

### ***Settling In: Early Homes of Western Canada***

Enjoy stories about early homes in western Canada. First Nations, explorers, fur traders, missionaries, NWMP, homesteaders and wealthy entrepreneurs all had the challenge of building and furnishing homes for their families. Some shelters were soddies; others were mansions but, given the problems regarding materials and expertise as well as the inhospitable landscape and climate, the challenges and successes are fascinating.

### ***Canada's Rocky Mountains: A History in Photographs***

Explore our Rocky Mountain past. First Nations and settlers, adventurers and sports enthusiasts, art lovers and tourists have long been drawn to the Rockies. Discover that dramatic past through old photos and stories of animals, people and places. And do expect to be challenged and inspired by the glimpses of our mountain history.

### ***Our Everchanging Rockies***

Explore how the Canadian Rockies have changed over the years. The presentation includes early geographic beginnings, usage patterns, natural environs, recreational patterns and recent developments. Most of the colored photos related to the Rockies and activities were the experiences of Faye and her family over the years, making this a visual *memoir*.

### ***Out of the Flames: Fires and Fire Fighting on the Canadian Prairies***

Fire is a frightening enemy for prairie dwellers. With so little precipitation on the southern prairies, for centuries, wildfires have threatened people and devastated the landscape. This presentation will include stories about men, women and children faced with such fires.

### ***Sharing the Good Times:***

#### ***Joys & Pleasures of Prairie Women***

In the old days of endless physical labour, large families and far-off neighbours, were there any happy prairie women? Discover what made the worst of times and the best of times for our female predecessors in western Canada. Some did become famous. Some were virtually unknown, and most were just like women today.

#### ***Prairie Twins:***

#### ***Alberta & Saskatchewan 1905-2005***

No two provinces could be more alike and more different. Except for the far west in Alberta and the far northeast in Saskatchewan, the twin provinces share geography, First Nations, and settlement patterns. But somehow, they developed their own personalities. This presentation offers the images and ideas that reflect their similarities and differences.

#### ***War & Remembrance for Western Canada***

Although this is not a Remembrance Day ceremony, this program offers photos, comments and insights into the stories of Western Canadians and those serving in the forces during war time. Respectfully suggesting experiences and background for those time frames, it touches upon involvement in the Boer War, First World War, Second World War and Korean War for men and women, at home and abroad.

#### ***Awed, Amused & Alarmed: Fairs, Rodeos & Regattas of Western Canada***

Summer in western Canada has always meant stampedes and rodeos in small and large communities alike. Competition was diverse and intense at events, but fun took many forms, too. From the parade to the fireworks, from the fair food to the Ferris wheel, days were filled with festivities.

So, walk the midway & enjoy the history of pop culture in the West.

#### ***Homemade Fun***

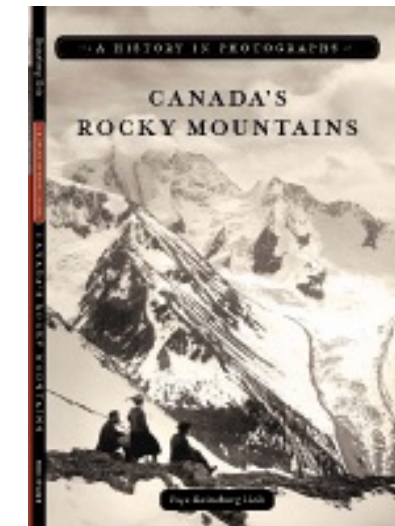
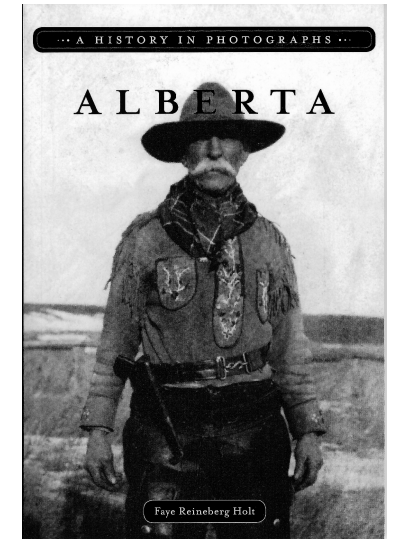
Remember when glue and toys were homemade, and everyone from five to fifteen joined in the games. Whether the activities were staged outdoors or indoors, computer know-how was not a prerequisite. Games, crafts and entertainments have changed, but children of yesterday were masters at creating their own fun. So, enjoy the trip down memory lane and rediscover wonderful pastimes to hand down to the children of today.

