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# Winter/Spring 2012 CLASSES

# Access

Volume 11 Issue 2 January 2012



# Hinesburg

## INSIDE

Computer skills

DIGITAL CAMERA

Cooking

LIVING IT UP

FIVE LANGUAGES

One Night University



*Access offers classes like beekeeping that you won't find other places...and they're right in your community. It's fun to learn in our relaxed, no stress atmosphere.*

### Intermediate Wheel Throwing

Tuesday 3:30-5:30 p.m. 14 weeks Starts February 7  
This class is designed for students who are already familiar with the fundamentals of working with clay. Students should be able to consistently center clay on the wheel or have experience making cylinders. We will focus on throwing more forms on the wheel (beyond cylinders & bowls) or students may sharpen their skills by focusing on a form or specific project. Surface design techniques will be covered. 28 hours of class time plus 70 hours of open studio Mondays, 3:30-8 p.m.  
Instructor: Jen Labie Fee: \$195 Limit: 8

### Mixed Level Wheel & Hand Building

1. Tuesday 5:45-7:45 p.m. 14 weeks Starts February 7  
2. Wednesday 3:30-5:30 p.m. 14 weeks Starts February 8  
3. Wednesday 5:45-7:45 p.m. 14 weeks Starts February 8  
This class is open to all levels of students who are interested in handbuilding, the wheel, or both. The instructor will focus on your individual learning level. Jen brings many years of teaching pottery to Access learners. Students may develop their skills at their own pace while expressing themselves creatively through clay. 28 hours of class time plus 70 hours of open studio Mondays, 3:30-8 p.m.  
Instructor: Jen Labie Fee: \$195 Limit: 10  
Sponsored by Good Times Café

### Art Frame

Wednesday 6:30-8:30 p.m. 2 weeks Starts February 15  
Use random cut glass to make bold and unusual designs embellished with chunks of glass, glazed ceramic, mirror, smooth river rocks, pebbles, and iridescent beads. Bring your collection of buttons, beach stones or ephemera to personalize your piece. Constructed of recycled materials, your 12" frame makes a great gift or stylish addition to the home. Fee includes a \$20 materials cost.  
Instructor: Charlotte Albers Fee: \$65 Limit: 10  
Sponsored by Joe Kropf, DMD

### Dragonfly Tile

Wednesday 6:30-8:30 p.m. 2 weeks Starts March 7  
Back by popular demand! If you've already made one, here's your chance to create another using different colors and materials. Experiment with fanciful designs of iridescent dragonflies using Japanese river stones, recycled stained glass or ceramics on a tile base. Bring your own bits of broken china for a more personalized piece. Used indoors as a trivet or as a small garden ornament, your completed 8" tile will sparkle in any setting. Fee includes a \$15 materials cost.  
Instructor: Charlotte Albers Fee: \$60 Limit: 10

### Mosaic Garden Birdbath

Wednesday 6:30-8:30 p.m. 2 weeks Starts March 21  
Add a functional focal point to your garden using colorful glass and ceramic tile. Tucked among ferns in a woodland or in a sunny mixed border, a birdbath welcomes birds during hot summer weather and adds the element of water to a design scheme. All materials supplied; however, if you wish to bring broken plates or leftover tile from a home improvement project, please do. Fee includes \$20 materials cost.  
Instructor: Charlotte Albers Fee: \$85 Limit: 10

### Intro to Calligraphy

Monday 5:30-7:30 p.m. 6 weeks Starts February 6  
This popular class is designed for beginners. This is a nuts-and-bolts intro to beautiful handwriting! This 12 hours of studio work will begin with examination of letter shapes and proportions using pencils and markers, then proceed to the exploration of letterforms for the Italic style of writing (both lower and upper cases) using the broad edge nib and ink. Join Lydia, a VT certified educator, in learning about layout, use of color, and paper choices. Everyone will complete basic lettering projects. Lefties are welcome! Once you gain the power of the pen, you can use this skill for a lifetime. Quality pens and all materials (\$20) and handouts are included in the fee.  
Instructor: Lydia Batten Fee: \$105 Limit: 12

### Calligraphy Studio

Tuesday 5:30-7:30 p.m. 4 weeks Starts March 6  
This class is for any students who want to explore calligraphy beyond the basics learned in the Introductory class. Each class will target aspects of greater creativity such as: Italic and Roman Capital variations, incorporating color, more in-depth study of layout and design strategies. Each student will complete at least one guided project using this new information and will be encouraged to do more! Please bring the supply kit you received in the intro class and I will add some additional items and papers to complement this original supply. The fee for these (approx \$10-\$15) is rolled into the price of the class. If you did not take the intro class but have prior calligraphy knowledge and your own supplies, please come and we'll work with what you have!  
Instructor: Lydia Batten Fee: \$75 Limit: 12

### Watercolor for Beginner and Novice

1. Wednesday 4-6 p.m. 7 weeks Starts February 8  
2. Wednesday 4-6 p.m. 7 weeks Starts April 11  
Learn the foundation of this versatile and exciting medium, integrating design, color, composition and light. Ginny, a professional illustrator will lead everyone through exercises designed to explore the many techniques associated with watercolor and foster the skills needed to enjoy painting for years to come. This is designed for total beginners and those that have taken a beginner watercolor class here or elsewhere. Quality materials are important in watercolor and we supply you with brushes to keep and a reasonable amount of paint and paper to use in class and at home. Materials cost of approximately \$30+ included in fee. Subtract \$30 if you are bringing all your own supplies. Do both sessions, February and April and subtract \$10.  
Instructor: Ginny Joyner Fee: \$145/115 Limit: 16  
Sponsored by Merchant's Bank

### Watercolor Continued

Wednesday 6:15-8:15 p.m. 14 weeks Starts February 8  
Learn new techniques along with increasing your talents with expert individual help. Designed for water color painters of all skills that have had at least an introduction, Ginny helps move everyone forward in a art studio atmosphere. Need new materials, including brushes and some paint and paper? Add \$30 to fee.  
Instructor: Ginny Joyner Fee: \$195 Limit: 16

### Drawing for Beginners

1. Tuesday 5:30-6:50 p.m. 10 weeks Starts March 13  
2. Tuesday 7-8:20 p.m. 10 weeks Starts March 13  
Drawing is all about seeing. This offering for adults is designed for those interested in beginning drawing techniques. Using graphite, Lydia, a certified art educator, will lead everyone in exploring the fundamentals of drawing. Class covers perspective, contour, shading and composition. Just bring your enthusiasm, as all paper and quality implements are included in fee.  
Instructor: Lydia Littwin Fee: \$135 Limit: 16  
Sponsored by Hart & Mead

Classes for everyone...all ages..all towns at Champlain Valley Union HS

## access

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369 CVU Road, Hinesburg, Vermont 05461 as part of the  
Chittenden South Supervisory Union.  
Email is [access@cvuhs.org](mailto:access@cvuhs.org) and phone is 802-482-7194.

### Program Directors:

**Eddie Krasnow and Duncan Wardwell**  
**Production: Janice Heilmann**  
**CVU Administrator: Patti Tomashot**

The mission of Access is to create learning opportunities for people of all ages and all towns. Access is published twice a year in September and January. Always find us at our website at [cvuhs.org/access](http://cvuhs.org/access), email [access@cvuhs.org](mailto:access@cvuhs.org), or phone 802-482-7194.



Eddie Krasnow



Duncan Wardwell

*You are Invited!*

- 200 plus classes!
- Easy Ride to Hinesburg!
- All welcome, all towns, all ages!

New Classes Added January-June!  
Find Out What's New at  
[cvuhs.org/access](http://cvuhs.org/access)

Register by email at [access@cvuhs.org](mailto:access@cvuhs.org)  
Looking forward to seeing you here,

*Eddie*      **DUNCAN**

### Introduction to Cartooning

Thursday 6-8 p.m. 5 weeks Starts March 8  
Learn how to draw cartoons, comic books and comic strips. Master cartooning's unique visual language, including panels, lettering and character design. Learn the tricks and tools professional cartoonists use. Suitable for ages 12 to adult. Supplies included with class. Instructor Will Workman is a professional illustrator whose cartoons have appeared on catalog covers, greeting cards and corporate communications.

Instructor: Will Workman Fee: \$60 Limit: 16

### Printmaking by Hand: Monotypes on Paper

Thursday 5:30-8:30 p.m. 2 weeks Starts March 8  
Experience the fun and spontaneity of creating monotypes without a press. Using water-based paints and plexiglass plates, you will learn to mix and layer colors, create textural variety using tools, objects and brushes as well as how to hand-transfer the image onto printmaking paper. You will have time to create, reflect on your process and learn to loosen up. No experience is necessary. All participants will leave with original works of art. Lori will encourage you to leave your inner critic at the door and come in and play. All materials (\$20+) included in fee. Check out Lori's website for samples of monotypes using this process [www.lorihinrichsen.com](http://www.lorihinrichsen.com)

Instructor: Lori Hinrichsen Fee: \$95 Limit: 8

Check out the  
website for late  
breaking



Access news.....

[cvuhs.org/access](http://cvuhs.org/access)

### Fabric Collage: Note Cards, Books, Small Works of Art

Thursday 5:30-8:30 p.m. 1 week March 29  
If you can use scissors and an iron and have a sense of adventure this class is for you! No sewing skills needed! Join Lori to learn how to adhere fabric to sturdy paper as a creative way to collage as we play with shapes, color, texture, layering and design. You can create note cards, an accordion style book or small works of art. You will leave the workshop with your finished artful creation and imagination zinging. All materials included in fee. Check out Lori's website for samples of fabric collage [www.lorihinrichsen.com](http://www.lorihinrichsen.com)  
Instructor: Lori Hinrichsen Fee: \$50 Limit: 8

### Keeping a Visual Journal

Thursday 5:30-7:30 p.m. 4 weeks Starts May 3  
A visual journal is a liberating way to express your thoughts, ideas, humor and everyday life. Each participant will be provided with their own book with sturdy blank pages beckoning to be filled. Each week we will experiment with a variety of collage techniques including photocopy, sheer papers, rivets, photographs, stitching and text. You will fill up a page or two during class as you develop images and ideas. A communal collage box is provided to give you a jumpstart, but bring your own personal stash too! Your finished book will be an invaluable tool and reminder of inspiration and ideas for future endeavors. This is a great way to welcome the unfolding of spring. Blank journal will be provided. Check Lori's website for samples of journal pages [www.lorihinrichsen.com](http://www.lorihinrichsen.com)  
Instructor: Lori Hinrichsen Fee: \$115 Limit: 8

### Rug Hooking for Beginners

Thursday 6:30-8:30 p.m. 5 weeks Starts January 26  
Learn the basics of rug hooking while creating a small project. Diane always has a great group of students. Topics covered include: tools, materials, design, wool quantity, color planning, basic dyeing techniques, and finishing your project. No supplies needed for first class. Hook and fabric kit included. Students will need to purchase wool. New frames can be purchased in class; used frames are available to use during class or bring your own frame. Designed for high school and older. If you need more information, contact Diane at [diane@cvuhs.org](mailto:diane@cvuhs.org). The Wool Dyeing workshop planned for April 12 is available to Rug Hook participants for only \$15 instead of \$30 (save \$15).  
Instructor: Diane Burgess Fee: \$85 Limit: 10

### Rug Hooking II - New Project

Thursday 6:30-8:30 p.m. 5 weeks Starts March 8  
Presented by popular demand, participants will continue rug hooking with a new and more advanced project with Diane's expert help. If you have taken Diane's beginner course or have some rug hooking experience, this class is for you. Participants will need to bring their frame, hook and a pattern or design in mind. Students will need to purchase their own materials for this exciting continuation of creative skills. Designed for high school and older. For more information you may contact Diane at [diane@cvuhs.org](mailto:diane@cvuhs.org). The Wool Dyeing workshop planned for April 12 is available to Rug Hook participants for only \$15 instead of \$30 (save \$15).  
Instructor: Diane Burgess Fee: \$85 Limit: 10

### Wool Dyeing Workshop

1. Thursday 6:30-8:30 p.m. 1 week January 12  
2. Thursday 6:30-8:30 p.m. 1 week April 12  
Join Diane in this very hands on workshop and learn basic and advanced dyeing techniques using wool fabric. All tools and materials are provided. 1/2 yard of wool is included with the workshop. Bring an apron or old shirt to protect clothing. Fee: \$15 for Rug Hooking II participants, \$30 for Workshop only  
Instructor: Diane Burgess Fee: \$30 Limit: 8

### PARENTS: IT'S TIME TO TALK

Lead by example...

