



Class offerings from the

Southern Hilltowns Adult Education Center

Room 152 in the Gateway Regional High School Complex
12 Littleville Rd, Huntington, MA 01050

Village Enterprise Center | 26 Main Street, Chester, MA 01011

www.SHAEC.org | SouthernHilltownsAEC@gmail.com (413) 685-1052

A publication of The Friends of The Southern Hilltowns Adult Education Center | Spring 2018

SHAEC is a program of the UMass Labor/Management Workplace Education Program and is funded by a Community Development Block Grant from the Mass Dept. of Housing and Community Development through the lead town of Huntington, in partnership with Chester, Russell, and Middlefield.

SHAEC has been bringing quality adult education to the Southern Hilltowns since 1999.

SHAEC Program Director
Michele Kenney

Friends of SHAEC is a non-profit 501(c)3 organization that supports the work and outreach of SHAEC. This newsletter would not be possible without the fundraising efforts of the Friends of SHAEC.

New SHAEC class location!

The new **Village Enterprise Center**, at 26 Main Street, Chester, is SHAEC's newest satellite classroom!

The Grand Opening is Thursday, January 11, 2018, with an open house from 12pm until 6pm, with a ribbon-cutting ceremony 6pm to 6:30pm with refreshments.

Many of our classes and workshops will be held at this new location, so please be sure to note that when signing up for our wonderful classes.

To learn more about the Village Enterprise Center, go to page 5.



Grand Opening Thursday, January 11
Open house | 12:00pm to 6:00pm
Ribbon-cutting | 6:00 pm to 6:30pm

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Digital Photography

- **Snow Fooling: Hot Tips for Winter Photography**
Tuesday, January 16 and 30
6:00pm-8:00pm
Village Enterprise Center | 26 Main St, Chester
- **So you got a New Digital Camera?**
Tuesday, February 20
6:00-8:00pm
Village Enterprise Center | 26 Main St, Chester

Local news and sports photographer Marc St. Onge is teaching two photography classes this winter at SHAEC's new Village Enterprise Center, in Chester. Find out more on Page 8 about these great classes!

VITA Free Tax prep



The Hilltown CDC has brought the Volunteer Income Tax Assistance (VITA) to the Hilltowns of Western Massachusetts. This program provides free tax preparation for households that make \$54,000 or less.

To find out more about either becoming a VITA tax volunteer, or to find out about getting your taxes completed for free, go to page 3.

All classes are FREE for Hilltown Residents!

www.SHAEC.org

Computer Classes at SHAEC's Gateway HS classroom

Craigslist: Buying and Selling

**Craigslist tips – How to find and buy items on Craigslist
SHAEC's Gateway Classroom, room 152
in the Gateway Regional High School Complex
12 Littleville Road, Huntington
Wednesday, January 31st, 6:00-8:00pm**

Craigslist is a website for viewing and posting local advertisements. It works a lot like the Classifieds section of a newspaper, and it's completely free to use. You can find a listing for almost anything on Craigslist—jobs, apartments, garage sales, used cars, personal ads, and a whole lot more. Why use Craigslist? Because you can easily connect with people near you to find, buy, or sell just about anything. And because it's free to use, you'll be able to find things that people might not have bothered listing with a paid classified ad. Many people even post things you can have for free, as long as you're willing to pick it up.



**Craigslist tips – How to sell items on Craigslist
SHAEC's Gateway Classroom, Room 152,
in the Gateway Regional High School Complex.
12 Littleville Road, Huntington.
Wednesday, May 23rd, 6:00-8:00pm**

Need to sell something quickly? Craigslist is a website you can use to view and post local advertisements. It works just like the Classifieds section of a newspaper, and it's completely free to use. We'll show you how to post something for sale on Craigslist, along with some tips for creating the best type of listing and how to stay safe when making a transaction.

Computer Troubleshooting

**Computer Troubleshooting
Wednesday, February 28th 6 :00–8:00 pm
SHAEC's Gateway Classroom, room 152
in the Gateway Regional High School Complex
12 Littleville Road, Huntington**

Do you know what to do if your screen goes blank? What if you can't close an application, or can't hear any sound from your speakers? Don't panic! There are many basic troubleshooting techniques you can use to fix issues like these. In this class we'll learn some simple things to try when troubleshooting, as well as how to solve common problems you may encounter.

