



Taconic Hills
Adult Continuing Education Program

Fall 2008
(Non-Credit Classes)

September through December 2008

Grow through
lifelong learning!

Animal Behavior

Manners & More

This class in canine etiquette will help the average pet owner learn to train the family pet proving even an old dog can learn a new trick! This course is designed to teach you to establish the very essential commands for your pet's well being such as *sit, down, come* and *stay* as well as some fun tricks. Questions on basic dog obedience and training for K-9 Events will be addressed. Proof of updated vaccination and kennel cough vaccine records in the form of a certificate from your veterinarian are required at the first class. No flexi leads or chain leads please.

The instructor reserves the right to dismiss any aggressive dogs at any time throughout the course.

Six (6) Evenings: Thursdays
Date: October 16, 23 & 30, November 6 & 13
Time: 5:45 - 6:30 PM
Instructor: Edie Rodergerdts
Tuition: \$42.00
Location: High School Cafeteria

ART

Experimental Drawing Techniques-Master Class

This master class will be an intensive session that requires some experience in the fine arts, but not necessarily drawing. Students will explore line drawing techniques with an emphasis on shading and various drawing styles. Using graphite and charcoal as drawing tools, interpretive works from life, imagination as well as photographs will be investigated and discussed.

Participants need to bring their own materials; a drawing or newsprint pad, graphite pencils #7, #8 and #9, one soft vine charcoal stick, one hard black charcoal stick and a kneaded eraser.

One (1) Session
Date: Saturday, October 18
Time: 9:00 AM - 1:00 PM
Instructor: Maj Kalfus
Tuition: \$25.00
Location: S 140

Fundamentals of Painting

This is an introduction to the basics of painting and perfect for the beginner artist to learn how to control and manipulate oil paints on canvas. Working from still life set-ups; composition, color control, surface textures, brush work as well as palette knife techniques will be explored. A variety of painting styles and one-on-one critiques will be presented to help the novice artist develop a foundation of knowledge and ability on which to build their individual painterly expression. Students are expected to have all materials ready for painting at the beginning of each class.

Six (6) Evenings: Wednesdays
Dates: October 1, 8, 15, 22 & 29, November 5
Time: 6:30 - 8:30 PM
Instructor: H.M. Saffer
Tuition: \$125.00
Location: S 140

The Fundamentals of Painting materials list includes: Titanium or Zinc White, Cadmium Red, Alizarin Crimson, Ultramarine Blue, Prussian Blue, Cobalt Blue, Ultramarine Violet, Sap Green, Lemon Yellow, Cadmium Yellow Medium, Cadmium Orange, Yellow Ochre, Raw Umber, Burnt Sienna, Ivory, Mars or Lamp Black. Assorted palette knives, a palette board, stretched canvas or Masonite board, Turpenoid (not turpentine), bristle brush #2, #4 and #8, fan brush #4 and liner brush #2, rags and a smock.

The Art of Faux Painting

Beginning with an introduction to the techniques, materials and history of Faux Painting finishes, this course will swiftly move from demonstration to participation. Students will learn wood graining, marbling, textural applications and glazing techniques on wood and stone on various surfaces. The hands-on approach is contagious and each student will leave the course with their own reproduction-a genuine faux creation!

At the first session the instructor will provide a list of materials that will include the basics (many are found in most homes): small jars for mixing acrylic paints, cloth rags, chamois cloth, flat poly sealer or clear shellac, small paint roller and tray as well as various brushes and graining tools. Call H.M. Saffer at 518-325-3535 for a complete materials list.

Six (6) Evenings: Thursdays
Dates: October 2, 9, 16, 23, 30 & November 6
Time: 6:30 - 8:00 PM
Instructor: H.M. Saffer
Tuition: \$125.00
Location: S 140

Seeing Through the Camera-Master Class

Taught by Lonny Kalfus, whose portfolio includes major corporate and clients in the private sector, this is a significant master class for serious amateur and beginning professional photographers who will benefit from the critique of their work. Kalfus will discuss a selection of his own work; from his eye, use of judgment and inspiration when photographing subjects to the use of digital techniques in Photoshop and preparing files for printing. He will also conduct an exercise in student portraiture, leading the class to see through the camera, choosing shooting angles and exploring the endless possibilities in photography as an art form. Students should bring their camera and files of their work on CD or DVD disk.

