



# Time Bank of the Rockies How-To Festival

## June 22, 2024

### 10:00 am

**How-To  
Use the Babysitting Co-Op**  
Centennial Room at City Hall  
(accessed from Centennial Plaza) 433  
S. 1<sup>st</sup> St.

Learn how the Babysitting Co-op works- and other ways to use the Time Bank.  
Presented by Jeanette Oslund, Time Bank of the Rockies



**How-To  
Sell Your Items on the  
Internet**  
Library Meeting Room, 320 S. 2<sup>nd</sup> St.

Discussion of the Dos and Don'ts of Internet selling.  
Presented by Christy Shelley, owner of Waddle Squad eBay Store, Member of Time Bank of the Rockies



**How-To  
Draw Your Pet**  
East Lawn of the Library, Cascade St.  
between 2<sup>nd</sup> St. and 3<sup>rd</sup> St.

Bring your pet or pictures of your pet, and we will show you how to draw it. All art materials included. Make it realistic or go for fun & funky with an abstract rendition. Class size limited to 16 persons. Class held outdoors. Live pets MUST be well behaved and leashed. Owners are responsible to clean up after their pets and responsible for any damage to person or property by their pets. (This class will be repeated at 1:00 pm, in an indoor classroom.)  
Presented by Kate Burke



**How-To  
Make Gelli Prints**  
Montrose Center for the Arts,  
11 S. Park Avenue

Come see a demonstration of how to make art prints using a gelli plate.  
Presented by Joyce Baker



Held in  
conjunction  
with  
Habitat for  
Humanity's  
Rock the  
Block  
block party.

### 11:30 am

**All  
classes  
are free!  
No sign up -  
Just come.**

**How-To  
Make a Pie**  
Straw Hat Farm Market and Kitchen Store,  
514 S. 1<sup>st</sup> St.

This is a hands-on class held in the Straw Hat kitchen with ingredients provided by Straw Hat. Attendees should bring a rolling pin, or purchase one at the store. Attendees can come back to pick up their baked pie any time before the store closes at 4:00. Limited to 10 people.  
Presented by Karen Byler, Straw Hat Farm Market and Kitchen Store

**How-To  
Build a Mindfulness Practice**  
Montrose United Methodist Church,  
19 S. Park Ave., Room #1 (accessed off  
the "Ramp Door" on Park Ave.)

Learn what mindfulness is, some of the basic practices, and how to adapt the practices to your everyday life so that you can live with more peace, purpose, and happiness.  
Presented by Erin Easton, New Leaf Mindfulness Coaching

**How-To  
Ride the Public Bus**  
Centennial Room at City Hall (accessed  
from Centennial Plaza) 433 S. 1<sup>st</sup> St.

Presenting the different public bus options in Montrose. We will have presentations both in English and Spanish.  
Presented by Alyssa Lewin, Lesly Nayares, and Heather Kenefick, All Points Transit



**How-To  
Declutter Your Home**  
Library Meeting Room, 320 S. 2<sup>nd</sup> St.

Will include ideas and resources that can be used right away.  
Presented by Cathy Trujillo, Time Bank of the Rockies



**How-To  
Make a Fairy House**  
East Lawn of the Library, Cascade St.  
between 2<sup>nd</sup> St. and 3<sup>rd</sup> St.

Have fun making a fairy house for your garden with natural materials. Designed for children under 12 years.  
Presented by Tina Meiners, Montrose Regional Library District



**How-To  
Make Glass Art**  
Montrose Center for the Arts,  
11 S. Park Avenue

Come see a demonstration making glass art. Debby makes recycled art glass with stained glass, beads, broken pottery, broken jewelry, broken china, rocks, and found objects.  
Presented by Debby Locke



Thank you to our  
sponsor



# Time Bank of the Rockies How-To Festival

1:00 pm

## How-To Understand Photography Basics

Montrose United Methodist Church,  
19 S. Park Ave., Room #1 (accessed off  
the "Ramp Door" on Park Ave.)

A lesson on the superpowers of your camera. My goal is to get you out of Auto Mode by introducing aperture, shutter speed, ISO and framing techniques.  
Presented by Jess Bidwell, Jess Bidwell Photography

## How-To Know the Truth About Anything

Centennial Room at City Hall (accessed  
from Centennial Plaza) 433 S. 1<sup>st</sup> St.

Learn how to consult your own body and deeper mind to make important decisions. We are born with the capacity to know the truth and what is false but most of us do not or cannot use it. We have our minds, our intuition and experience but we can also have a dialogue with our bodies. Several different forms of kinesiology will be demonstrated to reveal how they can help with daily decisions.  
Presented by Gary Robertson

## How-To Draw Your Pet

Library Meeting Room, 320 S. 2<sup>nd</sup> St.

Bring your pet or pictures of your pet, and we will show you how to draw it. All art materials included. Make it realistic or go for fun & funky with an abstract rendition. Class size limited to 16 persons. Class held indoors. Live pets MUST be well behaved and leashed. Owners are responsible to clean up after their pets and responsible for any damage to person or property by their pets. (This class is also offered at 10 am outside on the library lawn.).  
Presented by Kate Burke



## How-To Leave No Trace

East Lawn of the Library, Cascade St.  
between 2<sup>nd</sup> St. and 3<sup>rd</sup> St.

Hands on activities demonstrating the 7 principles of Leave No Trace.  
Presented by US Forest Service.



## How-To Paint With Watercolors

Montrose Center for the Arts,  
11 S. Park Avenue

See a demonstration of how to make watercolor paintings. Jodine will go over the basics.  
Presented by Jodine Broscovak



2:30 pm

## How-To Crochet

Montrose United Methodist Church,  
19 S. Park Ave., Room #1 (accessed off  
the "Ramp Door" on Park Ave.)

Learn what crocheting is and how easy it is to learn. Bring your own supplies, if you have them, or you can borrow mine.  
Presented by Arleen Friedman

## How-To Play Hand, Knee & Foot Card Game

Centennial Room at City Hall (accessed  
from Centennial Plaza) 433 S. 1<sup>st</sup> St.

Learn how to play this fun card game and then come play at the Senior Center on Tuesdays at 1:00 pm.  
Presented by Lori Syme

## How-To Use Libby!

Library Meeting Room, 320 S. 2<sup>nd</sup> St.

Learn how to access library books online by using the Libby app by Overdrive. Learn how to download and set up your account, how to navigate the app, and how to search for books within Libby. Please bring a device – cell phone, tablet, laptop with WiFi or cellular ability – to practice on.  
Presented by Laura McLean, Montrose Regional Library District



## How-To Change the Oil in Your Car

East Lawn of the Library, Cascade St.  
between 2<sup>nd</sup> St. and 3<sup>rd</sup> St

Learn how to change the oil in a car. We'll change the oil of a 2005 Toyota Rav4 and learn how to drain the oil, remove the and replace the oil filter, refill the oil, and reset the maintenance light. We'll also talk about where to find that info.  
Presented by Ryan Sedgely



Built on the idea that everyone has something to offer and everyone has needs, the Time Bank of the Rockies strengthens our communities and provides needed support to individuals by connecting members who exchange their time, talents and skills. Join us!

[www.TimeBankoftheRockies.com](http://www.TimeBankoftheRockies.com)