PowerPoint



**PowerPoint
SHAEC Classroom
Wed. April 25th,
6:00-8:00pm and
Thurs. April 26th 6:00-8:00pm
SHAEC's Gateway Classroom, Room 152,
in the Gateway Regional High School Complex.**

PowerPoint uses slides to build a presentation. To create an engaging presentation, PowerPoint allows you to add text, bulleted lists, images, charts, and video to your slides. You can add as many slides as you want to a presentation, and at any time you can view or play back your presentation by selecting one of the slide show play options. In this class you will learn how to make dynamic PowerPoint presentations.

Microsoft Publisher: March 28 & 29



**Microsoft Publisher: at SHAEC's Gateway Classroom, Room 152,
in the Gateway Regional High School Complex. 12 Littleville Road, Huntington.
Wednesday, March 28th and workshop: Thursday, March 29th 6:00 - 8:00pm**

Microsoft Publisher is a program designed to help you create publications, such as this newsletter, and other documents for print or media distribution. You'll learn about creating a document from scratch, or using a template, how to customize and modify your page layout, and how to convert it to a PDF for printing. You'll also learn how to add and arrange pages and text boxes, as well as how to format the text, and add images.

ALL Classes are FREE for Hilltown Residents!

www.SHAEC.org

Free Computer Classes at 26 Main St. Chester

Weekly Beginner Computer Classes: Wednesdays, 10:30am-noon

Wednesdays Jan 17 through May 30
10:30am to noon

Village Enterprise Center, 26 Main Street, Chester

Elaine Gilmore will be teaching beginner computer classes in the Village Enterprise Center, in Chester, meeting weekly. Monthly topics that students will explore at their own pace include:

January: Getting to know your computer

February: Email: Basic and Advanced

March: Safe Surfing on the Internet

April: Safety on Social Media

May: Social Media beyond Facebook

Using the Web to get things done

Using the Web to get things done
Monday, February 5th,
10:00am -12:00pm
The Village Enterprise Center,
26 Main Street, Chester

You can use the Internet to do just about anything. You'll learn how to complete everyday tasks online, including shopping, finding reviews, buying tickets, and more. You'll also learn about Microsoft Edge, a web browser developed by Microsoft. Edge was introduced as a new browser with the release of Windows 10. It offers a simple and easy to browse the Internet.

Free MS Office Online



Monday,
March
5th,
10:00am
-12:00pm

The Village Enterprise Center,
26 Main Street, Chester

Learn how to get and use FREE Microsoft Office Online, allowing you to use the most popular programs in the Microsoft Office suite. It lets you create Word documents, Excel spreadsheets, and more without having to buy or install software.

Smart Photography & Editing for Business and Social Media



Smart Photography & Editing for Business and Social Media
Tuesday, March 8, 6:00-8:00pm
The Village Enterprise Center, 26 Main Street, Chester

If you advertise your business on social media or have a web page you definitely want your products and image to "pop"! Are you an amateur photographer, but want your pictures to look like they were in a magazine? Learns some do's and don'ts about photography and simple free ways to enhance your pictures. Other topics include cropping, staging & screen-shooting. You are encouraged to bring your iPhone, Android or laptop.

Tech Savvy Tips & Tricks

Tech Savvy Tips & Tricks
Monday, March 19th
10:00am -12:00pm

The Village Enterprise Center,
26 Main Street, Chester

In this class you'll learn technology tips and tricks to use your computer as efficiently as possible. You will learn how to take screenshots, how to find your downloads, and learn how to work with Zip files, as well as how to clean up messy formatting with a text editor.

VITA Tax Program: Volunteers needed

Become a VITA Volunteer! Volunteer Income Tax Assistance (VITA) program

The Hilltown CDC has partnered with the Berkshire County United Way to bring Volunteer Income Tax Assistance (VITA) to the Hilltowns of Western Massachusetts. This program provides free tax preparation for households that make \$54,000 or less. But to make this work we need volunteers at our Chester and Huntington sites. No experience is necessary, as all volunteers will be fully trained. Do you have a few hours per week to give back to your community? If so, please contact VITA coordinator Michele Kenney at the Hilltown CDC at 413-296-4536, extension 100, or email at MicheleK@hilltownCDC.org
Volunteer Positions available: Greeter, Tax Preparer, and Tax Return Checker.

Interested in getting your taxes done for free under this program? Call 413-296-4536 x 100, to see if you qualify.



Consider becoming a volunteer. No experience is necessary, as you will receive IRS certified training.

Call 413-685-1052 to register, or email southernhilltownsaec@gmail.com

Support for businesses and organizations

Jeanne LeClair is the Economic Development Director for the Gateway Hilltowns, with the **Hilltown Collaborative**. She can be reached for additional ideas on economic development in the Hilltowns by email at jeanne@gatewayhilltowns.org or by phone (413) 636-3476.