- Parents DO influence their teens' choices around alcohol use
- Be a credible source of information for your teen
- Keep the lines of communication open
- Create a family policy TOGETHER with your teen
- Establish clear no-use standards and outline specific consequences
- Create healthy rites of passage
- Encourage and support ways to have fun without

### MAKE A DATE TO TALK WITH YOUR TEEN ONCE A MONTH

For more information check out CY online at [www.seewhy.info](http://www.seewhy.info) or visit the Department of Health at <http://www.parentupvt.org>

**Connecting Youth**  
In Chittenden South

### Sewing Party Workshop with Expert Advice

Tuesday 6-9 p.m. 3 weeks Starts March 13  
Join Angela for expert help. Find the easy way to get a professional look to any project you are working on. Ready to start something new or just getting back to sewing? This class was designed for you. Use one of the school's machines, or bring your own, and you will be amazed by how much you get done in a few hours sewing with others. Bring your pattern, fabric, thread and basic sewing supplies to the first class. 9 hours of workshop time.  
Instructor: Angela Miller Fee: \$85 Limit: 8

### 3 Bags Sewing Workshop!!

Wednesday 6-9 p.m. 3 weeks Starts March 14  
Make a colorful folding shopping bag as you get a feel for using a sewing machine. Then create a small zippered organizer bag. The final project is the favorite tote, with lots of pockets, a zip top and double shoulder straps. This class is for those new to sewing, or those who would like to get more experience. We will learn basic use of the machine, how to use patterns, insert a zipper, line a bag, and add your personal style to what you make. Bring your own machine or use one at the school. Materials needed: for the first class bring 3/4 yard of 42"-44" cotton in a non-directional cotton print for the shopping tote and organizer; a matching 7" zipper for the organizer; matching thread, and basic sewing supplies such as pins, scissors, and tape measure.  
Instructor: Angela Miller Fee: \$85 Limit: 8



### Sewing Together! Parent and Child

Thursday 6-8 p.m. 2 weeks Starts March 15  
Enjoy the night out as you sew together. In the first class make matching aprons for cooking or crafts, followed by matching totes in the second class. This is a relaxing time as you cut out the fabric and sew simple seams to complete your projects. For all levels of sewers, including beginners. Please bring 2 1/4 yards of non-directional cotton fabric, plus matching thread and general sewing supplies such as scissors and pins to the first class. You can use the school's machines or bring in your own. Only \$75 for parent and child together.  
Instructor: Angela Miller Fee: \$75/pair Limit: 5 pairs

### Pillows! Sewing Workshop

Monday 6:30-8:30 p.m. 2 weeks Starts April 2  
It's easy to change the look of your home with new pillows. Make a knife edge or box edge pillow as you will learn the professional way to measure for your pillow size, cut the fabric, make piping, and put in a zipper. Designed for any ability. Materials needed: for the first class, bring a 12" to 18" pillow form (or you can recover one you have) 5/8 yard of fabric (not too thick to sew through several layers of or too slippery). 1/2 yard of coordinating fabric for the piping, 2 yards of cording, matching thread and a zipper 3" shorter than the side of your pillow, as well as basic sewing supplies. Use one of the school's sewing machines or bring your own.  
Instructor: Angela Miller Fee: \$50 Limit: 8

### "Set Your Table" Sewing Workshop

Wednesday 6-9 p.m. 2 weeks Starts May 9  
Make a colorful table runner and place mats in this sewing class for all levels. Decorating for Spring has never been easier! These are made with strips of fabric and we will "quilt as we go." You will be able to create your own look as you design your pattern. Don't worry, we have suggestions. Materials Needed: To make the table runner and 4 place mats, bring 1 1/2 yards of 42/44" cotton for the backing, plus 3 yards of assorted fabrics to mix and match for the tops (fat quarters in this amount work well or if you are a sewer, you can use scraps). 1 1/4 yards of thin 45" batting, plus matching thread and basic sewing supplies. Use one of the schools machines or bring your own.  
Instructor: Angela Miller Fee: \$55 Limit: 8

### Crochet for Beginners

Tuesday 6:15-8:15 p.m. 4 weeks Starts March 6  
Learning to make something with your hands is a wonderfully meditative activity. Join this class and learn how to make a foundation row, single crochet, double crochet, and more. We will begin with a simple project and then advance into more challenging projects and motifs, like the Granny Square. This class is open to those with or without crocheting experience. Students will be provided with hooks and yarn in the first class, and then will shop for their own yarn after the first class. Patterns, books, scissors, tapestry needles, work samples, extra hooks, and some yarn will be available at each class.  
Instructor: Rachel Wisdom Fee: \$85 Limit: 8

### Intermediate Crochet

Tuesday 6:15-8:15 p.m. 4 weeks Starts May 1  
This class is for those who have some experience with crochet and would like to take the next step in learning something a bit more challenging. If you would like to learn how to read a pattern, need help getting started with a pattern, or want to learn how to create your own pattern, this class is for you. If you would like to learn how to crochet in the round, how to crochet with really large hooks or really tiny hooks, this class is for you. If you would like to learn how to crochet hyperbolic planes to make your very own crocheted coral reef, then this class is for you. In short, if you love to crochet and want to have some fun and learn along the way, please join us!  
Instructor: Rachel Wisdom Fee: \$85 Limit: 8

### Wet Felting - An Introduction

Tuesday 6:15-8:15 p.m. 1 week April 10  
Join Rachel, a licensed Handwork Instructor, to learn how to wet felt with wool, making ornaments and small gifts using sheep's wool. This is a great way to enter the fascinating world of felting and begin to see how many things can be made with a little bit of wool, some warm, soapy water, and your imagination. Supplies that will be provided for you are wool, soap, felting surfaces, and felting forms. Supplies that you will need to bring are one large mixing bowl (such as you would use in baking), a hand towel, an apron is optional, and your enthusiasm.  
Instructor: Rachel Wisdom Fee: \$35 Limit: 10

### Felting Easter Eggs and Chicks

Thursday 6-8 p.m. 1 week March 22  
Learn how to make the sweetest little Easter eggs with a cute baby chick inside! During the first class, we will wet felt the eggs using a plastic egg as a form and colored wool roving. Then in the second class, we will wet and needle felt the baby chicks using felting needles. These little treasures are a wonderful gift for the Easter holiday, and can be easily part of your Easter egg hunt this year. All the felting materials will be provided by the instructor, including the wool, needles, felting foam, scissors, plastic egg forms, and dish soap for felting. Students need to bring the following: a hand towel, a large pot (like a large soup pot), an apron (optional), a plastic bag or shoe box to carry them home in. Remember, Easter is April 8th this year.  
Instructor: Rachel Wisdom Fee: \$35 Limit: 10

### Knitting - Beginners

Thursday 5:30-6:50 p.m. 12 weeks Starts February 9  
Knitting is relaxing, rewarding and fun! You will learn to cast on, knit, purl and much more in the Continental method, while creating a beautiful and warm hat for this winter. Needles and pattern included. Begin a lifetime creating personalized gifts for friends and family. Nothing needed but enthusiasm for the first class. Participants will shop for their own yarn after the first class. These 12 weeks will turn into a knitting group with personality and definitely improve on winter.  
Instructor: Christine Cole Fee: \$145 Limit: 10

### Advanced Knitting

Thursday 7-8:30 p.m. 12 weeks Starts February 9  
Further develop your knitting skills in this fun and supportive class through the completion of a project. Emphasis will be on learning to read patterns, finding the right gauge and navigating garment construction. If you can cast on, knit, purl, and bind off, this class is the perfect next step for you!  
Instructor: Christine Cole Fee: \$130 Limit: 10

### Quilting for Beginners

Monday 6:30-8 p.m. 5 weeks Starts February 6  
Join Tammy, an avid lifelong quilter to learn how to and create your own "Lucky Stars" kid size quilt. This classic quilt even sports a patchwork border surrounding the 12 blocks. Finished size will be 45" x 60". You will need to bring in ready to sew fabric of your choice, so sign up early to receive info on materials list. That will give you lots of time to shop or rummage through the attic. Bring your own rotary cutter, mat, and ruler or borrow one while at CVU.  
Instructor: Tammy Hall Fee: \$115 Limit: 6

### Knitting Socks on Two Round Needles

Wednesday 6:30-8 p.m. 3 weeks Starts March 7  
Designed for intermediate knitters comfortable with casting on, knit, purl, increase and decrease, this sock making method is quick, portable and fun. Using two round needles removes the hassles associated with double pointed needles. Learn to turn a heel and bind off using the Kitchener stitch. Once enrolled, Kim will send participants a list of necessary supplies, much of which will most likely come from your own bags. Any size possible, lots of great sock yarns available in stores to make this a great gift making skill for years to come. Scheduled class dates are March 7, 14, and 28, skipping March 21.  
Instructor: Kim Reidinge Fee: \$55 Limit: 8



*Instructor Dick Francis is an old hand in the machine shop. Students learn practical skill with professional quality tools and expert instruction.*

### Basket Making: Traditional Market Style with Handle

Wednesday 6-8:30 p.m. 2 weeks Starts April 11  
Have you always wanted to learn how to make a basket? Join Maura for this great Access offering and learn to make a practical, easy to finish rectangular traditional handled market basket. Useful for gathering veggies and flowers from the garden and farmers market, also a perfect gift for the holidays. No experience needed. All materials and tools needed (approx. \$15) are included in the fee.  
Instructor: Maura Clancy Fee: \$70 Limit: 8

### Basket Making: Traditional Round Basket with Handle

Wednesday 6-8:30 p.m. 2 weeks Starts May 2  
Join Maura for this great Access offering and learn to make a practical, easy to finish traditional round basket with handle. Useful for gathering veggies and flowers from the garden and farmers market and also a perfect gift. No experience needed. All materials and tools needed (approx. \$15) are included in the fee.  
Instructor: Maura Clancy Fee: \$70 Limit: 8