One (1) Session
Date: Saturday, November 8
Time: 9:00 AM-12:00 PM
Instructor: Lonny Kalfus
Tuition: \$25.00
Location: S 139

Body, Mind & Health

Basic Circus Skills

Run away with the Bindlestiff Family Cirkus and be home by bedtime! Circus Skills offer a great bridge between mind and body. Juggling is a truly ambidextrous activity, stimulating the brain, enhancing co-ordination, and encouraging healthy movement. It's a physical skill that's accessible to all, regardless of level of fitness or experience. Students will get an introduction to basic 3 object juggling, object balancing, basic funambulistics (stilts, rolla bola, rolling globe) and partner juggling. Each session will focus on warm up, conditioning and dexterity exercises; skill building and practice, and goal evaluation. Instructor will help each student set realistic goals for weekly practice and final, informal presentation. Great skill set for actors seeking to enhance their versatility, athletes looking to improve motor co-ordination and core strength, and everyone in general!

\$20 materials fee provides student with three juggling balls to keep.

Five (5) Evenings: Tuesdays
Dates: October 21 & 28, November 4, 18 & 25, No class on November 11
Time: 7:00 -8:00 PM
Instructor: Stephanie Monseu
Tuition: \$60.00
Material Fee: \$20.00-Optional
Location: Veterans Community Room

Living Yoga

Yoga is much more than physical exercise: this 5,000-year-old discipline and practice in its underpinnings involves philosophy, ethical principles and nutritional guidelines. This course, introduces Yoga as a lifestyle integrated with a yoga physical routine for achievement of fitness goals as part of overall physical and mental health. Each session is developed as a 1-hour Living Yoga class preceded by ½ hour introduction to the discipline of Yoga.

Students must bring their own mat.

Students who wish to practice individually during and after the course may purchase an instructional DVD.

Six (6) Sessions: Saturdays
Dates: October 4, 11, 18 & 25 and November 1, 8 & 15
Time: 11:00 AM - 12:30 PM
Instructor: Daniela Bertol
Tuition: \$60.00
Material Fee: \$25.00-Optional for Instructional DVD
Location: District Office - Board of Education Room

Tai Chi & Qigong for Busy People

In this class you will learn a daily twenty-minute routine integrating Tai Chi, Qigong, self-massage and meditation. Qigong is an ancient Chinese discipline that emphasizes deep breathing to relax the nervous system and simple, easy movement to increase the flow of self-healing life force or energy. Tai Chi is a form of moving Qigong that develops balance, flexibility and effortless focus. This gentle form of exercise is adaptable to anyone's level of fitness.

Six (6) Evenings: Tuesdays
Dates: September 30, October 7, 14, 21 & 28, November 4
Time: 6:00-7:00 PM
Instructor: David Haines
Tuition: \$60.00
Location: District Office-Board of Education Room

Tai Chi

This class can be taken as a continuation of **Tai Chi & Qigong for Busy People** or may be taken independently. We will emphasize the moving form of Qigong called Tai Chi. Participants will learn a short sequence of postures that flow together into a graceful form. Resembling swimming slowly through the air, you will learn to move more effortlessly. Originally practiced as a soft martial art, it is now widely practiced for its health enriching benefits. Any questions concerning these classes can be directed to David Haines at 851-7952.

Five (5) Evenings: Tuesdays
Dates: November 18, 25, December 2, 9 & 16
Time: 6:00-7:00 PM
Instructor: David Haines
Tuition: \$50.00
Location: District Office -Board of Education Room

Beginner Step Aerobics

If you like to dance, this class is for you! To the beat of fast paced music you will be stepping on and off a platform, burning calories and getting a great cardio workout! You may bring your own platform or use one provided by the school. This is a medium to high impact aerobic workout, however all levels are welcome. You will need to bring water to drink before, during and after class.

Six (6) Evenings: Fridays
Dates: October 3, 10, 17, 24 & 31, November 7
Time: 6:00 - 6:45 PM
Instructor: Jane Boyles
Tuition: \$42.00 **
Location: Performing Arts Center

Body Sculpting

Tone and define your abdominals, lower and upper body muscles using light weights or just body weight. You may use your own 3-5 pound weights; however weights are not necessary for this course. Please bring a mat for floor work. You will need to bring water to drink before, during and after class as well. All levels are welcome to attend as this is a great way to get strong for the winter months ahead.

If you are attending this class, please come to the cool down portion at the **Beginner Step Aerobics** class for your warm up.

