as an educator, therapist, and coach. She taught high school English for 17 years across 5 schools and 2 continents. Reading and teaching Thoreau has been one of her biggest influences. She recently visited Concord, MA to collect Thoreauvian material and inspiration for Idaho events and a playbook. She is an initiate in the Himalayan Yoga and Meditation lineage and completing teacher training studies. Read more at reneesilvus.com. Registration Required

The Inside Tract
Monday, March 12  11:45am-1:15pm
Community Congregational Church, 901 First St.  $5
This class is part of the Nutrition Edge series offered by St. Luke’s Center for Health Promotion, supported by the MAHC, and facilitated by Susan McCandless and Liz Jones. The hottest topic in nutrition is the emerging research on gastrointestinal (GI) health and it’s impact on the prevention and management of chronic disease. Learn about the 4 “pillars” of GI health and simple nutrition tips that can have a dramatic impact on overall wellness. This class will include a 20-minute walk, so participants should bring good walking shoes. Students should also bring a brown-bag lunch, but will taste some delicious samples in class, as well. Susan McCandless is a Registered and Licensed Dietitian Nutritionist working with St. Luke’s McCall’s Integrative Medicine Clinic. She is also a Certified Intuitive Eating Counselor. Liz Jones is St. Luke’s Program Coordinator for the Center for Health Promotion. Registration Required - contact St. Luke’s directly to register at 208-630-2420.

Become a Nifty Knitter!
Monday, Wednesday, & Friday, March 12, 14, & 16  5:30pm-7:30pm
Keep Me In Stitches Studio, 136 E. Lake St.  $38 for 3 sessions (4.5 hours of instruction!)
If you’ve ever wanted to learn how to knit, 2018 is the year to do it! Join zany local yarn maestro Lynda Vgora for an introduction to knitting. Students will meet around the table at the cozy Keep Me In Stitches store, where Lynda will teach the basics of crafting hand-knitted goodies. Students will complete an adorable hat during the class and will receive a set of knitting needles to keep and take home to further exercise their newly-discovered skills. Cost includes all project supplies. Registration Required
Copperplate Lettering

Tuesdays & Thursdays, March 13, 15, 20, & 22  6:30pm-8:30pm
Payette Lakes Middle School Art Room  $62 (8 hours instruction!)

Often misused as an umbrella term for all forms of pointed-pen calligraphy, Copperplate most accurately refers to a wide variety of styles produced after studying the copper plate engravings used to print and redistribute the artwork of English round hand-writing masters as far back as the 16th century. In this class taught by artist Bonnie Glick, students will have the unique opportunity to train their hands to this craft. Penning this beautiful and classic lettering can be a deeply-satisfying creative outlet, as well as a sure-cure for Cabin Fever. The class fee includes a pen holder and nib, an ink well, a mixing brush for loading the ink and a 1 oz. container of walnut ink crystals that students will take home. An opportunity to work with Arches French paper will be included, with basic instruction on layout and design. Instructor Bonnie Glick is a calligrapher and artist trained in Italic, Copperplate, Uncial, and Gothacized Italic lettering. She has been a member of the calligraphy guild of Idaho, the Idaho Inkspsots, for many years. She attends continuing education and training through the guild each spring and fall with instruction from internationally recognized calligraphers and attends the international calligraphy conference every other year. Her love of calligraphy started as a child when her mother bought her a set of calligraphy pens. She has developed her craft since then and spends many happy hours, especially in the winter months, practicing various hands. **NOTE:** students need to note in their registration if they will be writing with their right or left hands, so that appropriate pen nibs can be ordered. **Registration Required**

Belgian Beer Pairings & Styles

Tuesday, March 13  6:30pm-8:30pm
Rupert’s at Hotel McCall  $35

This unique Cabin Fever class will offer participants a guided tour of both Belgian and domestic Belgian-style beers paired with various cheeses. Included will be descriptions and historical information on the breweries involved, as well as the styles of all beers poured during the tasting. The pairing component of this class will showcase the impact of a beer as a partner to food, a power that transcends beer’s traditional reputation as a mere quaffable beverage. A cheese-and-beer pairing grid will also be included, as will printed informational material about the beer brands and proper serving techniques. Presented by Idaho Wine Merchant’s Beer Director, Kyle Baas, who will be assisted by Scott Sprague, Idaho Wine Merchant’s Fine Wine Specialist. **Registration Required**

Sláinte! How Many More Miles To Go?

Wednesday, March 14  6:00pm-8:00pm
The Barn Owl Books & Gifts, in Alpine Village, 616 N. 3rd St.  **FREE** ($5 suggested donation)

If you’ve ever wanted to visit Ireland, drink a pint in a true Irish pub, or stay with Irish locals, this is the presentation for you! In the summer of 2015, Rebecca Havens paved the way, inspired by a 1-page story in Backpacker magazine. Rebecca’s trek included home stays in small villages, spending time with a genuine shillelagh stick carver, and exploring ancient ruins. In this presentation, Rebecca will share photos and experiences that shed light on her 80-mile trek through the Wicklow Mountains - and a short visit with some Vikings! Come learn about the Wicklow Way, how travel can be a catalyst for change, and experience the warmth of the Emerald Isle’s people. Coffee and Irish-inspired cupcakes will be served and a packing list, tips, and tools for the journey will be provided. The Barn Owl Books & Gifts will offer a 1-night only discount on the guidebook that Rebecca used for her journey. A not-to-be-missed evening for the soon-to-be trekker!