InDesign: Jan 24 & 25

Adobe InDesign Workshop
Wednesday and Thursday, January 24 and 25, 6:00-8:00pm
Village Enterprise Center, 26 Main Street, Chester

Many of us find ourselves needing to make flyers, signs, brochures, and other materials for our businesses, clubs, family occasions, and community activities. Adobe InDesign can help you achieve professional looking results to with text and images in perfect balance. Bring your own laptop or use our classroom computers. Adobe InDesign can be expensive, but they offer a free 30-day trial which would be great to download/install before the class, but not required.

Biztro: Drop-in business support

Biztro: Drop-in small business support
Selected Monday evenings 4:00-7:00pm
At the Village Enterprise Center, 26 Main Street, Chester
January 15 & 29 / February 12 & 26 / March 12 & 26 / April 16 & 30 / May 7 & 21

Need help with your business website? Want to talk about marketing & advertising? Just want to review your business plan? Got a great idea you just want to chat about? Stop by a business-bistro "Biztro" session any-time and get hands-on help with broad range of projects to make your small business flourish in the Hilltowns! If we don't know the answer, we can figure it out together or connect you with more resources in the area.

Website Workshop: Mon Feb 12, 6-8pm

Website Workshop: Mon Feb 12, 6:00-8:00pm
At the Village Enterprise Center, 26 Main Street, Chester

One of the most important parts of growing your business is maintaining a professional, beautiful, fully functioning website. Stop by for hands-on assistance with professionalizing your layout, hosting, images, text, and any other elements of your website. All questions/issues welcome, small or large. If we can't figure it out together, there are great resources in the area you can connect to as well.

Business Plan Workshops Wed April 4, 11, 18: 6-8pm

Business Plan Workshops: Wed April 4, 11, 18: 6:00-8:00pm
At the Village Enterprise Center, 26 Main Street, Chester

Got a great idea for a small business? Not sure how to start? Want to grow your existing business? Well the next step is building/writing a great business plan! We'll create an executive summary, a marketing plan, a budget, and more. Clear, thorough, updated business plans are a great way to attract new investments, get additional loans, or collaborate with business partners. It's also a great exercise to make sure your strategic goals and action steps are aligned and working together for success!

Marketing your business and products: May 9 & 16

Marketing your business and products May 9 & 16, 6:00-8:00pm
At the Village Enterprise Center, 26 Main Street, Chester

There are several important variables that go into creating a successful business, including a great idea, a great product, and a great team. One of the aspects that sometimes gets left behind and can be difficult to get started is marketing. Every business needs a niche and must target their customers in unique ways. In this two-part class, we'll go over fundamentals of marketing and what it means to create a marketing plan. By the end of the 2nd session, with hands-on assistance, you'll leave with a basic marketing plan, and ideally a few marketing pieces designed and ready to print or post!

ALL Classes are FREE for Hilltown Residents!

www.SHAEC.org

The Village Enterprise Center | 26 Main St. Chester

In addition to serving as a new SHAEC classroom location, The Village Enterprise Center will also act as a Welcome and Visitors Center for Chester and the Hilltowns. Partners in this non-profit space include the Historic Route 20 Association, and the Jacobs Ladder Business Association. The purpose of the Village Enterprise Center is to assist in the economic development of the Hilltowns, through education and partnership with businesses and organizations throughout the Hilltowns of Western Massachusetts, as well as serve as a community resource for Hilltown residents.

Economic Development: What it Means for You

Economic Development: What it Means for You
Wednesday, January 10, 6:00pm-8:00pm
Village Enterprise Center, 26 Main Street, Chester

It's an exciting time in the Hilltowns, as many in the community and the region look to innovate and adapt to the 21st century economy. With smart, strategic investment building on our natural, historical, and cultural assets, the Hilltowns can have a bright economic future without losing the rural identity and small-town charm we all love. Come learn about the macroeconomic factors at work that got us here, projects we're working on now to grow and strengthen our economy, and where we might be headed in the future. Taught by Jeanne LeClair, Economic Development Director.



20 Rules for Successful Tourism

20 Rules for Successful Tourism
Tuesday, February 6, 6:30-8:00pm
Snow date: Tuesday, February 27 6:30-8:00pm
At the Village Enterprise Center, 26 Main Street, Chester

Successful Tourism happens when you import more money than you export. The rules presented are suggestions every community should consider to help draw visitors. How do we get passers-by to stop? How to create ways to keep them in town longer? How to work towards becoming an overnight destination? Bryan Farr, President and Founder of the Historic US Route 20 Association, will present these rules other regions and communities have used across the US and how they apply to our rural region.