Six (6) Evenings: Fridays
Dates: October 3, 10, 17, 24 & 31, November 7
Time: 6:45 - 7:30 PM
Instructor: Jane Boyles
Tuition: \$42.00 **
Location: Performing Arts Center

Beginner Step Aerobics and Body Sculpting may be taken in conjunction with one another. When enrolled in both classes, participants will receive a discount on the combined course fee, setting tuition at \$72.00**

Crafts

Knitting and Felting a Purse

The craft of knitting and felting has become a creative and colorful rage in the contemporary Fiber Art world! Rather than the traditional knit-one-and-purl-two method, you will learn to knit a beautiful purse using large circular needles, 100% wool and felt. Though some knitting experience is helpful, this is a great project for beginners as the felting hides a world of mistakes! Call for materials list for first class.

Three (3) Evenings: Thursdays
Dates: November 13 & 20 and December 4
Time: 6:30-8:30 PM
Instructor: Lisa Mazzacano
Tuition: \$65.00
Location: Veterans Community Room

Boxwood Candle Ring

Learn to make a decorative fresh boxwood candle ring just in time for the holiday season! All you need to bring is a fat candle, a pair of clippers (if you have them) and a festive mood. All other materials will be supplied by the instructor.

One (1) Evening
Date: Tuesday, December 9
Time: 6:30-8:30 PM
Instructor: Ann Hunter
Tuition: \$10.00
Materials: \$22.00
Location: Veterans Community Room

Decorated Boxwood Tree

This is a creative and festive holiday craft project. First, participants will make a boxwood tree and decorate it to their liking. If you have clippers, please bring them to class. All other materials are supplied by the instructor.

One (1) Evening

Date: Thursday, December 11
Time: 6:30-9:00 PM
Instructor: Ann Hunter
Tuition: \$10.00
Materials: \$22.00
Location: Veterans Community Room

Boxwood Wreath

Make a beautiful fresh boxwood wreath to hang on the wall or a door during the holiday season. Known for its simple organic beauty, a boxwood wreath will promote the tradition of bringing greens into the home to brighten the short winter days. If possible, bring clippers.

One (1) Evening

Date: Monday, December 15
Time: 6:30-9:00 PM
Instructor: Ann Hunter
Tuition: \$10.00
Materials: \$24.00
Location: Veterans Community Room

Culinary Arts

Cooking 101: The Beginner Series

Learn the basics to cooking from useful food preparation techniques to the art of presentation. You will look at your kitchen as a sanctuary after attending this handy course while others will boast about your roast! Each week new cooking skills will be introduced beginning with a class in knife skills dedicated to the craft of slicing fruits, vegetables, poultry and meats followed by a session about putting up jams and pickles. The third class will cover sauces, vinaigrettes, gravies, and dressings and the last class will premiere roasting chicken, beef and vegetarian dishes. Warning: you will want to try this at home!

Four (4) Evenings: Tuesdays

Dates: October 7, 14, 21 & 28
Time: 7:00 - 8:30 PM
Instructor: Julie Gale
Tuition: \$100.00
Materials Fee: \$50.00
Location: S 176

Dance

Basic Ballroom Dance

By the end of any one of these energetic dance lesson sessions you will literally waltz your way around any dance floor! Each session concentrates on a specific style of ballroom dance and is structured with one lesson per week for four consecutive weeks. And particular to each session, students will collectively choose the specific dance they wish to learn after the instructor Sal Angelo and his dance-partner wife perform a brief dance demonstration. From there, your small steps will lead to a grand technique and a renewed sense of confidence on and off the dance floor. Open to singles and pairs. Please wear shoes with leather soles.

Instructor: Sal Angelo

Location: Elementary School Cafeteria

Session One: Waltz or Foxtrot

Four (4) Evenings: Tuesdays

Dates: September 23 & 30 and October 7 & 14

Time: 6:30 - 7:30 PM

Tuition: \$20.00 Fee per Person

Session Two: Swing or Hustle

Four (4) Evenings: Tuesdays

Dates: October 21 & 28 and November 4 & 18

Time: 6:30 - 7:30 PM

Tuition: \$20.00 Fee per Person

Session Three: Rumba or Cha-Cha

Four (4) Evenings: Tuesdays

Dates: November 25 and December 2, 9 & 16

Time: 6:30 - 7:30 PM

Tuition: \$20.00 Fee per Person

Social Dance Thursday, December 18 at 6:30 PM

This is a special evening set aside for ballroom dance and an excellent opportunity to share your newly acquired lively, yet graceful dance moves as well. Meet other ballroom dance students who may not have enrolled in your particular session!