### Darkroom Open Lab for Black and White Photography

Monday 5:30-8:30 p.m. 10 weeks Starts February 6  
For those film photographers already familiar with developing and printing, use the CVU darkroom at your own pace. Bring developed film & your own paper and work on one of our 7 enlargers. Price includes use of chemicals and equipment. Intro to lab first week, but no formal instruction. A great opportunity for anyone with printing knowledge, but no equipment. 24+ hours of darkroom use.  
Instructor: Tye Kilbride Fee: \$95 Limit: 10  
Sponsored by LPA Design

### Carving for Beginners - The Spoon

Tuesday 5:30-8:30 p.m. 1 week March 13  
Join Matthew, a life long carver and whittler, as he shares his talents with this hands-on presentation for those interested in learning how to carve correctly with quality tools. Participants will start with a basswood blank, and leave with a perfectly usable 6" spoon with your own personalized handle. Matthew, owner of his own architectural carving business in Stowe, brings a wealth of knowledge to this introductory carving course. The key to easy carving is a good tool. We will have high quality carving knives and chisels available for everyone to use, with an option to purchase the two at our cost after the class. Fee: \$30, Optional purchase of knife and chisel, add \$30.  
Instructor: Matthew Strong Fee: \$30/60 Limit: 10

### Carving in Wood - Animal Figurines

Tuesday 5:30-8:30 p.m. 1 week April 10  
Join Matthew, owner of Architectural Carving of Stowe, as he leads the group in carving a dog or beaver out of basswood. Start with a wood blank, and learn how to use our quality tools to create a work of beauty. After a lifetime of carving, Matt knows the best ways to learn this new skill. The key to easy carving is a good tool. We will have high quality carving knives and chisels available for everyone to use, with an option to purchase the two at our cost after the class. Fee: \$30, Optional purchase of knife and chisel, add \$30.  
Instructor: Matthew Strong Fee: \$30/60 Limit: 12

### Basic Machining - Lathe and Vertical Mill

Wednesday 6-9 p.m. 6 weeks Starts January 25  
Join CVU design technology educator Dick Francis for this popular Access offering. Project based, everyone will machine their own tack hammer applying the skills learned in this class. More specifically, all will experience basic use and setting of engine lathe, as well as perform the following cuts: turning, facing, radius shoulder, square shoulder, knurling and hand grip, and chamfered. Learn to hold and measure dimensions to closest .001 inch. Vertical mill skills will include: flat surfacing, facing (90% face), machining taper, and compound angle taper. Making internal and external threads also included in this project driven course. All necessary materials included in fee. 18 hours of class time for everyone.  
Instructor: Dick Francis Fee: \$185 Limit: 8

### Woodworking - You Build It!!

Monday 5:30-8:30 p.m. 10 weeks Starts February 6  
This class is designed for beginners and experienced woodworkers. Brett, a certified Design and Technology educator, will lead the class through project design, material selection, and tool & machine use. Over the 30 hours of shop time, participants will learn about the needed hand and power tools in the CVU shop as well as receive expert advice on their projects. Over the 10 weeks, Brett can also demonstrate inlay techniques. If interested, participants will have the opportunity to practice and implement their own designs using these methods or stick with their own projects. Bring in projects or shop for materials after first class.  
Instructor: Brett Walker Fee: \$185 Limit: 11  
Sponsored by Aubuchon Hardware

### Welding - Beginners

Tuesday 6-8:30 p.m. 6 weeks Starts March 6  
Have you always wanted to learn to weld? Join Bruce for this very popular Access offering. This section is designed for those with basically no real hands-on experience with welding. Learn the right way to arc weld (stick), use oxy acetylene torches to braze and weld, handle Mig (wirefeed) and Tig, and even have an introduction to plasma cutting. Plenty of time on task practicing skills is designed into this class. Opportunity to bring in an item of your own that needs welding by the end of the session will be possible. All consumable materials are included in this highly technical offering. Look for next level welding classes throughout the winter and spring sessions.  
Instructor: Bruce Hathaway Fee: \$195 Limit: 10

# CVU College Fair

APRIL 2 11:30 TO 1:30  
MEET WITH OVER 100  
COLLEGE REPS  
ALL welcome!

# All Things Edible

## Turkish Table

Tuesday 6-8:30 p.m. 1 week January 31

Turkey's specialties are indicative of the Mediterranean diet that is so rich in vegetables, legumes and grains. This festive table is full of flavors and textures that celebrate the deeply satisfying fusion of savory & sweet and will open your mind to the creative possibilities residing in your own pantry. Join us for an evening of favorites as we explore the Kabob culture and regional delicacies that are sure to leave you hankering for more. Menu: Saffron rice Pilaf, Apricot mint chutney, Chicken Kabob, Grilled Eggplant Flatbread with mint & lebaneh.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

Sponsored by Merchant's Bank

## Malaysian Penang

Wednesday 6-8:30 p.m. 1 week March 14

Considered by many to be one of the best food destinations in the world, the Island of Penang offers every foodie a paradise of culinary exploration. If Malaysia is not in your travel plans, why not come in for an evening of hawker style delicacies with recipes full of spice and style. As winter sets in, why not let your taste buds vacation and learn how Indian, Chinese and European flavors melt into this complex and bold cuisine. Menu: Shrimp and Veggie pancake with chili sauce, Mee Goreng (spicy yellow noodles), Penang Style Salad.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

## Greek Coastal Cuisine

Tuesday 6-8:30 p.m. 1 week February 7

Greece is blessed with incredible growing conditions and a large coastline for great seafood. As the Greek culinary scene begins to unfold in nearby cities and expand on the traditional fare we know and love, add some creative new dishes to your repertoire. Let the savory and healthy cuisine of the Mediterranean inspire you this winter. Menu: Calamari simmered with semi roasted tomatoes & capers, Spiced Beef and Sheep Cheese Filo Pockets, Village Salad with Classic Greek Dressing, Pistachio Crusted Salmon with crushed olives and Tzatziki.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

Sponsored by Bolton Valley

## Dim Sum - All New!!

Wednesday 6-8:30 p.m. 1 week February 15

Take a walk down the ancient path of the silk road, where the weary traveler takes a break at the local tea house, sips on green tea and nibbles on little morsels that warm the belly. We will explore the traditional technique in preparing three NEW courses that will indulge both your palette and your sense of adventure. Menu: Steamed Pork Bun with hoisin, Homemade Scallion and Spinach Dumpling, Steamed Bay Scallop.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

## Pan-Asian Bistro

Thursday 6-8:30 p.m. 1 week February 16

The flavors from Tropical Asia combine with nuances of the savvy gourmet. Learn how to prepare those mouth watering recipes that tempt you when you are out on the town. Simple, fresh and full of flavor. Menu: Coconut shrimp with chili orange, Pad thai Noodles, Asian wasabi slaw.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

## Moroccan Bazaar

Tuesday 6-8:30 p.m. 1 week February 21

The bazaars of Morocco conjure up mystical images of silky scarves, flying carpets and swan necked kettles with captive genies. Among the magical essence of the market place sits an extensive array of warming spices, saffron, pomegranates, almonds, Seville oranges, and seasonal produce. As winter unfolds here at home lets take a journey into the fascinating culture of Morocco where the combination of Arab & European influences mingle in harmony as the exotic rituals of the dinner table take us deep into our sensual palate. Menu: Pumpkin Tagine Stew, Roasted Vegetable Cous cous, Orange Scented Fennel Salad.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

## Hot Tamale Making!!!

Thursday 6-8:30 p.m. 1 week March 8

Loved by many, these masa based snacks wrapped in dried corn husks date back to Ancient Aztec & Mayan civilizations. They provide road food for travelers, hunters and armies. As with all good food, tamales have stood the test of time and remained a favorite in Latin America. Over the centuries, they have worked their magic up through the southern states and finally into our local markets up north. Join us for an evening of tamale making as we indulge in the feast of our labors with plenty to bring home and freeze.

Menu: Green Chili and Cheese Vegetarian Tamale, Shredded Chicken Tamale, Green Chili Sauce, Red Chili Sauce, Chipotle Cream.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

Sponsored by Olivia's Croutons

## South Indian Delight - Vegetarian

Tuesday 6-8:30 p.m. 1 week March 13

Deep in the South of India, the sun blazes hot on the streets and the kitchen air is laden with pungent spices ready to warm the belly. Southern Indian cuisine is rarely found in the North Indian restaurants we are so familiar with here in the states. Consider joining us for an evening of exploration as we attempt some of the true gems found in the lower regions of this diverse country. Vegetarian Menu: Lentil Crepe (Dosa), Coconut Chutney, Potato Curry. Instructor: Lauren Gammon Fee: \$35 Limit: 16

Sponsored by Shelburne Vineyard

## Vietnamese Specials

Tuesday 6-8:30 p.m. 1 week April 17

Tropical Vietnamese style cooking relies on a diverse range of herbs and roots to develop characteristics quintessential to the cuisine. For those of you who are still reveling in the powers of nuoc mam and coconut crepes, here comes a few more recipes to add to your expanding knowledge base. Learn the hidden techniques and cryptic flavor combination in Pho (pronounced fuh) while we investigate three new Vietnamese specialties. Newcomers welcome. Menu: Pho aromatic beef noodle soup, Spicy lemongrass chicken, Shrimp and Sesame Triangles

Instructor: Lauren Gammon Fee: \$35 Limit: 16

Sponsored by Bolton Valley

## Authentic Thai Food - New!

Thursday 6-8:30 p.m. 1 week April 19

For those of you who can't get enough of the seductive palate of Thailand, we are offering a new menu to sink your teeth into. Thai food boasts a dizzying array of fresh spice that is sure to cleanse you of all your winter doldrums. In this night of chili-flecked fun, explore the Asian technique of steaming fish in a banana leaf. The leaf serves as a vessel as well as imparts woody tannins into the flavor of this crowd-pleasing dish. Menu: Crispy Stuffed Tofu with tamarind and shallots, Bean sprout and green mango Salad with fresh chilies and peanut, Steamed Fish with coconut drizzle steamed in a banana leaf cup.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

Sponsored by Olivia's Croutons

## West Indies Favorites—All New!

Tuesday 6-8:30 p.m. 1 week May 8

The tilting of steel drums begin the celebration of life in the islands. On the sweaty streets, festivals roll on for days in full bloom and color while vendors deal out their specialties rich in flavor and spice. Ya-Mon! Let's transport ourselves to the lapping shores of Trinidad, Jamaica and Barbados and investigate the food that fuses Africa, India and local island fare. Tropical Fusion at its finest!! Menu: Samosas with ginger chutney, Sweet and Sticky Plantains, Achote Chicken with mustard greens and chorizo.

Instructor: Lauren Gammon Fee: \$35 Limit: 16

## Valentine's Day Meal!!

Monday 6-8:30 p.m. 1 week February 13

Food is Love. Here's your chance to make a romantic dinner for the one you love. Chicken parmesan with ricotta and spinach stuffed shells for a main dish followed with green beans and heart shaped cookies. Enough for 2 to take home. All you need is the champagne and your Valentine's meal is complete.