Printmaking with Gel Plates

Saturday, March 17  1:00pm-4:00pm
Gallery 55, 311 E. Lake St.  $36 (3 hours instruction!)

This is printmaking without a press! Students will learn to use gel plates, non-toxic Akua inks, and everyday objects to create luscious prints on all kinds of papers. Printmaker Theresa Burkes will show students how to make prints suitable for book arts, scrapbooking, or framing in a fun three-hour workshop at Gallery Fifty-Five in
McCall. Theresa learned this process from Amy Nack, owner of Wingtip Press in Boise. You can learn more about Amy’s process by searching for “Amy Nack” on YouTube. Theresa Burkes is a veteran teacher of MAHC’s Cabin Fever and Creative Campus programs, as well as is a professional printmaker, painter, and member of Gallery Fifty-Five. You can see her work at the gallery, on her website theresaburkes.com or on Facebook. Registration Required

Essential Oils and Emotions
Tuesday & Thursday, March 20 & 22   6:30pm-8:00pm
McCall Public Library, 218 E. Park St.  $36 (4 hours instruction!)

Essential Oils have a long and venerable history, having been used for centuries in various healing applications. In this class taught by essential oils expert Zoya Linden, participants will learn how scent and emotions are physiologically connected. Early humans realized that plants could uplift and heal the body. Zoya will explain how plant essential oils are derived, how their use developed through history, what they do, and how they work. Additionally, participants will be taught how to apply and use essential oils with a specific focus on a protocol to help achieve emotional balance. Each student will create a unique oil blend to take home in a roller bottle for continued use. All materials will be provided. The second night of the class (Thursday) is optional and will offer a forum for participants to discuss their experiences with their essential oil protocol and to receive guidance from Zoya on further explorations into the use of essential oils for emotional support. Registration Required

Metalsmithing for Beginners: Etching
Wednesday, March 21   6:00pm-8:30pm
Gallery 55, 311 E. Lake St.  $50

The sky is the limit with etching - any design you can draw can be permanently etched into metal. In this class, artist Nancy Sathre-Vogel will guide students through two different techniques for getting designs onto metal. Students will then use what they’ve learned to etch their designs into copper, creating at least two copper pendants. Nancy Sathre-Vogel left teaching after 21 years to pursue her passion for making jewelry. Now, she spends her time etching, hammering, and soldering metal to create wearable art out of old recycled metal. Nancy’s work can be found at Gallery 55 in McCall. Registration Required

Creating Comforting & Nutritious Winter Soups & Stews
Thursday, March 22   6:30pm-8:30pm
Alpine Village Sales Gallery, Condo 206 (park on Maverik side of building)  $45

Many winter days call for a comforting bowl of hot soup or a hearty stew. Whether you are preparing dinner for a family of one or entertaining a crowd, there’s no better way to nourish yourself and loved ones with delectable, healthy, and comforting soups and stews. Soups and stews are economical, and they freeze well, allowing you to make as much or as little as you like. Join instructor Susan McCandless for this valuable education in techniques that allow for nourishing our everyday dining and brighten our winters and stomachs! Recipes will be provided (and with flavorful interchangeable ingredients, the same recipe can often become elegant enough to serve at a dinner party!). Features will include Mexican Smoky Beans with Wilted Spinach & Masa “Gnocchi” (GF, vegetarian), Thai Green Curry Stew (GF, vegan), and Country French Root Vegetable Potage (GF). Susan McCandless is a Registered and Licensed Dietitian Nutritionist working with St. Luke’s McCall’s Integrative Medicine Clinic. She is also a Certified Intuitive Eating Counselor. Registration Required

Mythology: Aspects of the Goddess
Mondays & Wednesdays, April 2, 4, 9, & 11   6:30pm-8:30pm
McCall Public Library, 218 E. Park St.  $60 (8 hours instruction!)

In this class, folklore and mythology scholar Tracey Kindall will guide students through an inspiring exploration of mythology with a focus on the divine feminine. The class will begin by exploring the language of myth and the history of the goddess. The class will then explore some of the goddess’ many aspects, using myths from a variety
of world cultures. Students will encounter the goddess as source, creator, warrior, nurturer, wisdom-seeker, wisdom-keeper, and destroyer. We will also look briefly at sacred sexuality and the role of the mythic goddess in modern thought, politics, and spirituality. Tracey Kindall is a passionate advocate of imagination, story, and myth. She holds a Master’s Degree in Folklore from the University of Oregon and regularly teaches classes on mythology. Registration Required