Hip Hop Dance

Learn the latest moves while gaining muscle strength and flexibility. Not only is this dance class open to all levels of ability, but it is fun, too! This fast-paced class begins with 45-minutes of stretching and muscle conditioning to get you ready for some basic Hip Hop terms and steps and concludes with routine choreography. Wear sneakers and sweats and leave your generation gap at home!

Four (4) Evenings: Thursdays

Dates: September 25 and October 2, 9 & 16

Time: 6:00 - 7:30 PM

Instructor: Regina Marcucci

Tuition: \$60.00

Location: Elementary School Cafeteria

Ecology

Ecological Awareness: Beyond Sustainability

The course revolves around the notion of ecological awareness as one of the solutions to the environmental crisis our planet is currently facing. Articulated in two lectures that include PowerPoint presentations summarize the philosophical themes and historical precedents of dwellings in harmony with nature followed by an introduction to archaeoastronomy and ecological construction. The last session is a guided tour of Sun Farm, located in nearby Claverack. Sun Farm is an art in nature and architecture project developed on the principles of ecological awareness. You will be impressed with the 68-acre property that a single family dwelling that utilizes passive solar energy and where topography and architectural structures continuously display a harmonious relationship between sun, shadow and stellar alignment. A video DVD, provided at additional cost, accompanies the course.

Three (3) Sessions: Saturdays

Dates: October 4, 11 & 18

Time: 2:00 - 3:15 PM

Instructor: Daniela Bertol

Tuition: \$30.00

Material Fee: \$25.00 Instructional DVD-Optional

Location: E 154

Finance and Fiscal Well Being

Planning your financial future can sometimes be overwhelming and a daunting task. Frank Guiffre will offer the four following seminars, free of charge, on finance and fiscal well being. Please email Frank at fguiffre@hallidayfinancial.com for more course information

Preparing To Care For Your Elderly Parents-Free Seminar!

This is a practical overview of the financial and personal impact of caring for aging parents. Gain an understanding of the trends and issues adult children face as they assist their parents with securing and paying for care. Learn tips on how to position you parent's health care goals and how to protect their assets. As our parents age, more adult children will face these struggles. Make a plan before a crisis occurs.

Dates: Monday, October 6
Time: 7:00 - 9:00 PM
Instructor: Frank Guiffre
Location: Veterans Community Room

Understanding Stocks, Bonds, & Mutual Funds-Free Seminar!

Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments.

Dates: Monday, November 17
Time: 7:00 - 9:00 PM
Instructor: Frank Guiffre
Location: Veterans Community Room

Comprehensive Financial Planning-Free Seminar!

During the peak earning years of life we often set aside assets that are earmarked to provide for our retirement needs. Unfortunately, very few people establish a financial plan that covers every aspect of their financial life. This informational seminar will focus on the importance of comprehensive financial planning; demonstrating how investment, tax, insurance and estate planning work together to provide the coverage and security that everyone is looking to enjoy during a long and fruitful retirement. This course is strictly educational and there will be no solicitation for any investment.

Dates: Monday, November 24
Time: 7:00 - 9:00 PM
Instructor: Frank Guiffre
Location: Veterans Community Room

Are you thinking about Retirement Planning??? - Free Seminar!

Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work, or the pursuit of favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to email fguiffre@hallidayfinancial.com for more course information

Dates: Monday, December 2
Time: 7:00-9:00 PM
Instructor: Frank Guiffre
Location: Veterans Community Room

Money Matters

How to Build a Fun and Profitable Home-Based Business

What kinds of home based businesses are out there? How do you research an opportunity? What does it take to become successful? How do you get paid? Gain access to 70 different ways to market your products and services. No hype, no fluff . . . just straight-up, practical information on how to get the job done!

One (1) Session:

Date: Monday, October 27
Time: 6:00-9:00 PM
Instructor: James Farnham
Tuition: \$19.00
Location: Veterans Community Room

Wheeling and Dealing: Car Buying Wisely

This seminar is taught by a consumer advocate, not a car salesman, who will teach you inside secrets to save money on your next car purchase. The seminar explores options: buying used cars, buying new cars, invoice price, wholesale price, rebates, hidden rebates and hidden warranties, negotiating leases, fax buying of cars and purchasing vehicles off the internet. The class is designed to warn you of salesman tricks of the automotive trade and introduce you to the many sources of good information. Best of all you will avoid getting ripped off in the future due to your ability to negotiate from knowledge and strength.