Instructor: Adele Dienno Fee: \$40 Limit: 16

## Pasta Bene

Thursday 6-8:30 p.m. 1 week March 29

Join Adele as she puts everyone to creating with her pasta machines. Choose pasta wide or thick, linguine or fettuccini, as you learn to make it fresh. With the basic techniques mastered, move on to prepare your own cheese-filled ravioli from the pasta you made from scratch. Adele, a Burlington resident, comes from a long tradition of pasta making. Back in Italy, her family still runs an artisan pasta company in their town, Fara San Martino. Join Adele as she recreates her family recipes right here at CVU. All materials included.

Instructor: Adele Dienno Fee: \$35 Limit: 16

## Easy Meals!!

Tuesday 6-8:30 p.m. 1 week April 10

This no muss, no fuss dinner can be prepared to feed from 2 to 20 people. This simple scrumptious pork dish can then be transformed into several totally different meals for the nights ahead—too good to be called leftovers. All together, there will be 3 different main meal recipes. For this night, the braised pork will be served along with garlic mashed potatoes and fresh vegetables in a special sauce. Join us for this inexpensive, easy crowd pleasing meal.

Instructor: Adele Dienno Fee: \$35 Limit: 16

## Nona's Spaghetti & Meatballs

Wednesday 6-8:30 p.m. 1 week April 18

Using my grandmother's recipe, we will make meatballs from scratch, which includes grinding up the precise blend of meats in a food grinder. This non-fried method of preparing great meatballs is easy and won't set off the smoke detector! While the meatballs simmer in the sauce, make your own linguini or fettuccini from scratch. A salad and gelato will come next, and all will enjoy an authentic meal from the old country.

Instructor: Adele Dienno Fee: \$35 Limit: 16

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## EARLY BIRD SPECIALS



Enroll soon as many classes fill up fast. We can often arrange an overflow section if we have the interest early enough.

## TO REGISTER:

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Email [access@cvuhs.org](mailto:access@cvuhs.org) or call 482-7194.

Make checks payable to CSSU & send to Access, CVUHS, 369 CVU Road, Hinesburg, VT 05461

### Winter Soups and Foccocia

Wednesday 6-8:30 p.m. 1 week March 7  
What could be better than the smell and taste of rich homemade bread and warm homemade soup on a cold winter day? Participants will cook three types of soup starting with learning how to make soup stock from scratch. Adele will lead you to creating a creamy vegetable soup (made the low fat way without heavy cream), Mexican chicken soup, and Italian minestrone. While the soup simmers, the dough for foccoccia will be rising until ready to bake. Bon Appetit!  
Instructor: Adele Dienno Fee: \$35 Limit: 16  
Sponsored by City Market

### Pasta Salads! Hot and Cold

Tuesday 6-8:30 p.m. 1 week May 1  
This is the class that will jump start the summer season of salads for you. Create three different recipes perfect to bring along to all those parties from graduation through Labor Day. Menu: Pasta salad, Whole Grain Salad with Roasted Vegetables, and Three Bean Salad Italiano. Delicious!  
Instructor: Adele Dienno Fee: \$35 Limit: 16  
Sponsored by City Market

### Fresh Berry Pie!

Wednesday 6-8:30 p.m. 1 week May 9  
Forget about using canned fruits when the berry farms in Vermont are bursting with juicy sweet berries. We will begin by preparing our own pie crust, with my special technique guaranteed for success. The filling is simple, yet so flavorful, a tasty treat to share with all of your friends. For those of you who would prefer an even healthier alternative, a great variation is the berry crisp we will prepare as well.  
Instructor: Adele Dienno Fee: \$25 Limit: 16

### Incredible Decorated Valentine Cookies

All Ages Welcome  
Wednesday 4-6:30 p.m. 1 week February 8  
Learn the art of decorating great sugar cookies that will dazzle those lucky enough to receive one. Join Carol for this hands-on afternoon of fun and tasty treats. This class is designed for learners 5 years old and up. Adults are welcome and will most certainly enjoy learning this new skill as well. Participants will decorate a dozen holiday shaped cookies, a \$20 plus value, and take home the perfect spatula for decorating in order to create for a lifetime. 2 or more from the same family, only \$25 each.  
Instructor: Carol Fox Fee: \$30 Limit: 16

### Easter Decorated Cookies -Also Incredible!

Thursday 4-6:30 p.m. 1 week April 5  
All Ages Welcome. Same description as above. Bring home quite a treat for people to enjoy this holiday!! 2 or more from the same family, only \$25 each.  
Instructor: Carol Fox Fee: \$30 Limit: 16



### Easter Desserts

Tuesday 6-8:30 p.m. 1 week April 3  
Citrus flavored desserts are a symbol of spring in Italy. Ricotta cheese pie is a tradition on Easter day. Make one 8-inch pie to take home. While this is in the oven, you will learn how to make Sfogliatelle—shell shaped pastries filled with a light cheese filling—a gift from heaven! We will end the class with a cup a decaf coffee and Sfogliatelle warm from the oven!  
Instructor: Adele Dienno Fee: \$35 Limit: 16

### Gelato, Sorbet, Italian Ice

Monday 6-8:30 p.m. 1 week May 14  
Once you have made your own ice cream, you may never buy store bought again. Create a basic custard and make a fruit based "Italian Ice Cream". Add to that the chocolate recipe from Florence, and you will have a hit! In addition, all will make sorbet, which is without eggs, as well as Italian Ice (dairy free). You will have an opportunity to use the modern "iceless" ice cream machines as well as the old fashioned crank variety. All materials included.  
Instructor: Adele Dienno Fee: \$25 Limit: 16

### European Pastry

Tuesday 6-8:30 p.m. 1 week March 27  
Join Chef Rene to learn how to make ladyfingers and roulade with a biscuit. These will be light and delicious, the way the French know how to do it. Also, learn to prepare a chocolate mousse—good as a filling or individually served in chocolate mousse cups. Then, create the most delicious meringue with almond as well as meringue cookies for decoration.  
Instructor: Rene Ball Fee: \$35 Limit: 16

### Cheese Making -Mozzarella & Ricotta with Raw Cow's Milk

1. Monday 6-8:30 p.m. 1 week March 12  
2. Tuesday 6-8:30 p.m. 1 week March 20  
Join Lindsay for this popular Access class. You'll be amazed at how easy it is to make your own mozzarella and ricotta cheeses! Lindsay will guide you as you make these simple and quick fresh cheeses out of her wonderful, grass-fed, organic, raw milk from Hinesburg. There will also be plenty of time for discussion and questions about making other dairy products at home, raw milk, and dairy farming. There will be cheese to munch on, as everyone gets their hands into the process. Visit [www.familycowfarmstand.com](http://www.familycowfarmstand.com) for more info on Lindsay's farm.  
Instructor: Lindsay Harris Fee: \$35 Limit: 16

### All Things Yogurt

Monday 6-8:30 p.m. 1 week April 16  
You will be amazed at how easy it is to make this delicious dairy super food right in your own kitchen! Join Lindsay Harris from Family Cow Farmstand in a fun evening of hands on cooking. Learn how to make different varieties of yogurt and use it in countless recipes including yogurt cheese, yogurt pops, frozen yogurt and yogurt based sauces. We will work with fresh milk from Lindsay's farm. There will be plenty of delicious samples in class and products to take home as well as lots of time for discussion and questions about milk, cows and home dairying. All milk and materials included.  
Instructor: Lindsay Harris Fee: \$35 Limit: 16

### Start the Year Fresh: Delicious and Easy Raw Recipes

Wednesday 6-8:30 p.m. 1 week February 22  
It doesn't have to be the beginning of a new year to make a commitment to greater health (in fact we can do it every day), but it sure helps to have some inspiration to get on track after all the holiday excesses. In this class Andrea will cover strategies for integrating more raw foods into anyone's diet - even when the pickings of regional seasonal foods are slim. The all vegan menu for the evening will include: Rich Mushroom Soup, Squash Risotto with Marinated Vegetables, and Lemon Coconut Bars. (Menu substitutions may be made based on produce availability.)  
Instructor: Andrea Grayson Fee: \$35 Limit: 16

### Cake Decorating Basics

Wednesday 6:30-8:30 p.m. 4 weeks February 1  
Let Sally Dattilio, a Wilton Method Instructor and Access educator for 10 years, help you experience the thrill of creating cakes and treats that will delight your friends and family—even if you've never decorated before! Learn to bake a great cake, see how to make and color icing and learn the best way to ice the cake. Along the way, you'll learn to create icing drop flowers, shells, leaves, shaggy mums, and the ribbon rose. You will need to bring plain cookies along with a small container of ready to use icing (any brand) for the first class. After you finish this course you may choose Gum Paste and Fondant.  
Instructor: Sally Dattilio Fee: \$95 Limit: 12

### Gum Paste and Fondant

Wednesday 6:30-8:30 p.m. 4 weeks Starts March 14  
Join Sally for this new Access class designed for those with at least Cake I decorating experience. Receive a new fondant kit to enhance your skills. Some of the exciting techniques you'll create are: carnation, daisy, fantasy flower, ribbons & accents and favor boxes. You will also learn to cover a cake and cake board with fondant. Prerequisite: Course I cake decorating. Sally will contact enrollees before first class to make sure everyone brings what they need to get started when you arrive. Kit included in fee.  
Instructor: Sally Dattilio Fee: \$95 Limit: 12



For more information on how you can create a smoke free zone for the children in your life visit [www.vtquitnetwork.org](http://www.vtquitnetwork.org)

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# COMPUTER & DIGITAL CAMERA CLASSES

## Basic Computer/Internet Tutorial with Keyboarding Lessons

Wednesday 5-6:30 p.m. 3 weeks Starts February 1  
Increase your keyboard and mouse control as you improve basic computer literacy skills. Practice basic file management, internet, word processing, and spreadsheet applications. A team of high school students assigned from CVU clubs will staff this successful offering. A tutor will be available for every two students if you register early. Open your eyes to the world of computers with the help of CVU's hip! Extended opportunities available based on personal goals or projects.  
Instructor: Duncan Wardwell and CVU student tutors  
Fee: \$40 Limit: 10  
Sponsored by Lantman's IGA

## Personalized Technical Consulting - All-Access

Schedule your own personal learning tutorial at CVU. Call or email your requests and we will confirm availability. Bring your own laptop or use a CVU PC. Topics may include but not limited to:  
\*Laptop, cell phone, and new product tutorials  
\*\*Digital pictures & photo albums  
\*\*\*Multi-media presentations  
\*\*\*\*Data & contact management  
\*\*\*\*\*Accounting & mail merges  
\*\*\*\*\*Cloud & emerging technology solutions  
This is a great way to learn a listed class in a shorter time frame that fits your schedule. Call (482-7194) or email (access@cvuhs.org) to arrange a schedule that meets your individual needs. Reserve a block of time to meet on one or multiple days. Fee: \$35 for 1 hr, \$90 for 3 hrs, \$125 for 5 hrs.  
Instructor: Duncan Wardwell Fee: \$35/hr  
Sponsored by Limbwalker Tree Service