Drop in Computer Lab: Tuesday and Thursdays 10-2pm

Need to get online, but don't have Wi-Fi at home? Maybe you don't have a working computer, or only have your cell phone to use for internet surfing. SHAEC is offering a Free drop in computer lab, open to the public, from 10am to 2 pm on **Tuesdays and Thursdays, beginning January 16th**, at the new 26 Main Street Village Enterprise Center. Although we have computers for public use, Feel free to bring your own Laptop and use the Wi-Fi in our comfortable classroom. No appointment is necessary. We will be closed if Gateway is closed due to weather, or if staffing is not available.

Call 413-685-1052 to register, or email Southernhilltownsaec@gmail.com

Essential Oils: Something for everyone



Essential Oils in the Home Thurs. Feb. 8th

Essential Oils in the Home
Thursday, February 8th, 6:00-8:00pm
Middlefield Senior Center 169 Skyline Trail, Middlefield

Join us to learn how to incorporate the use of essential oils in natural cleaning formulas for the home.

Attendees will learn about the antimicrobial and antibacterial properties of essential oils that are helpful in purifying the air and for cleaning surfaces.

Participants will create a cleaning spray to take home. Come learn something new and have fun in the process. A materials fee of \$15.00 will be collected.



Essential Oils for Special Populations Thurs. March 8th

Essential Oil for Special Populations
Thursday, March 8th, 6:00-8:00pm
Middlefield Senior Center 169 Skyline Trail, Middlefield

Class participants will learn about the precautions and considerations to be made when using essential oils for children, pregnant and nursing mothers, the frail elderly and those with certain chronic conditions.

Attendees will create a customized oil blend in a roller ball bottle to take home. Join us to learn about safe usage guidelines. A materials fee of \$15.00 will be collected.

Learn about the safe usage of Essential Oils in this series of workshops presented by Kay Judge CA and Erin Judge

Kay Judge is a Clinical Aromatherapist, certified through Heart of Herbs Herbal School. She offers consultations and can create a custom Essential oil blend for you through her business Blue Skye Wellness, in Middlefield.

More information can be found on their website: blueskyewellness.com
These classes are not sales events, as they are not essential oil distributors.

All classes in the series will be held from
6:00pm to 8:00pm at the

Middlefield Senior Center, 169 Skyline Trail, Middlefield, MA

Please be sure to preregister, as space is limited for these very popular classes.



Essential Oils and the Great Outdoors Thurs. April 5th

Essential Oils and the Great Outdoors
Thursday April 5th, 6:00-8:00pm
Middlefield Senior Center, 169 Skyline Trail, Middlefield, MA

Aromatic essential oils are an effective deterrent for pests and insects. Join us to learn how essential oils can be used in simple formulas to repel, mosquitoes, ticks and other biting insects. Essential oils can be used to keep flies, mice and spiders at bay. Participants will make a bug repellent spray to take home. Join us to learn how to make bug repellents without using toxic chemicals.

A materials fee of \$15.00 will be collected.



Essential Oil Play Day Thurs. May 3rd

Essential Oil Play Day
Thursday, May 3rd, 6-8pm
Middlefield Senior Center,
169 Skyline Trail, Middlefield, MA

We will bring our collection of essential oils for participants to sample and use in creating custom blends. Attendance at a prior class is a prerequisite for this event. Participants will be able to create a variety of blends using different modalities.

We will provide a choice of containers including personal inhalers, two sizes of spray bottles, two sizes of roller ball bottles, a cleaning spray and a salve for attendees to choose from.

Prices range: \$5.00 to \$15.00 per item.

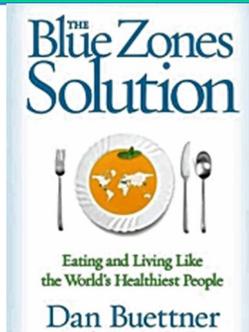
ALL Classes are FREE for Hilltown Residents !

www.SHAEC.org

Health and Well being: Relationships, Creativity, Longevity

Blue Zone Group: Tuesday Mornings, in Middlefield

Blue Zone Group: Middlefield
Tuesdays starting @ 9:30am
Middlefield, Public Library, Skyline Trail,
Middlefield, MA
Jan. 9th through May 29



Blue Zones are locations in the world where people have the longest life expectancy. Take a journey with us as we explore and practice the habits and lifestyles of the worlds longest living peoples. This group will meet Tuesday mornings at 9:30am, at the Middlefield Library, and will plan group meals, trips and walking groups, as part of practicing Blue Zone lifestyles of healthy food, moderate exercise, and good companionship. Each month will explore the habits, food, and cultural practices of different “Blue Zones”. January will explore the Blue Zone of Ikaria, Greece. February: Okinawa, Japan. March: Sardinia, Italy, April: Loma Linda, California, and May: Nicoya Peninsula, Costa Rica. Come learn how to integrate the Blue Zone lifestyle for yourself.