Dates: Monday, December 8
Time: 6:00-8:00 PM
Instructor: Bev Nathan
Tuition: \$50.00
Material Fee \$20.00-optional
Location: Veterans community Room

Entrepreneurship

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Also to be discussed will be franchising.

Dates: Monday, December 8
Time: 8:00-10:00 PM
Instructor: Bev Nathan
Tuition: \$50.00
Material Fee \$20.00-Optional
Location: Veterans Community Room

Protecting and Investing Your Wealth Wisely

Have you just inherited some money and have some money to invest?

This fast-paced, lively, blunt and straightforward fact-packed seminar is an absolute must for those who want to learn from a consumer advocate. The passionate instructor will bring to light information you are not supposed to know or were never taught in high school or college! Learn how to avoid being ripped off when purchasing or leasing automobiles, buying insurance, investing in long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will be confident enough to invest on your own or interview financial planners who will truly work for you. You will also learn how to stretch and save your hard earned money. IT IS TIME TO TAKE CHARGE OF YOUR MONEY!

Dates: Monday, December 8
Time: 6:00-8:00 PM
Instructor: Richard Nathan
Tuition: \$50.00
Material Fee \$20.00-Optional
Location: High School Library

How to Buy and Sell Real Estate Wisely

Through various step by step techniques to save money you will learn how to buy and sell your home, foreclosure property, raw land, condominium, co-op, multi-family, vacation home, timeshare or a retirement home with or with our a realtor for the best possible price. You will also learn how to buy investment properties, wisely! The instructor will teach you various ways to protect your most valuable asset, your real estate. Topics range from mortgage sources, rent with option to buy, screening potential buyers, buying for no money down, buying foreclosures and how to sell your home without a realtor.

Dates: Monday, December 8
Time: 8:00-10:00 PM
Instructor: Richard Nathan
Tuition: \$50.00
Material Fee: \$20.00-Optional
Location: High School Library

Music

Jazz Master Class with The Armen Donelian Trio

Take advantage of this hands-on playing and teaching session with the stellar Armen Donelian Trio while they are on tour in the region! The focus will be on playing jazz and jazz improvisation. Leading the trio is Fulbright Senior Scholar and New School Jazz faculty member, Armen Donelian on piano, National Endowment on the Arts Fellow and Berklee College of Music faculty member David Clark on bass and independent record producer, George Schuller, on drums. Open to all instrumentalists and vocalists who are interested in honing their jazz performance skills.

Timing is everything. In celebration of his recent CD release, *Oasis*, The Armen Donelian Trio Master Class is scheduled between appearances at Justin's in Albany on October 17, Castle Street Café in nearby Great Barrington on October 18 and at West Cummington Congregational Church in Cummington, Massachusetts on October 19.

One (1) Session

Date: Saturday, October 18
Time: 10:00 AM - 1:00 PM
Instructor: Armen Donelian
Tuition Fee: \$35.00
Location: S 152

Musical Performance-Finding the Common Thread

Song is timeless and every performance is built on motivation and history. With this performance oriented course, you will discover a common thread that is as encompassing as it is unique. The first session will examine how culture, religion and politics take shape in storytelling and how historical events have led notable personalities to make significant contributions in performance or song. The second session covers live performance topics; from presentation to stage presence. Learn to navigate the stage, connect with your audience and sing your story.

Two (2) Sessions: Tuesdays

Date: October 7 & 14
Time: 6:30-8:00 PM
Instructor: Greg Steele
Tuition Fee: \$25.00
Location: Performing Arts Center

Audio Recording-Mixing and Mastering Your Sound

Capture your performance by learning the basics of recording your music and hear how your sound can sound! Designed as a hands-on course, the first session will cover technical and acoustical sound amplified from equipment and microphones. The following session will focus on mixing and mastering. Learn the secrets of production, altering sound, amplifying sound and the incredible process that can further your songwriting.

Two (2) Sessions: Tuesdays

Date: October 21 & 28
Time: 6:30-8:00 PM
Instructor: Greg Steele
Tuition Fee: \$25.00
Location: Performing Arts Center

Pairing Wine with Food

Pairing Wine with Food for the Holidays

If pairing wine with food for the holidays or any time is something that you've always wanted to learn more about, a visit to the Hudson-Chatham Winery will introduce you to how easy it can be. Learn the differences between whites and reds and why they pair with certain foods; how to identify certain flavors and aromas; what the best occasions are for specialty wines like champagne or port. Course fee includes a wine tasting and complimentary glass.