## MS Office Lessons

Invigorate your office or small group with a personalized 2-hr. Microsoft Office demo & workshop. Call or email requests for specific learning about how Windows & Office programs (Word, Excel, Outlook, Publisher, PowerPoint) can be used to increase productivity & efficiency. Based on specific requests, we will provide an informative demo on best practices and provide plenty of opportunity for individuals to ask questions, practice skills, and create plans for future learning. Rates negotiable based on size of group and specific learning requests. Call or email to request dates, times, and a fee estimate.  
Instructor: Bob Ryder

## How to Buy a Computer

Wednesday 6-8 p.m. 1 week May 9  
Buying a computer is an investment for many families. For most of us it can seem like buying the family car considering RAM (random-access memory), processor speed, graphics capability, hard disk space and so on. These are just a few of the terms that one is confronted with when buying. This aside, one always will question Mac or PC. Taught by CVU's Media Coordinator, this workshop is designed to help you choose a system that fits your needs and usage.  
Instructor: Michael Dumont II Fee: \$20 Limit: 15

## Are You Internet Experienced?

Thursday 6:30-8:15 p.m. 3 weeks Starts February 9  
Bring your internet questions to this Q&A workshop and review basic browsing & search tools. This course is designed for those who want to become more efficient with their online experience. Learn how to maximize your browser & search options. Use Google resources, Wikis, YouTubes and other RSS feeds/community resource posts. Presentations include tips for shopping securely and spam/virus protection and how to sharpen your email skills. Every student will follow class demonstrations with a CVU computer. Try one week for only \$8 or all three for \$20. Register early and describe your goals to us for becoming a better internet citizen.  
Instructor: Bob Ryder Fee: \$20 Limit: 15

## Windows: Files & Uses of Control Panel

Wednesday 6:30-8:15 p.m. 3 weeks Starts March 7  
Learn about using many of the features of Windows, how to feel secure when connected to the Internet, and how to organize and manipulate your files. Other items covered are: recovering from non-functioning programs, controlling printing jobs/options, and managing hard drive backups. Gain a greater understanding of the many Control Panel items and options for the Start button. Learn about equipment and applications for printing, faxing, burning CDs, and networking. Practice on a Windows XP based CVU computer. If there is sufficient interest, the last session includes a demo of Windows 7. Users of all versions of Windows will benefit from this tour of operating system tools.  
Instructor: Bob Ryder Fee: \$30 Limit: 15

## Personal Technology At Your Fingertips

Wednesday 6-8 p.m. 1 week March 7  
Net Books, Droids, and iPads oh my... can any of us really remember what was before any of these digital devices? Join CVU's Media Coordinator as he leads you through an interactive workshop of the personal technologies that run our lives.  
Instructor: Michael Dumont II Fee: \$20 Limit: 15

## What's Up with Smart Phones

Wednesday 6-8 p.m. 1 week February 1  
Smart Phones are everywhere. If you're new to the smart phone family, or are considering one, this class is for you. The intent of this workshop is to inform individuals on the needs and uses of smart phones in our world, and their potential. The information covered is also designed for those new to the smart phone community. For those in the market for a new device, we will be looking at phone OS (operating Systems) and their pros and cons.  
Instructor: Michael Dumont II Fee: \$20 Limit: 15

## Excel Data Analysis

1. Monday 6:30-8:30 p.m. 3 weeks Starts January 30  
2. Tuesday 6:30-8:30 p.m. 3 weeks Starts May 15  
Use Excel to consolidate and manipulate data with sorting and other extraction techniques. Practice data manipulation with conditional (if/and/or) statements and analyze data by the use of pivot tables and other database applications. If you completed Excel or Excel Up in the Fall or Winter then this is an XLeant adventure! SAVE \$20 - Sign up for any two Excel classes!  
Instructor: Bob Ryder Fee: \$40 Limit: 15

## Excel Basics

Tuesday 7-8:15 p.m. 4 weeks Starts March 6  
Learn how to use the MS Excel spreadsheet program so you can organize your own projects. This is a great introduction to Excel or for those with very limited use of the program. Students will master data entry, formatting, mouse operations, keyboard shortcuts, and basic menu selection. Each class will reinforce old skills to improve overall efficiency and confidence. Activities will be designed to enhance class demonstrations and prepare students for other at-home or business projects. SAVE \$20 - Sign up for any two Excel classes!  
Instructor: Tony Galle Fee: \$50 Limit: 15  
Sponsored by Merchant's Bank

## Excel Up

Tuesday 7-8:15 p.m. 4 weeks Starts April 10  
Have you tried an intro Excel class here or are you only slightly comfortable using Excel? Expand your Excel repertoire as you learn formulas, functions, mail merges, data insertion to other programs, charting, sorting, filtering, and creating forms. Familiarity with at least the basics of this program is necessary. Please bring your own questions or problems to class. Bring your own laptop or use CVU computers. SAVE \$20 - Sign up for any two Excel classes!  
Instructor: Tony Galle Fee: \$50 Limit: 15

## Word Skills - (Basic & Advanced Workshop)

Wednesday 5-6:45 p.m. 4 weeks Starts March 28  
Unlock the potential of Word by learning to navigate the "ribbon bar" to perform tasks while creating and modifying text. Class demonstrations and individual attention will gently move you towards expertise with this essential word-processor software. In the latter part of the course learn how to add pictures and captions; create and modify tables; print envelopes or labels, use mail merge to create letters or forms, insert spreadsheet data, and to add lines and other shapes.  
Instructor: Bob Ryder Fee: \$50 Limit: 15

## Google Smarts for Parents and Students

Wednesday 6-7:30 p.m. 3 weeks Starts February 8  
Parents, Community Members, and Students: Do you want a better understanding of how Google applications are being used in our schools? Are your children using Google Docs and you don't know what that is? Do you have a Gmail account and want to know what else you can do besides use it for email? Join in the conversation and learn about these tools and how they are supporting and enhancing education in our community. We will take you on a tour, share examples of best practices and provide hands-on time and support for you to use these tools as well. (Google Docs, Google calendar, and Google Sites will be some of the applications shared.) Join us for any of the sessions or come to all 3!

**Google Accounts, Gmail, Contacts on February 8:** Explore all the applications available to you with a Google account. Sample tasty tools available with Gmail, Contacts and online photo sharing with Picasa.

**Google Docs & Collaboration in the Cloud on February 15:** Google's free software provides solutions for educational & business projects. Learn how to create & organize word processing, spreadsheet, slideshow, forms and other files. All of these files may be shared online or edited by multiple collaborators. You can also upload your own files from your computer.

**Google Calendar & Sites on February 22:** Organize your life with a calendar and a website. A Google Calendar is easy to use on a computer or hand held device. Share your calendar events with others and display public calendars for in-the-moment planning resources. Create your own website with Google Sites and publicize your own info for others to see. Google is always improving its efficient user interface so come experience the current tricks of the trade! Sign up for any one week for \$15 or all three for \$30.  
Instructor: Bonnie Birdsall Fee: \$15/30 Limit: 15

## Google Sketchup

Tuesday 7-8:30 p.m. 4 weeks Starts January 10  
Use Google's free 3D modeling program to create your own projects or to integrate with Google Earth. Class will demonstrate how to utilize the tools necessary to build from scratch or work with existing models. Personal attention available as you practice creating projects in class. Discover ways to share your work with others.  
Instructor: Tony Galle Fee: \$60 Limit: 15

## Digital Camera Spectrum

Thursday 6:30-8:30 p.m. 5 weeks Starts February 16  
Pixel Me Pink! Choose from any or all of the one-week Digital Camera workshops. Everyone can learn new tricks that will improve personal or professional projects. \$25 for any week, \$65 for any three weeks, \$95 for all five weeks

## Digital Camera Buttons & Menus on February 16:

Learn to use the dials, buttons, and menus of a basic Canon, Nikon, Olympus, or your own digital camera. Receive individual instruction as you compose pictures of different qualities. Experienced users develop new strategies for getting the most out of their equipment. Shoppers and still-in-the-boxers will take the first steps to being a confident photographer.

## Organize & Share Digital Pictures on February 23:

Digital cameras do a great job of capturing the moment but you need to download & organize your memories in efficient ways. Bring your own camera or use a class camera to learn how to transfer picture files from your camera to the computer. Explore ways to organize folders/albums, name pictures, print in quality, and share on the internet. If you have a camera or computer full of pictures and don't know what to do with them, then this class is for you.

**Photoshop Sampler on March 8:** Discover how programs like Photoshop help improve the quality of a picture. Photoshop is a great program for making basic image enhancements as well as creating final products with your photographs. This class will provide an interactive tour of Photoshop magic and is a great way to decide if the four week Photoshop class is for you.

**Aperture Essentials on March 15:** Do you "get the picture" when it comes to depth of field and aperture priority & other controls? Learn how camera controls help capture portraits, close ups, and macro compositions. Experiment with your own camera or use a class camera with advanced options.

**Shutter Speed Essentials on March 22:** Are your pictures too blurry or too dark? Learn how to use shutter speed priority & other controls to influence how to capture motion or low-light situations. Experiment with your own camera or use a class camera with advanced options.  
Instructor: Duncan Wardwell Fee: \$95 Limit: 15  
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## **iWant iPads & iPods & iTunes**

Tuesday 7-8:30 p.m. 3 weeks  
Starts January 10  
Learn how to use your own iPad, iPhone, iPod or practice the basics on a class demo. Join our group on any night as we configure our hand held device with iTunes on a CVU computer or your laptop. \$15 for any week or \$35 for all 3 weeks.

**iSpeak for iPodics, iPhonics & iShop on January 10:** Learn to push your own buttons as you edit Settings and Play options. Find out how the iPod has evolved into the iPhone & iPad. Practice using the iTunes interface to Sync, Shop, and observe your Library.

**Playlists & A/V Specials on January 17:** Sync-up your own music, pictures, & videos. Create playlists from CDs and other sources. Discover how to purchase ringtone specials and other audio/video tricks.

**Contacts & Calendars & Apps on January 24:** Create, call, email & text contacts. Practice adding Calendar dates to your phone that can be synced to the web. Utilize features such as Maps, Notes, Voicemail and other options via applications and in-the-cloud technology.

Instructor: Duncan Wardwell Fee: \$15/35 Limit: 15

## **Website Design Basics**

Tuesday 7-8:30 p.m. 5 weeks Starts February 7  
Create your own website in class and learn efficient management techniques. Create on-line resources with text, pictures, backgrounds, hyperlinks, tables and many other web gems to jump start your internet presence. This course will help you create a website with basic design principles for personal, professional, and marketing projects. Each week provides class demonstrations on basic design theory using free software. Learn menu/mouse operations and how to select a server/domain name. Individual attention helps you personalize internet goals & expectations. Basic word processing experience is necessary and skills transfer well for other design software. SAVE \$30 - Sign up for Web Design Basics and Dreamweaver!