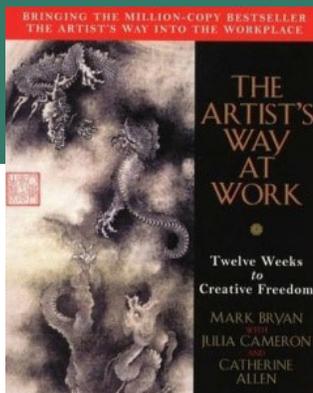
Personality & Relational Prosperity: An Empathic Approach

Personality & Relational Prosperity: An Empathic Approach
Fridays, March 2, 16, and 30. 6:00-8:00pm
The Village Enterprise Center, 26 Main St. Chester

This 3-class series is designed to introduce the Myers Briggs personality type as a lens through which to explore individual personality and communication preferences within the context of your interpersonal relationships. Associate Professor of Communication Maya Greene uses the Myers-Briggs Type Indicator® (or MBTI®) in conjunction with expertise in interpersonal communication skills to help you improve all of your relationships. Understanding personality preferences will allow you to analyze the ways in which you interact with others—as well as how you perceive their interactions with you—and adjust communication accordingly to get the best possible results.

Workshop facilitator Maya Greene is a certified Myers-Briggs and Professor of Communication, and has started a consultation business focusing on the interplay between personality and interpersonal relationships. More information can be found on her website: www.relationself.com

The Artists Way at Work: Sundays, in Chester



The Artist's Way at Work: Twelve Week to Creative Freedom
Sundays Beginning January 21,
4:00pm-5:30pm
The Village Enterprise Center,
26 Main St. Chester
Class is limited to 10 people.

A 12 week supportive group experience for business owners, entrepreneurs, visionaries or those who want more creative abundance in their lives! Have you ever asked yourself these questions: How can I align my personal and my business/professional goals? How can I overcome the depression I feel at my job? In my business? In my personal life? How can I handle an impossible workload? How can I get more JOY out of life? Created by Julia Cameron, author of The Artist's Way, and inspiration to millions of people across the business, art and entertainment worlds, The Artist's Way at Work seeks to help you answer these questions. Please purchase a copy of The Artist's Way at Work prior to the first session. Facilitated by Mimi Caban Ross, pianist, singer/ songwriter, public speaker, healthy lifestyle mentor, and visionary.

Seasonal Mushrooms Sat. April 28, 3:00-5:00pm



Seasonal Mushrooms:
A Month-to-Month Introduction to Medicinal & Edible Fungus
Saturday, April 28th,
3:00-5:00pm
The Village Enterprise Center,
26 Main St. Chester

Just in time for the first flushes of morels and oysters, this class will get you thinking about what you might

find as you meander through our glorious Hilltowns in the Spring, Summer, and Fall months. Mycophile and Chesterfield resident Maya Greene will cover basic terminology, common edible and medicinal mushrooms, where to look, what to watch out for, and how to preserve big finds. This is a great starter course for anyone who is interested in learning more about foraging for fungus!

Call 413-685-1052 to register, or email Southernhilltownsaec@gmail.com

Group Hikes in the Hilltowns: Join Liz Massa and The Western Mass Hilltown Hikers as they explore some of the areas best trails.

High Trail at Chester Blandford State Forest: Sat . Jan. 20th 10:30am

Join us for a two hour hike of the Chester Blandford State Forest on the high trail (state Road) to the Sanderson Brook Waterfall. This trail is a gently sloping wide trail taking us across the ridge across from the Sanderson Brook Road trail. Meet at the Trailhead on State Rd in the parking lot.

Take Route 20 to Blandford Rd in Chester turn left onto Round Hill Rd bear left at the old cemetery and see entrance on your right. Plan for two hours to get to the end of the trail and back. Although the trail is easily traveled and well-marked, be prepared for mud and snow, bring walking sticks/ice cleats if you think you need them, know your limits. Heavy snow will cancel event. Dogs are welcome! Please be aware that there are no facilities at the trail. Please keep our beautiful places clean and carry in and carry out.