Fresh Beginnings: Appetizers Crafted with Locally-Sourced Foods
Tuesday, April 3  6:30pm-8:30pm
Alpine Village Sales Gallery, Condo 206 (park on Maverik side of building)   $45
Join chef Shannon Berry, owner of Delish Catering, to enliven your cooking routine with fresh ideas for spring using healthy, locally-sourced foods. Shannon will guide participants through the creation of a wide variety of delicious appetizers perfect for spring and summer entertaining, all using foods from local providers. Recipes will be selected with some of Shannon’s favorite local vendors in mind, including Northwood Buffalo, Black Pine Deer Farm, Butler Grass-fed Beef, Hog Heaven (best bacon & sausages!), Ballard Family Dairy (favorite cheeses), and Goose Creek Farm. Registration Required

Make Your Own Candles!
Thursday, April 5   6:30pm-8:30pm
Candles & Creations of McCall, 660 Stockton Dr.   $40
What better way to welcome spring than with a little candle-making? Join local candle-maker and owner of Candles & Creations of McCall, Tanya Neutze, for a fun evening of waxy creativity! Each student will receive 2 pounds of soy or paraffin wax with which to craft unique candles using a variety of candle molds (or jars), colors, scents, and embellishments. This class is suitable for absolute beginners. Participants should come dressed to experience potential wax drips and drops. Registration Required

Happy Birthday, Thoreau! Guided Walking and Writing
Wednesday, April 18   5:30pm-7:30pm
Pilgrim Cove Camp & Conference Center   $20
Celebrate Thoreau by following his lead with the enthusiastic Renee Silvus! Henry walked 3-4 hours daily, observing the immediate world and taking extensive field notes. He then expanded these notes into journal entries - all material for future lectures, essays, poems, and books. We'll first review some of Henry’s walking techniques. Then we’ll walk and take notes in our very own woods. We’ll return inside for warm drinks and a study of ways to turn notes into writing. Participants should bring a hat, pencil, pen, and journal/notebook. Wear comfortable shoes and something with pockets. Renée Silvus brings a blend of perspectives as an educator, therapist, and coach. She taught high school English for 17 years across 5 schools and 2 continents. Reading and teaching Thoreau has been one of her biggest influences. She recently visited Concord, MA to collect Thoreauvian material and inspiration for Idaho events and a playbook. Read more at reneesilvus.com.
Before You Register

Check out membership opportunities that offer 15% discounts on all MAHC classes -- visit www.mccallarts.org

MAHC  •  P.O. Box 1391  •  McCall, ID  •  83638
mcallartshumanities@gmail.com  •  634-7136

WE PREFER ONLINE REGISTRATION:  www.mccallarts.org

if you’d like to pay by check, please complete the attached form & send to address above with your check included

please register early -- all classes require a minimum number of students. In the past we have canceled an occasional class only to discover too late that there was sufficient interest -- so don’t delay! In addition, some classes fill very quickly.

Please contact us to be put on a waiting list if you cannot get into a class.

• registration is REQUIRED where noted; “drop-ins” cannot usually be accommodated

• all class & event dates/times are subject to change or cancelation
  -- all registered students will be notified of changes

• need-based FULL & partial scholarships are available for ALL classes -- contact MAHC for more info

• register online at www.mccallarts.org
or visit our website to print a paper registration form to mail in with your check payment must be received 48 hours prior to class start date to guarantee a spot

• GIFT CERTIFICATES are available for any desired class, OR in a desired amount - call or email to inquire about obtaining a gift certificate
Registration Form

Name: ____________________________________ e-mail: ___________________________________

Address: ___________________________________________________________________________

City: __________________________ State: _____ ZIP: _________ Phone: _________________

YES! I want to become a MAHC member and SAVE 15% on all Cabin Fever and Creative Camus classes for the year!  MAHC Membership:  $60 family _____ $30 individual _____

Cost for MAHC Membership (optional): ________________

IF ADDING MAHC MEMBERSHIP, DEDUCT 15% FROM COST OF EACH CLASS BELOW (excludes Holiday Wreath Spectacular & Holiday Paint-and-Sip Benefits):

Class 1: _______________________________________________________________

Class 2: _______________________________________________________________

Class 3: _______________________________________________________________

Class 4: _______________________________________________________________

Class 5: _______________________________________________________________

TOTAL COST: ________________ (enclose check made out to MAHC)

Liability & Photo Release: I assume all risks & hazards for myself and/or minor child, incidental, & including death or permanent disability, to the conduct of the activity undertaken. I do further hereby release, absolve, indemnify, and hold harmless the MAHC, its officers, employees, representatives, & volunteers, from any & all injuries, damages, or losses, of whatever kind, nature, or amount, suffered by me or by such a minor participant at any activity sponsored, in whole or in part, by the MAHC to which this participant’s registration form pertains. I understand that the MAHC provides no accident or medical insurance & that this is the participant’s responsibility. I hereby also give consent for emergency medical treatment.

I also agree to let the MAHC use photographs obtained during the Cabin Fever series in which I may be featured, for the purposes of promoting the mission and work of the MAHC. I understand that in such cases, my name will not be attached to photos without my knowledge & express permission.

Signature: ________________________________ Date: ________________