Instructor: Duncan Wardwell Fee: \$100 Limit: 15

## **Dreamweaver Web Essentials**

Tuesday 7-8:30 p.m. 5 weeks Starts March 27  
Improve your website management capabilities by learning Dreamweaver in Adobe's CS5 Design software. Develop and maintain standards-based websites with this dynamic user interface. Learn efficient techniques for creating image/table layouts, Cascading Style Sheets (CSS), frames, forms & other web widgets. Previous web design experience is essential so students may concentrate on utilizing Dreamweaver's menus, dialog boxes, and panels. Every class will include a basic demonstration, useful online resources, and ample opportunity to practice on your own project. SAVE \$30 - Sign up for Web Design Basics and Dreamweaver!

Instructor: Duncan Wardwell Fee: \$120 Limit: 15

Website updated with new classes & schedules & info  
[cvuhs.org/access](http://cvuhs.org/access)



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People's United Bank  
PhotoGarden  
Select Design  
Shelburne Supermarket  
Shelburne Vineyard  
Washburn's  
Servicenter



Sooner or later you'll need to brush up on your computer skills. Access classes are for beginners and for folks who know their way around a keyboard but want to improve their skills. In CVU's state of the art computer lab, students follow along with the instructor and then have plenty of time for individual help.

## **Adobe Photoshop Basics**

Wednesday 7-8:30 p.m. 4 weeks Starts February 1  
Unlock the digital capacities of pictures or graphics: turn that dull sunset an orange hue, sharpen smiles hidden in shadows, or remove that strange uncle from a family portrait. Receive individual attention as you work on one of CVU's computers. Bring your own photos or practice on class samples. You will investigate the tools necessary to import, export, crop, resize, enhance, eliminate red-eye, merge a panoramic, and add text layers to existing graphics. This course is appropriate for learning how to use the tools & menus associated with the family of Photoshop products (CS, Elements). SAVE \$20 - Sign up for any two Photoshop classes.

Instructor: Tony Galle Fee: \$60 Limit: 15  
Sponsored by LPA Design

## **Next Layers of Photoshop**

Wednesday 6:30-8:30 p.m. 4 weeks Starts March 7  
Photoshop is unsurpassed as a tool to correct your exposure, lighting and color problems. It can repair those torn, smudged family photos or antique your modern shots. The list goes on and on. But you can do so much more when you learn the secrets of using layers. Layers, layers, layers—have we got layers! After this course you will know how to combine layers of your camera images with graphics, shapes, text, as well as other art objects. Create your own framed pictures, holiday letters, business cards, special tributes for family and co-workers, logos, invitations and announcements—all showing a WOW-factor that gets attention! All sessions are product oriented, so that with each lesson, you have a template which you can model for your own needs. You will receive a CD containing all of the class session instructions as well as many bonus projects. This is a great way to reinforce your previous skills and take your creative self to new heights. This course is a natural follow up to the basic course. You need to have completed that or have enough hands-on experience to have mastered the basic Photoshop tools and commands. SAVE \$20 - Sign up for any two Photoshop classes.  
Instructor: Dick Hong Fee: \$60 Limit: 16  
Sponsored by PhotoGarden

## **Advanced Photoshop: Blending & Filters**

1. Tuesday 6:30-8:30 p.m. 4 weeks Starts January 10  
2. Wednesday 6:30-8:30 p.m. 4 weeks Starts April 11  
The extraordinary power of Photoshop as an application for enhancement and manipulation of digital images comes from the tremendous number of combinations available to the user. There are 23 blending modes available for the 24 basic tools. You can then pass those results through 13 filter groups (and some of the groups have as many as 15 different filters). With my limited arithmetic, I believe that gives you over 100,000 possibilities to choose from as you work on your original images. Sounds overwhelming, huh? Not to worry. You will learn to tame this artistic beast through our 4 lesson course. As usual, all sessions are product oriented, so you will see a finished piece of graphic art at the close of the lesson. All of the steps have been written out for you and you will receive a CD of all sessions for your future reference. You will make collages, learn advanced selection techniques and experience the new "smart objects" techniques. Completion of "Next Layers of Photoshop" or instructor permission is required for this course. SAVE \$20 - Sign up for any two Photoshop classes.  
Instructor: Dick Hong Fee: \$60 Limit: 6  
Sponsored by LPA Design

## **Understanding Game Design**

Wednesday 5:30-7:30 p.m. 5 weeks Starts March 21  
What constitutes a game today? Take an in-depth look at the evolving cultural shift of a generational trend. Taught by Michael Dumont II, the lead map designer of the #1 game of 2000 Giants: Citizen Kabuto. The course guides individuals through the fundamentals of a game's design. Understand how games have become an integrated part of society's future, and their potential. Using Adobe Flash, each student will finish with their own game designed from scratch.

Instructor: Michael Dumont II Fee: \$55 Limit: 15

## **PowerPoint & Publisher Presentations**

Thursday 5-6:30 p.m. 3 weeks Starts January 19  
Design a MS PowerPoint and Publisher presentation each week that will help you display & promote your ideas. Utilize menu/mouse commands as you build outlined notes, word-art, & pictures into cool formats. Sample templates, class demonstrations, and individual attention available as everyone creates a PowerPoint presentation and a Publisher publication. Everyone will be able to post and test their creation and take home a digital copy. A great way to improve podium presence, communication strategies, or meetings. These classes will also demonstrate how both programs utilize layers, objects, links, and online web-posts.

Instructor: Duncan Wardwell Fee: \$35 Limit: 12

## **BE A JUDGE NO EXPERIENCE NECESSARY**

CVU DEBATE TEAM Needs Your Help

**Champlain Valley Union High School will host the largest debate/speech tournament of the year on Saturday, January 14, 2012.**

Over 100 students from across the state will compete in this event. We are putting out an appeal for citizen judges. No experience required. We provide training and nourishment. The time commitment is generally 9 a.m. to 1 p.m..

If you are interested in helping out, contact Chris O'Donnell at [codonnell@cvuhs.org](mailto:codonnell@cvuhs.org) or 482-7140.

Thanks for your consideration of this request. It is a very rewarding experience for all!



# Language and Music

## Spanish for Beginners

Tuesday 5:30-6:45 12 weeks Starts March 13  
Join Meira to begin your journey towards speaking this beautiful and useful language. This class will focus on reading and speaking as much as possible. There will be some light homework, as practice between classes will help you learn much more quickly. Meira will engage all, so be prepared to have the learning fly by. A useful text, good for the continuation level here at Access, and all handouts are included in the price and yours to keep.  
Instructor: Meira Lifson Fee: \$135 Limit: 20

## Spanish for Beginners Continued

Tuesday 7-8:20 p.m. 14 weeks Starts February 7  
This class is designed for those that have taken the Beginner Access class or have been introduced to Spanish sometime in your life. This is an engaging and fun continuation of your Spanish learning. Emphasis on speaking and reading; light homework goes a long way although not required. If you need the Spanish is Fun Text being used, add \$20 to fee.  
Instructor: Roxana Wortman Fee: \$145/165 Limit: 20

## Intermediate Spanish Continued

Tuesday 5:30-6:50 p.m. 14 weeks Starts February 7  
This class is designed for those with a strong foundation in Spanish who would like to continue towards speaking and understanding the language better. Roxana is skilled in having all learners progress while enjoying their new found language skills. It follows the Beginner Intermediate class here, or if you have had a number of High school Spanish years, two years of college Spanish, or have lived in a Spanish speaking country, this may be the right class for you. Our goal is to have you learning at the correct level, moving between classes once the semester starts is always possible. This continues in the Spanish is Fun, Book 2 series here at Access. Need a book? Add \$20 to fee.  
Instructor: Roxana Wortman Fee: \$145/165 Limit: 20

## Intermediate Spanish - Advanced Continued

Wednesday 7-8:20 p.m. 14 weeks Starts February 8  
This class is designed for those with a strong foundation in Spanish who would like to continue towards speaking and understanding the language better. Converse, read, and write each night. Emphasis will be on spoken language skills and grammar. If you have had a number of High school Spanish years, and/or college Spanish, this may be the right class for you. Check it out. Fee includes all material.  
Instructor: Kameron Decker Harris Fee: \$165 Limit: 20  
Sponsored by Aubuchon Hardware

## Conversational Spanish Immersion

Thursday 6-7 p.m. 10 weeks Starts February 9  
Join Mary Ann, raised in Chile, and Kerri Brien, an experienced Spanish educator, for this dynamic Spanish Conversational class to help improve and maintain your spoken and written Spanish. This class is fun and engaging as we read Spanish literature and short stories, discuss current events, listen to Latin music, and share Latin foods. The level of Spanish is advanced and is especially intended for persons that have a good grasp of the Spanish language through previous course work or have lived and traveled in Spanish speaking countries. If this is not the right spot for you, move to a different level, receive a full credit to any future Access class, or a refund.  
Instructor: Mary Anne Kyburz-Ladue and Kerri Brien  
Fee: \$95 Limit: 18

## French for Beginners

Wednesday 7-8:15 p.m. 14 weeks Starts February 8  
Bonjour! Join Maddy, a VT Certified French Educator, to begin your French language learning. Organized around practical themes, activities will be interactive and fun and focused on using the language as much as possible in class. Are you interested in traveling abroad or just want to learn a new language? Materials and book included in fee. Look for follow up levels of this class in next session.  
Instructor: Maddy Posig Fee: \$175 Limit: 20

## French for Beginners Continued

Wednesday 5:30-6:45 p.m. 14 weeks Starts February 8  
Join Maddy, a certified French Educator, to continue your French learning. If you have had an introduction to French before, this class may be right for you. Engaging and fun, this class follows the last session French Beginner Access offering. Materials included in fee. Need a book? Add \$20 for total of \$175.  
Instructor: Maddy Posig Fee: \$155 Limit: 20

## Italian for Travelers

Thursday 5:30-6:45 10 weeks Starts February 9  
Learn the beginnings of conversational Italian the way Italians sound. Participants are guaranteed to be engaged in new learning from the first moments of the class to the last session. Join native speaker David as he shares his knowledge and love of Italian language and culture. No prerequisite, but 2 years of an Italic/Romance language sometime in your life will definitely help. Book and all materials included in fee.  
Instructor: David Tomasi Fee: \$145 Limit: 20

## Italian for Travelers - Part 2

Thursday 7:10-8:15 10 weeks Starts February 9  
This new 10 week offering is designed for students who have previously studied Italian with us or somewhere else and have a basic knowledge and understanding of the language. Classic and Contemporary Italian art and music, movies, books/articles and engaging activities will provide you with an exceptional overview of standard Italian and the wonderful Italian expressions and dialects! Add \$10 to receive a copy of the book we reference, Conversational Italian in 7 Days. All other material included in fee.  
Instructor: David Tomasi Fee: \$135 Limit: 20

## German for Advanced Beginners

Wednesday 5:30-6:40 14 weeks Starts February 8  
This class is a continuation of German for beginners. Join Gavin to focus on the improvement of spoken and written German, with an emphasis on grammar and syntax. Cultural themes will be explored to help improve vocabulary. Gavin welcomes those that have taken a beginner German class before or have had basic German language experience. The class is interactive and the use of lots of German in class will speed the learning process. Light homework will be assigned. Upon completion, students should be able to engage in basic conversation and have a solid understanding of basic grammar. No prerequisite. All materials included in fee.  
Instructor: Gavin Santacross Fee: \$165 Limit: 20