Keystone Arch Bridge Trail: Sat. Feb. 17th 10:30am

Meet at the Trailhead on foot (limited parking), park at Chester Elementary School, 325 Middlefield Road, Chester, MA 01011. and carpool up to Middlefield Road to the trailhead. You may either hike on your own, or hike with the group. Plan for three hours to get to the end of the trail and back. Although the trail is easily traveled and well-marked, be prepared for mud and snow, bring walking sticks/ice cleats if you think you need them, know your limits. Heavy snow will cancel event. Please be aware that there are no facilities at the trail. Please keep our beautiful places clean and carry in and carry out. Friendly dogs are welcome.



Weather related cancellations can be found on The Southern Hilltowns Adult Education Center's Facebook Page.

Round Top Hill in Chester Sat. April 21st 10:00am

We follow a section of Unkamt's Path, a white blazed scenic trail which includes the top of Round Hill a grassy open summit with spectacular 360 degree views, the highest point in Hampden County elevation 1,780 feet and 5th highest in Massachusetts. This hike has 100 foot elevation gains to the summit, be prepared for uphill climbing as well as the continuous amazing view along the edge during the decent. Meet at the old cemetery on Round Hill Road. Park at the State Road parking lot, Round Hill Road and Park Knox Road. Take Route 20 or Route 23 to Blandford Road in Chester turn onto Round Hill Road (Blandford Town Line). Plan for two hours to loop the entire trail. Although the trail is easily traveled and well-marked, be prepared for mud and snow, bring walking sticks/ice cleats if you think you need them, know your limits. Heavy snow will cancel event. Dogs are welcome! Please be aware that there are no facilities at the trail.

Knittel Conservation Area in Blandford Sat. March 17th 10:30am



The Knittel Conservation Area in Blandford is a 254-acre tract comprised of fields, forest and the lovely Falls Brook. Several trails wind through the property, encouraging visitors to explore. We will pass through different types of forest and around a pond with beaver dams. The conservation area helps protect the water supply of 250,000 people and preserve the rural setting for a working farm. Located at the end of Herrick Road, the parcel has been home to the Herrick family farm for generations. Meet at the Trailhead on 26 Herrick Road in the parking lot. Take Route 23 to Herrick Rd in Blandford. Plan for two hours to loop the entire trail. Although the trail is easily traveled and well-marked, be prepared for mud and snow, bring walking sticks/ice cleats if you think you need them, know your limits. Heavy snow will cancel event. Dogs are welcome! Please be aware that there are no facilities at the trail.

ALL Classes are FREE for Hilltown Residents!

www.SHAEC.org

Discover the great outdoors: Fishing, Snowshoeing, and Rock Climbing

These outdoor classes are taught by Tim Vogel, Owner of local family business: Tekoa Mountain Outdoors. TMO is an outdoor, adventure education business, located in Williamsburg, Massachusetts <http://www.tekoamountainoutdoors.com>

Tim has been involved in teaching, guiding and facilitating professional and family friendly outdoor recreation and adventure education programs for over twenty five years. He has served as the Adventure Education Director Program Specialist for the RFK/EWT School in Holyoke, MA. Local fishing and fly fishing guide, New York State Licensed Guide, Backcountry Ridge Runner on the Appalachian Trail for the Appalachian Mountain Club, BSA Ranger and Master Educator for Leave No Trace. He has lead international mountaineering and trekking expeditions in the Andes Mountains, summiting ancient volcanoes in South America. Exploring jungles, kayaking / rafting in the white water rivers of the Amazonian headwaters in Ecuador.



10 Essentials for Outdoor Survival



10 Essentials for outdoor survival.
Thursday, February 1,
6:00pm –8:00pm
The Village Enterprise Center
26 Main Street, Chester

Start the year out safe. We'll talk about what should be in your daypack when you head outdoors on your next adventure. Hiking, skiing, snowmobiling, long term power outages? Winter time in New England is no time to be out in the cold and not be able to take care of yourself, friends or family. The contents placed in your pack, house or car could save your life.

Snow Shoeing

Sunday, February 18, 2018

Noon- 2:00pm at the Horace A Moses Scout Reservation, 310 Birch Hill Road, Russell

Snow shoes are available for use, but will be available on a first come- first served basis, so register early for this outdoor adventure. Activity is considered easy dirt road to hilly mountain trails, swamps. Bring water and snack. This class is not appropriate for young children. Pets are not allowed. (Camp Policies, NO PETS IN CAMP for a variety of reasons. Thank you).



Beginner Rock Climbing

Beginner Rock Climbing – Sunday, May 20, 7:30am to 3:00pm

Meet at Village Enterprise Center: 26 Main Street, Chester.