One (1) Session:

Date: Wednesday, November 19
Time: 6:00 - 8:30 PM
Instructor: Dominique De Vito
Tuition Fee: \$20.00
Location: Hudson-Chatham Winery, 1900 Route 66, Ghent, New York

Poetry

Finding Meaning, Values and Community in Poetry

World poetry, from ancient to modern times, is the most complete, succinct and elegant record available to us of human wisdom, experience and ethics. This series is designed for people who wish to be introduced to or expand their contact with a wide range of poetry and participate in lively, facilitated discussions of exceptional poems. The instructor takes an unorthodox approach to leading this series devoted to poetry. Pairs or groups of poems with common themes or motifs are chosen to correspond with the expressed interests of the participants allowing the group to appreciate and evaluate the perspectives, values and styles of different poets. The discussion itself is informal in that there is no obligation to speak. One can participate simply by listening.

Ten (10) Evenings: Tuesdays

Dates: October 7, 14, 21 & 28, November 4, 18 & 25, December 2, 9 & 16
Time: 6:00 - 7:00 PM
Instructor: Robert Ronnow
Tuition: \$75.00
Location: High School Library

Recreation Activities and Adventures

Alternative Transportation Miracle: The Bicycle

With rising gas prices and an elevated sense of safe keeping our environment, riding the bicycle has made a comeback! Join Ed Fertik, riding enthusiast and Cyclelogical business owner, in this informative and *moving* seminar! This course will explore the history of the bicycle and how it works. Discussion will offer advice on selecting the right bike for your ability and using the proper gears to get the most out of your ride. Bicycle touring and the sport of cycling will also be discussed. Saturday classes will include group rides. This course is open to all abilities.

Four (4) Evening Classes and Three (3) Saturday Morning Rides

Classroom Dates: Monday, September 22 & 29 and October 6
Wednesday, October 15
Time: 7:00-8:00 PM

Ride Dates: Saturday, September 27, October 4 & 18
Time: 11:00 AM-1:00 PM

Instructor: Edward Fertik
Tuition: \$99.00
Materials Fee: \$10.00
Location: E 154 / Rides TBD

Recreational Volleyball

Volunteer instructors Eric Miller and Bill Edelman claim good sportsmanship, great exercise, lots of fun and the spirit of good competition are the main objectives to this aerobic activity. Some prior knowledge or experience of the game is required.

A minimum of ten participants is required for the program to run. You must sign up in advance. Sorry, walk-ins are not allowed.

Twelve (12) Evenings: Thursdays

Dates: September 25, October 2, 9, 16, 23 & 30,
November 6, 13 & 20 and December 4, 11 & 18
Time: 6:00-8:00 PM
Instructor: Eric Miller & Bill Edelman
Tuition: \$34.00
Location: Middle School Gym

Safety & Driving

NYS DMV 5 Hour Pre-Licensing Course

This class meets the NYS DMV classroom requirement in driver safety education and is required to take the road test. This is a great refresher course for those who have a revoked license or have not had a valid driver's license for awhile. ***You must bring your valid NYS learner's permit to class.*** Instructor Mike Bowman will once again lead this class. Date and time to be determined, so please call 518-325-0447 for updated schedule.

Safety & Driving

Accident Prevention Workshop

This is the six-hour required defensive driving program that can reduce up to four points on your driving records as well as being immediately eligible for a 10 % discount on collision and auto liability premiums. The discount is good for three years. The point reduction pertains to violations that have occurred during the 18 months prior to completing the course.

Two (2) Evenings:

Dates: Tuesday, October 14 and Thursday, October 16
Time: 6:30 - 9:30 PM
Instructor: Victor Bujanow
Tuition Fee: \$49.00
Location: Veterans Community Room

Theatre Arts

Time to Act; the Art and Joy of Freeing the Actor in Ourselves.

Wish to step more fully into yourself? Love theatre and acting? Have experience in either and wish to explore it all some more? If the answer is yes to any of these questions, this workshop is for you and is perfect for adults in search of new experiences with themselves, their bodies, voice, imagination, and fellow human beings. Participants move, speak and create together. The setting will open a space in which action and acting can unfold in a humorous and meaningful way, always with the goal to engage one's creative individuality.

The sessions will be divided into two areas: Exploration and Text Work. Exploration will concentrate on the relationship between you and your body/movement, you and your voice/speech, you and those around you and lastly, you and the space. With Text Work either a classic folk tale or a scene from one of Shakespeare's plays will be the canvas on which the approaches experienced during the Exploration will be rendered. Through these exercises, both the living world of archetypes and journeys found in the great myths and smaller scale folk tale, as well as Shakespeare's unique language and deep intimacy with all things human, will take one into a rich universe where one can grow and laugh in, forging a deeper connection to one's self, those around us and the environment we live in.