## German - Intermediate

Wednesday 6:50-8:10 p.m. 14 weeks Starts February 8  
This class is designed for those learners that have taken a whole year of German at Access or have some background in German language. It is easy to move between levels after first week to make sure you are in the correct place to learn.  
Instructor: Gavin Santacross Fee: \$165 Limit: 20

## Beginner Mandarin Chinese

Tuesday 6:50-8:05 p.m. 8 weeks Starts February 7  
Join this class to start your journey learning Chinese. This class is designed for those who want to learn Mandarin and Chinese culture for a new language try-out or for their travel to China, or for those who have a very limited Mandarin background. The teaching will focus on developing the participant's abilities in speaking, listening with understanding the pronunciation system, simple grammar structure, simple conversation, and travel information about Chinese culture and places. Weekly exercises are focused on Chinese for everyday purposes such as greetings and introduction in social events, numbers, shopping, weather etc. Participants will be expected to purchase Yong Ho's Beginner's Chinese with Audio CD. After 8 weeks, participants will have the opportunity to continue their learning with another 8 week session if desired by the group. New learners are accepted after this first 8-week session if there is a continuation started on April 10th.  
Instructor: Jieru Wang Fee: \$105 Limit: 16  
Sponsored by Chef Leu's House

## Mandarin Chinese - Level 2

Tuesday 5:30-6:45 p.m. 8 weeks Starts February 7  
This class is designed for those with some background in basic Mandarin and would like to continue to develop their abilities in listening, speaking, reading and writing. The participants will learn the structures of Chinese characters and be able to recognize and write simple Chinese characters, as well as expand their vocabulary and move to communicate accurately and appropriately in daily life's conversation. The improvement of vocabulary, grammar and writing will be more of a focus compared with beginner's class. Additionally, info about Chinese culture and places will be included. Yong Ho's Beginner and/or Intermediate Chinese with Audio CD will be used in the class. Students are responsible for buying their own book after first class. After 8 weeks, students will have the opportunity to continue their learning with another 8 week session if desired by the group. New learners are accepted after this first 8-week session if their is a continuation started on April 10th.  
Instructor: Jieru Wang Fee: \$105 Limit: 16

## Guitar for Beginners

Thursday 6:50-8 p.m. 12 weeks Starts February 9  
This class is designed for those of all ages with little or no experience. Join Sallie, an enthusiastic educator with years of teaching experience, to learn basic acoustic guitar skills and work on learning a few chords and songs. Everyone will be playing music before long. Limit is 8, so reserve your spot soon. Bring your own guitar. An electronic tuner is strongly recommended but not a prerequisite.  
Instructor: Sallie Mack Fee: \$155 Limit: 8

## Guitar for Advancing Beginners

Thursday 5:30-6:40 p.m. 12 weeks Starts February 9  
This class is designed for those guitar players that have had an introduction to guitar before. Join Sallie, an enthusiastic educator with years of teaching experience, to learn new acoustic guitar skills and work on learning more songs while receiving instruction on your technique. Limit is 8, so reserve your spot soon. Bring your own guitar. An electronic tuner is strongly recommended but not a prerequisite.  
Instructor: Sallie Mack Fee: \$155 Limit: 8

## Intro to Jazz Guitar

Tuesday 5:30-6:45 p.m. 8 weeks Starts February 7  
Join Jim for this new Access offering. Participants need to have a basic knowledge of chords (including barre), single note melody, and some improvisation. This class is ideal for those already playing another style. Explore jazz techniques and improvisation for the first time or add to your basic Jazz playing skills. Jim comes to Access with 35 years of professional playing and teaching in NYC and now as part of the Queen City Hot Club and Swing Noire. Bring your own guitar —acoustic or electric—and tuner. All other materials included in fee.  
Instructor: Jim Stout Fee: \$140 Limit: 10

## Singing: Group Voice Workshop

Monday 5:30-7 p.m. 8 weeks Starts February 13  
Join Rose Diamond, Certified McClosky Vocal Technician, as you learn new singing techniques in this voice class and singing group. Whether beginner or professional, this class will lead all to vocal health as well as adding to a singer's essential tools for mastery. Drawing from a vast collection of mostly traditional with a select few contemporary folk songs and a lifetime of experience of singing, performing and teaching, Rose will lead song sessions to nurture the formation of an ongoing song circle. Some individual work is offered as part of the class where welcome and beneficial. Rose has been teaching singing since 1995 and brings a wealth of expertise to meet the needs of singers and voice users of all types. Themes can be determined by season and interest and skills enhanced in user friendly ways. The enjoyment of group singing will be the focus as a healthful response in our all too busy lives.  
Instructor: Rose Diamond Fee: \$115 Limit: 18  
Sponsored by Good Times Café

## Intermediate Blues Ensemble

Tuesday 7-8:30 p.m. 6 weeks Starts March 6  
Looking to sharpen your performance skills? Join Mike in this intermediate level course focused on building confidence at playing with other musicians. Stress and judgment free, repertoire for the course is drawn from the straightforward to more challenging arrangements of traditional and contemporary blues material. The application of musicianship skills in this ensemble designed for the smaller to medium sized blues band. Instrumentation for this ensemble is limited to bass, guitar, keyboards, and horns. Vocalists welcome to contact us as well. Please inquire for more information. Space is limited so as to maximize playing time. An audition music sample is required and needs to be sent to mburris@cvuhs.org Please register as well at access@cvuhs.org  
Instructor: Mike Burris Fee: \$105 Limit: 7 to 9

## West African Drumming

Monday 6-7:15 p.m. 7 weeks Starts March 12  
Join Chimie Bangoura of Guinea, West Africa in this exciting Access offering. Designed for beginners as well as those with some experience, participants will learn the traditional rhythms and techniques of West African hand drumming (djembe). Bring your own djembe or rent one of ours during class time for a modest fee of \$30 (drums remain here at CVU). It won't be long before everyone will be able to set the rhythm to dance a lifetime.  
Instructor: Chimie Bangoura Fee: \$95

## West African Dance

Monday 7:15-8:30 p.m. 7 weeks Starts March 12  
Keep in shape this year with African dance done to live drumming! Join Hassimou Chimie Bangoura, a master drummer from Guinea, West Africa, for this fun and upbeat dance class. New students and those with experience are encouraged to participate. Great exercise!! Classes include a warm up and progressive instruction to rhythms from Guinea, Senegal and Mali.  
Instructor: Chimie Bangoura Fee: \$95

### IT'S NEVER TOO LATE

to learn at access. Enroll by email or phone. Check website for updated info.  
**Call or email to enroll!**

# Dance, Fitness and Health

## Zumba ® with Jenn

1. Tuesday 5:30-6:30 p.m. 14 weeks Starts February 7

2. Monday 5:30-6:30 p.m. 7 weeks Starts April 9

Come enjoy the exercise and fun set to a fusion of Latin and International music. It is a mixture of body sculpting movements with easy to follow dance steps. Fun and easy to do, Jenn leads an energetic and feel good class where everyone leaves feeling like they had an great hour of workout. Zumba includes high energy and motivating music with unique moves that helps you stay in the moment and fully enjoy the group.

Instructor: Jenn Buker Fee: \$145 Limit: 25

## Zumba Gold® with Jeanne

1. Wednesday 5:25-6:25 p.m. 13 weeks Starts January 25

2. Wednesday 6:30-7:30 p.m. 12 weeks Starts March 7

Join Jeanne for this new Zumba offering that allows more people to enjoy the fun of movement, exercise, and dance. Zumba Gold® is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold® is done at a much lower intensity. It uses zesty Latin and International music like salsa, merengue, cumbia and reggaeton along with swing in exhilarating, easy to follow moves.

Instructor: Jeanne Neu Fee: \$135 Limit: 25

## Jazzercise

Thursday 3:45-4:45 p.m. 14 weeks Starts February 9

Join Tamie-Jo for Jazzercise right after school. Jazzercise, the original Dance Exercise, is a 60 minute workout that fuses dance and muscle toning movements choreographed to today's hottest music, including Top 40, Country, funk, and classics. Each class includes a warm up, aerobic dance workout, strength training with weights and a stretch finale. Fun and effective, it will lift your spirits and strengthen your heart, muscles, and core. Fresh moves, new music, pure motivation.

Instructor: Tamie-Jo Dickinson Fee: \$145 Limit: 25

## Core Training • 15 or 10 week options

1. Tuesday 5:30-6:30 p.m. Starts February 7

2. Thursday 5:30-6:30 p.m. Starts February 9

Join Caroline, as she leads everyone to work on core strength, helping sculpt your body over the year. This course uses Pilates style mat exercises in combination with other exercises to develop core strength and control, particularly in the abdominals and back. We have added more weeks for less cost. Suitable for all fitness levels. Use one of our mats, or bring your own. Caroline, an experienced personal trainer, will have you exercising in a fun and entertaining way. Participants will leave each class knowing they have exercised for an hour. Fee: Twice a Week Special Price! 15 Tuesdays (\$155) and 15 Thursdays (\$155) for Only \$280. Save \$30. Note: 10 week option beginning Tuesday, February 7 or Thursday, February 9 for \$115. Instructor: Caroline Perkins Fee: \$155/280 Limit: 22 Sponsored by Horsford Nursery

## Tai Chi First Steps-A Journey into China

Tuesday 5:45-7 p.m. 7 weeks Starts February 7

Tai Chi is an old Chinese martial art system called the "grand ultimate" with benefits including improved core strength, enhanced flexibility and martial prowess. Other benefits include intellectual stimulation, stress reduction, help with injuries, and a greater connection to the natural way. This class will work the body and mind. The Yang Snake Style family form will be taught. Both beginners and past students of Emanuel are invited to continue their practice in this offering. Emanuel is an experienced instructor, educator, and senior student with Robert Boyd at the Bao Tak Fai Tai Chi Institute in Burlington. A class website with backup video instruction is included in the fee. Find out what tens of millions of Chinese know everyday!

Instructor: Emanuel Betz Fee: \$85 Limit: 20

## Weight Training and Fitness

Wednesday 5:30-6:40 p.m. 12 weeks Starts February 8

Join Steve to correctly learn how to build yourself up and stay healthy with weight and resistance training. Learn scientifically based techniques that will help you achieve fast, effective and safe results. Each person's individual goals, age and limitations will be addressed in class with appropriate exercises. Pre-existing injuries and limitations are taken into consideration when developing your program. Steve, an ACE-certified Personal Trainer, will have you focus on upper body, lower body and core strengthening and toning. Topics covered include proper technique, number of repetitions and sets, how much weight to lift and how often to work out.

Instructor: Steve Gaydos Fee: \$135 Limit: 15

## Resistance Training for Cyclists

Wednesday 6:50-8 p.m. 6 weeks Starts February 8

Cycling season is coming and this class by avid cyclist Steve Gaydos, will have you working out doing cycling-specific weight training exercises that you need in order to develop your power and reduce your risk of injury. You will also learn the best techniques for warm-up, cool-down, stretching, and recovery. Learners of all ages (15+) are welcome, and special attention is given to the unique needs of women, juniors (age 15-17), and masters (over 40). Attention to hill climbing speed, time trialing, and sprinting will be included for those interested. Also addressed will be muscle imbalances and flexibility issues that may be holding you back from riding at your best.