Preregistration is essential, as the class has a maximum of 6 people. Meet at Village Enterprise Center: 26 Main Street, Chester, to register, then carpool from there to climb site 1hr away. This is a beginner level climb and all gear is provided. Bring 2 water bottles, snack, lunch, and personal needs in a daypack.



Fly tying and Fishing

Fly Tying -. Wednesdays, January 17, February 21, March 21,
6:00pm-8:00pm

The Village Enterprise Center 26 Main Street, Chester

Preregistration is absolutely necessary, as there is an 8 person limit to each class. In this 2 hr. beginner course, we'll tie an assortment of useful flies, talk about the watershed, habitat, ecology and biology of your target species, and tie flies that will match the hatch in the Westfield River Watershed. Fly tying will get progressively more difficult in each class. January 17: Mickey Finn Fly, this is a classic stream pattern and forgotten by many. February 21: Woolly Buggers, Streamers. March 21: Dry flies.



Fly Fishing/Fly Casting, Sunday April 29, 2018.

Meet at Village Enterprise Center:
26 Main Street, at 8:00am

Preregistration is absolutely necessary, as there is a 6 person limit to this MA Angler Education class. Bring hip boots or waders - if you have them. Bring 2 water bottles, snack, lunch, and personal needs in a daypack. Fishing license is not required. All fishing equipment will be provided. If you have your own rod, you may bring it.

Practice Fly Fishing/Fly Casting workshop
Thursday, May 31, 6:00-8:00pm.

This is an Introduction to fly and spin casting. Program will focus on techniques, skill/accuracy safety, and first-aid, and will include kid's casting target games. All equipment will be provided for this family friendly workshop. We will be "on dry land"- learning and practicing casting techniques. **Meet at Village Enterprise Center: 26 Main Street, Chester, to register. We will travel to the practice casting destination from there.**

Call 413-685-1052 to register, or email Southernhilltownsaec@gmail.com

Snow Fooling: Hot Tips for Your Winter Photography

Snow Fooling: Hot Tips for Your Winter Photography, with Marc St. Onge
 Tuesdays, January 16, and 30th 6:00pm-8:00pm
 Village Enterprise Center 26 Main St, Chester

This two hour course will help improve your photography in the winter months. Topics covered will include equipment, exposure, subject choice, composition, and safety. Attendees should be familiar with their cameras, but the course is not camera specific.

Marc St.Onge has been taking photographs for over 45 years. His subjects have included news, events, weddings, fine art, and currently sports for the Westfield News. Marc also teaches basic and flash photography at the Robert Floyd Gallery in Southampton. He brings a wealth of experience and a light touch to teaching photography.



So you got a New Digital Camera?

So you got a New Digital Camera?
 Tuesday, February 20 6:00-8:00pm
 Village Enterprise Center 26 Main St, Chester

In this two hour beginner class, local news and sports photographer Marc St.Onge will go over the basics behind every digital camera and answer questions about usage, care, and general photography. This course is primarily for those new to digital cameras. Please bring your camera and manual with you to the class.

Weight loss tips

Monday, January 15, 12:00 - 1:30pm
Monday, January 22, 6:00-7:30pm
 Village Enterprise Center, 26 Main St, Chester

Learn some tips for healthy weight loss for losing fat and increasing metabolism. After struggling to loose extra pounds put on after an accident, Christina Beeke discovered some weight loss tips and tricks that helped her loose over 50 pounds in one year. Healthy refreshments will be served.

Get out of Debt!

Monday March 12, 12:00 - 1:30pm
Monday, March 19, 6:00-7:30pm
 Village Enterprise Center,
 26 Main St, Chester

Wondering if you'll ever get debt free? Learn some options you might not have thought of for paying off debt. Free debt analysis for each person that attends. Class led by Christina Beeke.

Life Insurance: What's best for you?

Monday, April 23, 12:00-1:30pm
Monday, April 23, 6:00-7:30pm
 Village Enterprise Center,
 26 Main St, Chester

What is the difference between Whole Term or Universal? Christina Beeke has been in Insurance industry for over 4 years, and will explain the different types available, and help with question about your current coverage.

Have you got a skill, talent, or passion to share? SHAEC is able to offer such a wide variety of courses thanks to the generous volunteer teachers that have contributed their time and effort to teaching classes for the community. We all have gifts, skills, or talents to share.

Please consider what you could contribute to enhance Adult Education in the Hilltowns.

Contact SHAEC Program Director Michele Kenney with your ideas.

Together, we can make a difference in our communities.