The work will draw its inspiration from a variety of techniques, including the Michael Chekhov acting technique, Rudolf Steiner's creative speech, the Lecoq method of Physical Theater.

Five (5) Evenings: Wednesdays
Dates: October 15, 22 & 29 and November 5 & 12
Time: 7:00 - 8:30 PM
Instructor: Benedicta Bertau
Tuition Fee: \$100.00
Location: Elementary School Cafeteria

Instructor Credentials

Sal Angelo has been instructing Ballroom dance for the past eight years and is known for his involvement in teaching ballroom dance on the competitive level as well as school programs in the Berkshire region. A former member of *Earth Angels*, Sal is a very happy to return to Taconic Hills School to teach and share his favorite dance moves.

Benedicta Bertau, director, actor, clown and Producing Artistic Director/Outreach Director for Walking the dog Theater, was born in Germany into a French/German family. She received her Waldorf Teacher Training Certificate from Emerson College, England, in 1996 and her B.A. in Dance/Eurythmy from Helicon College in The Hague, Netherlands, in 2000. Benedicta Bertau trained in Physical Theater in Chile, the Chekhov Acting Method in Berlin, Germany, and Clowning in the Netherlands. She speaks five languages fluently. An experienced teaching artist and accomplished dancer of many styles, Ms. Bertau has led movement and theater workshops for people of all ages and abilities.

Daniela Bertol is an Italian born artist, author, architectural visionary and Yoga teacher who worked for almost two decades on projects integrating science, art and architecture. Her site-specific environment and art installations have been exhibited in the United States and Italy. She has published numerous articles in art and science journals and lectured at several congresses and symposia worldwide and is the author of two books on architecture and digital space.

Jayne Boyles is CPR and an AFAA certified instructor. She has taught aerobics for the past 13 years including 6 years of instructing at the Finish Line fitness gym in Hudson, New York.

Victor Bujanow is an area businessman who has extensive experience as a Notary Public and the insurance business.

Dominique De Vito and her husband Carlo are both publishing professionals, have recently opened the Huson-Chatahm Winery, specializing in small batches of hand crafted wines.

Armen Donelian has performed and recorded since 1975. He has been a featured solo pianist, leader of his quintet or trio and had performed with legendary jazz greats Sonny Rollins, Chet Baker and Billy Harper to name a few. He is a Fulbright Senior Scholar and recipient of six Jazz Performance Fellowships with the NEA. Donelian's extensive career includes performance and teaching both nationally and internationally

Bill Edelman and **Eric Miller** volunteer for another great season of recreational volleyball. Their friendly hometown manner attracts a lot of fun on the court.

Edward Fertik owns CycleLogical Bike Tours, a bicycle touring company out of Philmont, New York that organizes and supports the 3-day Tri-State Ramble cycling event on Memorial and Labor Day weekends.

Frank Guiffre is a licensed Financial Advisor with the Halliday Financial Group in Albany, New York and has presented various seminars in Finance throughout the region.

Ann Hunter is the proprietor of Lastings, a *barn-based* business in Hillsdale, New York specializing in dried floral arrangements. Needless to say, Ann's boxwood workshops are a perennial favorite!

Business owners **Bev Nathan** and **Rick Nathan** have taught courses to sharpen consumer advocate skills in the Mid-Atlantic region for the past 20 years.

David Haines has studied with many masters including Chungliang Al Huang and the late Milton Trager. Haines has also credit Zero Balancing, The Feldenkrais Method and Taoist meditation to his practice of graceful and relaxed movement.

Lonny Kalfus is a professional photographer whose extensive client list includes many international corporations such as AT &T, Dell, GE, Home Depot, Merrck and Siemens just to name a few.

Maj Kalfus began her career in fashion illustration and evolved into fashion merchandising, marketing and design projects for top industry leaders such as Liz Claiborne, Tommy Hilfiger and Ralph Lauren. Refocusing her career to the fine arts, Kalfus currently divides her time between teaching painting and exhibiting her artwork.

Choreographer **Regina Marcucci** has offered dance instruction and done choreography for many dance schools and organizations in the Hudson Valley for the past 10 years. Her work with many youth groups and schools has helped introduce dance to thousands of youths in the region. Now with studios in Hudson and Saugerties, Marcucci has expanded her dance school curriculum to include Hip Hop, Jazz-Funk and many other styles. She continues to choreograph award winning competitive cheerleading routines for individuals and groups competing in Nationals.