#### ***Western Men, Women & The Famous Five***

Women's roles and rights were changed by Canada's Famous Five women. That meant changes for men, too. From gaining the vote to serving in government, these and other women helped create a new Canada and a new West. Two of the Famous Five, Emily Murphy and Nellie McClung, were writers in their own right. Along with Henrietta Muir Edwards, Louise McKinney and Irene Parlby, they inspired their contemporaries and will inspire today's young people with their work in writing, art, social welfare and government. Having researched & written about all five and many other western Canadian women, Faye shares their stories and how they impacted our lives.

#### ***Looking Back: Inspiring Albertans***

Inspiring men and women from all walks of life and all backgrounds have helped to build the province. Discover and remember some of their amazing accomplishments and their contributions to our lives. Inspiring Albertans include well-known and famous individuals and those who are little known but who have had significant impact on us.



## Writing Workshops for Seniors (Small Groups Only)

Workshops can be presented at your community centre, seniors' lodge or another location. However, moveable tables or a board table is required for round-table discussions. Participation is part of the workshop format, and writers will be given the option of reading their work out loud. If helpful, Faye can bring blank journals for participants to use when writing. Fees are dependent on the number of sessions and specifics of your request. For a workshop format, suitable numbers are six to twelve participants. Additional workshop topics are available and can be tailored to your needs. Workshops are open to both new and experienced writers. Afternoon is the preferred time of day. Each session is 1 hour for as many dates as preferred.

## Writing Memoir

Perhaps you want to write your own life story. Whether you want to fulfill a personal objective, create a family keepsake, or create a publishable article or book, there are many possibilities. The idea of passing along your own life experiences may be sparked when you are focused on genealogy, or when you are creating a gift for your children or grandchildren. Also, excerpts from memoirs are useful for special occasions. Whether you are beginning a memoir or continuing one, discover some writing styles that might help you captivate family and other readers.

## Saving Our Past: Creating Legacies

What do we know of the past beyond our own experiences? Many, from all walks of life, are well informed about the past for the community, province, country and world. This workshop focuses on essays, articles or creative writing nonfiction to help document the past. What you write might be for your own satisfaction, for your family or for publishing them in magazines and local publications. Some writers will include sources such as books and websites that offered ideas or even statistics. Others simply write what they know.

## Traditionally Published Adult Books

*Settling In: Early Homes of Western Canada* (Detselig); *Canada's Rocky Mountains* (Heritage House; *Alberta*): *A History in Photographs* (Heritage House, Altitude); *Prairie Twins: Alberta & Saskatchewan Photographic Memories 1905-2005*, (Detselig); *Awed, Amused & Alarmed, Fairs, Rodeos, Regattas in Western Canada*, (Detselig); *Sharing the Good Times: Prairie Women's Joys & Pleasures*, (Detselig); *Homemade Fun: Games and Pastimes of the Early Prairie*, (Fifth House Imprint, Fitzhenry and Whiteside); *Settling In: First Homes on the Prairies* (Fifth House Publishing); *Monarchs of the Fields*, (Fifth House); *Threshing: The Early Years of Harvesting* (Fifth House); *Out of the Flames: Fires & Fire Fighting on the Canadian Prairies*, (Fifth House); *Help: Rescues & Disasters in Western Canada* (Altitude); *Alberta: 100 Journeys* (Alberta Motor Association), Co-author

### SPECIAL DISCOUNTED FEES:

**Senior Lodges Only**

**\$110/ 1 hour session**

**\$105 for 2 - 1 hr sessions booked for different days**

**RE: fees for other programs, contact Faye directly.**

# Senior Programs

## Faye Reineberg Holt

Inspiring  
With Words, Stories & Images



A Calgarian, conference speaker, teacher, editor, and former writer-in-residence, Faye has offered countless presentations in schools, libraries and community venues. Having travelled extensively in Alberta and Western Canada, she believes that discovering the stories from our past and learning the value of words is both inspiring and invaluable to students. Also, she loves photos, and visual literacy is always an aspect of her multifaceted programs.

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