Call SHAEC at 413-685-1052, or email: Southernhilltownsaec@gmail.com

If you would like to contribute to our mission of enriching the lives of residents of the Hilltowns through adult education, please send your tax-deductible donation to Friends of SHAEC at 12 Littleville Road, Huntington, MA 01050, or donate online, at www.SHAEC.org

Let's make the most of living in our beautiful surroundings, by sharing our talents and resources with each other.

www.SHAEC.org Thank you! From The Friends of SHAEC

**Help
 wanted**

**YOUR
 CLASS
 HERE**

SHAEC's classes are canceled for the day or evening when classes and activities in the Gateway School District are cancelled. Cancellations are also noted on our Facebook page: Southern Hilltowns Adult Education Center

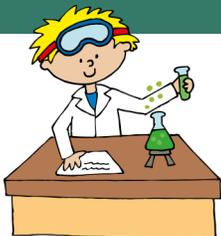


ALL Classes are FREE for Hilltown Residents !

www.SHAEC.org

Prepare for the High School Equivalency Test (HiSet)

GED/HiSet Science



Ged/HiSet Science
Monday and Wednesdays 3:30-5:30pm,
January 8 through February 14
At SHAEC's Gateway Classroom, Room 152,
in the Gateway Regional High School Com-
plex. 12 Littleville Road, Huntington

Former meteorologist and trained Science

Teacher Bryan Farr will give you the skills you need in order to successfully pass the Science subtest of the GED/ HiSet High School Equivalency Test. Small classes, with individual instruction.



GED/HiSet Classes with Free Childcare! Wednesday Mornings, At the Hilltown Community Center, 9 Russell Road, Huntington



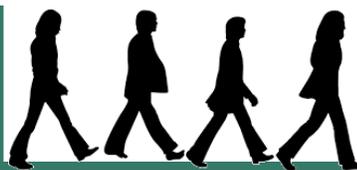
GED/ HiSet English Language Arts: Reading comprehension and Writing
March 7, 14, 21; April 4, 11, 18; May 2, 9, 16 10:00am to Noon
Hilltown Social Services building, 9 Russell Road, Huntington

Improve your English language Arts skills as you prepare to take the HiSet High School Equivalency Test. Childcare is provided on-site, as SHAEC is partnering with the Hilltown Social Services to provide childcare for this class series. It is required to preregister, as we will need to know how many children to expect.

Class will be taught by veteran teacher and reading specialist Michelle Burke Birrell, M.Ed. A graduate from UMass Amherst with a Bachelor of Science in Speech/Audiology, and a Master of Education at Westfield University, Ms. BB is also the founder of Damon Academic Consulting of Berkshire County. www.DamonConsult.org

Need to get your GED/ High School Equivalency Degree? Just stop by the Village Enterprise Center and learn the steps you need to take to take the High School Equivalency test (HiSet). With a few short pretests, we can help you decide which of the subtests would be the best to take first, and what areas you could use some practice with. Take the first step - drop in and talk to us, or call for an appointment: 413-685-1052.

Our email address is Southernhilltownsaec@gmail.com
It's never too late to take the next step and get that diploma.



At the Village Enterprise Center
26 Main Street, Chester

Walk in GED/ HiSet test prep

Call SHAEC today to make an appointment to discuss your individual needs and challenges to prepare for the High School Equivalency Test. Do you need help in writing? Reading comprehension? Interested in taking some practice tests to see how you do? Call 413-685-1052, or email Southernhilltownsaec@gmail.com, and leave your contact information. We have skilled Tutors that can work with you to help you achieve your goals. All classes are Free for Hilltown residents. Just need internet access to register? We can help.

Call 413-685-1052 to register, or email Southernhilltownsaec@gmail.com

Classes offered by:
The Hilltown Community Development Corporation
387 Main Road, Chesterfield, MA 01012
and **The Friends of**
The Southern Hilltowns Adult Education Center
SouthernhilltownsAEC@gmail.com
12 Littleville Road, Huntington, MA 01050
www.SHAEC.org 413-685-1052

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The Village
Enterprise Center

Free Classes for
Hilltown Residents!

Live Local • Learn Local • Grow Local

The Southern Hilltowns Adult Education Center's Spring offerings
of free classes and workshops. In this issue:

- **Fly fishing/ fly tying!**
- **Safe use of Essential Oils**
- **Small Business Support**
- **Beginner Computer Classes**
- **Creativity, Relationships, Longevity**
- **Hiking, Snowshoeing, Rock climbing**
- **GED/ HiSet prep and more!**



www.shaec.org

(413) 685-1052

SouthernhilltownsAEC@gmail.com