Instructor **Stephanie Monseu** is a professional circus, variety artist and teacher, with a 15 year career as a juggler, stilt walker, fire eater, ringmistress, physical comedian, and high wire stunt artist. She is also co-founder of the internationally acclaimed Bindlestiff Family Cirkus.

Edith Rodegerdts is an expert dog trainer and canine behavior consultant. Her dog obedience classes are highly popular leading to many returning two-legged and four-legged students.

Robert Ronnow holds a B.A. in English and Comparative Literature from Columbia University whose poetry has been published and has authored a personal anthology, *Whole Wide World*. He is presently the Executive Director of the Sheffield Land Trust and a jazz trumpet player. More of his poetry can be viewed at www.ronnowpoetry.com.

H.M. Saffer, II has taught and exhibited his creative works, including oil paintings and Sume-I work, in many schools and organizations. Much of his work is inspired from time spent in Japan. His pointillism paintings and prints, Sume-I and faux painted works can be viewed on www.hmsaffer.com.

As the owner of Derek Studios that specializes in live music recording and album production, **Greg Steele** has worked with many artists of various levels and proficiencies. As a musician Steele has performed in many different sized venues-from coffee houses to concert halls and understands life on both sides of the microphone. Steele coaches performance and microphone technique, arranges orchestration, writes and re-writes lyrics in addition to his expertise in the recording studio.

Taconic Hills Adult Continuing Education Program

Thank you for your interest and participation in the Taconic Hills Adult Continuing Education Program. Do you have a particular interest or field of expertise you would like to share with adult community members? If you are interested in teaching a class or would like to submit a proposal for consideration, please contact

Sharon Hulett-Shepherd
(518) 325-0447
sshepherd@taconichills.k12.ny.us

Are there any classes or activities you would like to see offered in the Adult Continuing Education Program? Your input is vital to the success of the program! Thank you!

Sharon Hulett-Shepherd
(518) 325-0447
sshepherd@taconichills.k12.ny.us

Most courses are held on the Taconic Hills Central School campus located at
73 County Route 11A
Craryville, New York 12521

Registration:

- Please register early by mail *two weeks prior to start date of class*. Doing so protects cancellation of a class due to insufficient participation.
- Registrations will be accepted up to four days before the class begins.
- No sign-ups will be accepted during class. Walk-ins will not be admitted.
- Your registration is automatically accepted by full payment. You will be notified if your registration cannot be accepted or the class is cancelled.
- You must be 18 years of age to attend these workshops unless otherwise noted.

Fees and Refunds:

- Please make checks payable to Taconic Hills CSD and return them with the registration form.
- Refunds will be granted only if written notice is given prior to the first class meeting.
- No refunds will be made after the first class begins.
- If Taconic Hills cancels a program, all fees will be refunded in full.
- There will be a \$25 fee for all returned checks.
- All classes are cancelled if Taconic Hills School is closed or cancelled.
- Instructors will be responsible to notify all students if school is closed or cancelled.

The beliefs and views expressed in the courses taught at Taconic Hills Adult Continuing Education are those of the instructors and not necessarily shared by the Taconic Hills Central School District or its administrators.

Return registration and payment to:
Taconic Hills Central School District
Adult Continuing Education
73 County Route 11A
Craryville, NY 12521

Questions?
Call Sharon Hulett-Shepherd at 518-325-0447 sshepherd@taconichills.k12.ny.us

www.taconichills.k12.ny.us/community/adulted

**Taconic Hills Adult Continuing Education
Fall 2008
REGISTRATION FORM**

Name: _____

Address: _____

Telephone: (Day) _____ (Evening) _____

Course Name _____

Course Session (if applicable) _____

Tuition Fee: _____ Material Fee: _____

Course Name _____

Course Session (if applicable) _____

Tuition Fee: _____ Material Fee: _____

Course Name _____

Course Session (if applicable) _____

Tuition Fee: _____ Material Fee: _____

Course Name _____

Course Session (if applicable) _____

Tuition Fee: _____ Material Fee: _____

Total Tuition:_____ **Total Materials:**_____

Total Payment Enclosed:_____

Please include payment with checks payable to Taconic Hills CSD. Mail registration form to Taconic Hills Central School District, Adult Education Program, 73 County Route 11A, Craryville, NY 12521