Instructor: Steve Gaydos Fee: \$75 Limit: 15

## Golf Conditioning - Flex and Strength

Wednesday 6:50-8 p.m. 4 weeks Starts April 4

This class is designed for golfers interested in hitting the links in the best possible condition to avoid the pulls and strains of the early season. Steve, an ACE-certified Personal Trainer, will focus workouts on flexibility, postural strength and endurance, cuff and resistance training. Goals are to improve to a full swing arc, increase backswing flexibility, and maximizing power for distance. Work out today, play better golf tomorrow and make your game time more fun.

Instructor: Steve Gaydos Fee: \$50 Limit: 15

## Lose Weight and Feel Great! Continued! - Weight Management Class

Wednesday 5:45-6:45 p.m. 12 weeks Starts February 15

Join Patricia with this new Access offering to continue on with your weight loss goals. If you completed Lose Weight Feel Great in the past and you'd like to continue working on improving healthy behaviors and making better choices then this class is for you. Springboard to the next level from your current understanding on how to become healthier. Learn even more and enjoy weekly non-judgmental support. This class offers positive and proactive help as well as a path to accountability. Reach your goals by refreshing your focus anew!

Instructor: Patricia Fay, Founder of Beyond Expectations Coaching Fee: \$115 Limit: 15

## Yoga Monday Evening

Monday 5:30-6:30 p.m. 14 weeks Starts February 6

Never tried yoga or want to get back to the basics? This class is for you! Join John for a fun, light-hearted class focused on cultivating a strong foundation on which to build your yoga practice. With student focused, individual attention, the class is an ongoing study of basic alignment, breathing and sequences.

Instructor: John McConnell Fee: \$135 Limit: 20

## Yoga Tuesday Afternoon

Tuesday 4-5 p.m. 14 weeks Starts February 7

This Integrative Yoga class unites breath, movement and awareness to increase your physical and mental wellbeing, and reduce stress. Join Laura of Beecher Hill Yoga to increase your energy, strength and flexibility and have fun. This class is appropriate for beginners and experienced students. Please bring a yoga mat along.

Instructor: Laura Wisniewski Fee: \$135 Limit: 20

## Ashtanga Yoga for Students, Staff and Teachers - Monday

Monday 3:45-4:45 p.m. 16 weeks Starts January 9

Many of today's yoga branches stem from the ancient tradition of Ashtanga Yoga. In this class, you will practice Ashtanga's Primary Series which encompasses yogic philosophy, deep breathing and a series of poses that are practiced in the same sequence each class. Experience how your yoga practice invigorates your life. All fees for CVU students will be supported by scholarship fund. High School students may earn credit through the Independent Study process. Check in the Direction Center for more information. 16 classes for \$155 or 10 classes for \$115.

Instructor: Jessica Barnum Fee: \$115/155 Limit: 30

## Vinyasa Flow Yoga for Students, Staff and Teachers -Wednesday

Wednesday 3:45-4:45 p.m. 17 weeks Starts January 25

Yoga is an ancient practice that tunes our instinctive, intuitive and physical natures while enhancing our happiness, inner peace and sense of humor. It rejuvenates and balances our energy when we are feeling unfocused, agitated or stressed. Vinyasa Flow Yoga encompasses yogic philosophy, deep breathing and a series of poses that are uniquely choreographed for each class. Experience how your yoga practice invigorates your life. All fees for CVU students will be supported by scholarship fund. High School students may earn credit through the Independent Study process. Check in the Direction Center for more information. 17 classes for \$165 or 10 classes for \$115.

Instructor: Jessica Barnum Fee: \$115/165 Limit: 30

## Swing and Jitterbug

Thursday 6:15-7:30 p.m. 5 weeks Starts March 8

If you always wanted to join the fun on the dance floor, this is the class for you. This is a full hour and 15 minute class. Terry makes learning swing fun. With over 20 years of teaching experience and a step-by-step approach, he gets everyone learning immediately. From Big Band to Rock 'n Roll, this "six-count" East-coast swing and jitterbug style is the place to start. Pairs encouraged, singles welcome. Sign up for Swing & Ballroom and save \$30 (\$100 per person) or take both Swing classes and save. Fee: Swing Beginner (\$65) and Swing 2 (\$50) for only \$105.

Instructor: Terry Bouricius Fee: \$65

## Ballroom Dancing

Thursday 7:30-8:45 p.m. 5 weeks Starts March 8

This hour and a quarter class is a great way to learn some standard ballroom dances that will have you gliding across the floor. Join Terry to learn the basics of Waltz, Rumba, Fox Trot, Merengue and Tango. Couples and singles welcome. Practice between classes will have you dancing before you know it. Pairs encouraged, singles welcome. Sign up for Swing & Ballroom and save \$30 (\$100 per person).

Instructor: Terry Bouricius Fee: \$65

## Swing Dance 2 - Past Beginners

Thursday 6:15-7:30 p.m. 4 weeks Starts May 3

This class is designed for those who have taken a Swing class before and are comfortable with the basic step. Terry will lead all to new dancing heights with a little extra emphasis on style. Learn plenty of new moves, dips, and more in this welcoming refresher and skill building course. Pairs encouraged, singles very welcome. Take both Swing classes and save. Fee: Swing Beginner (\$65) and Swing 2 (\$50) for only \$105.

Instructor: Terry Bouricius Fee: \$50

## Beginner Argentine Tango

Thursday 7:30-8:45 p.m. 4 weeks

Starts May 3  
Join Terry to learn Argentine Tango. It merges music and movement in a very special way and all will feel the rhythm. Take Ballroom and Tango and save \$\$.

Fee: Ballroom (\$65) and Tango (\$50) for only \$105.

Instructor: Terry Bouricius Fee: \$50

## Appalachian Clogging

Tuesday 6-7 p.m. 6 weeks Starts April 3

If you love to dance, give Clogging a try. Pamela Lord, a member of the Green Mountain Cloggers (check out their website) will be teaching this 6 week class. Enjoy the rhythms of this toe tapping, foot stomping Appalachian style clogging. If you are a tapper, clogging will be a snap. If you are already a clogger, learn the dance (Two Minute Limit) Pam is teaching and consider joining the troupe.

Instructor: Pam Lord Fee: \$75

## Intro to Modern Dance

Wednesday 5:30-6:45 6 weeks Starts March 7

Come and enjoy learning fundamental techniques of Modern Dance led by Annie, technically trained with lots of performance experience. With free-flowing movement, this class will provide both an artistic outlet and physical strengthening. Increase your spatial and musical awareness, learn techniques of suspension and release, and enjoy dancing to enlivening music. Beginners and experienced dancers welcome. This class is sure to bring your physical consciousness to a new level!

Instructor: Annie Brady Fee: \$75 Limit: 12

## Creative Dance for 4-9 year olds

Thursday 4-5 p.m. 4 weeks Starts February 2

Children innately love to move and explore! Through dance they can improve their spatial awareness, motor skills, and self-expression. We will play with movement and expand our imagination. Using stories and music we will practice basic elements of creative dance and have a wonderful time together. Per Eisenman has been teaching dance to people of all ages since 1996. He has a BA in Dance Education from Oberlin College.

Instructor: Per Eisenman Fee: \$40 Limit: 12

Sponsored by findandgoseek.net

## Step Aerobics for All - On Going

Tuesday 3:30-4:15 p.m. 8 weeks Starts January 24

Join Pam Lord for 8 weeks of step aerobics; beginners are welcome. Pam is stepping for 50 fast minutes to Michael Jackson tunes; she is health certified and previously AAFA licensed. This class is appropriate for all ages. A fun and fast workout. Give it a try; all you need is your sneakers.

Instructor: Pam Lord Fee: \$30



# Living It Up

## Herbal Chocolate Delights

Thursday 6:30-8:30 p.m. 1 week February 9  
Chocolate has been used since the days of the Aztec and Mayan people who believed that this sweet treat was a source of spiritual wisdom, energy and power. Who doesn't need another excuse to eat chocolate? Just in time for Valentines Day. Create Magic Truffles to tantalize your taste buds and a smooth and silky Chocolate Damiana Cordial to awaken your senses. And did you know that chocolate is good for your skin? Try a Sweet Mocha Honey Scrub to smooth your skin and a Cocoa Butter Bar to moisturize your body. Happy chocolate! All high quality items included in fee.

Instructor: Kelley Robie Fee: \$35 Limit: 16

## Intermediate Soap Making

Thursday 6-9 p.m. 1 week March 15  
In this hands-on class, learn how to create and make traditional, healthy hand made soap! Join Kelley Robie, of Horsetail Herbs, using herbs, spices, essential oils, plant based oils and other natural ingredients to make a batch of beautiful aromatic soap. This class will focus on the process of superfatting, and making milk soaps. Each student will go home with a soap sample to cut and age, as well as a hand-out containing detailed instructions. Recipes and ideas for customizing your own soap will be given. Please bring a quart paperboard milk or soy container for your soap mold and an old towel to wrap your fresh soap in. Get ready to make some suds! Ages 10 years and older. All materials to make soap included in fee.

Instructor: Kelley Robie Fee: \$40 Limit: 16

## Luscious Lotions & Bodacious Body Butters

Thursday 6:30-8:30 p.m. 1 week April 19  
Would you like to pamper your skin & body using only the finest natural ingredients? Join Kelley Robie, of Horsetail Herbs, as we create formulas that will nourish, support and hydrate making you look and feel your very best! To keep your skin looking radiant we will be making two luxurious lotions for all skin types using pure essential oils to create heavenly scents. We will be making a soft and hard body butter to both protect and moisturize your skin. Discover your inner beauty as we teach you to care for your outer beauty just in time for the spring and summer months ahead!

Instructor: Kelley Robie Fee: \$30 Limit: 16

## The Fabulous Food Facial

1. Thursday 6:30-8:30 p.m. 1 week January 19

2. Thursday 6:30-8:30 p.m. 1 week May 17

We nourish our bodies with good food now feed your face! Join Kelley of Horsetail Herbs, to learn how to care for your special skin type with wonderful natural beauty products you make yourself. Using foods as the main ingredients, make your own nutritious face care products & then indulge in a fabulous five-step facial. All of our recipes of foods and herbs for: an apricot facial cleanser, a yogurt/honey mask, a cucumber/rosewater eye gel and an avocado/chamomile moisturizer. Come in stressed & go home relaxed & glowing! Please bring a large towel, bowl & something to tie your hair back. All materials included in fee.

Instructor: Kelley Robie Fee: \$30 Limit: 16

## Manicure

Thursday 6:30-8:30 p.m. 1 week June 7  
Are you ready for soft, smooth & silky hands? Join Kelley Robie, of Horsetail Herbs, for an herbal manicure designed to enhance the health & appearance of your nails, cuticles, fingers & hands. You'll start with an aromatic hand soak to reduce tension, soften skin & delight the senses. Next you'll create your own soothing salt scrub to exfoliate your skin. Dry, cracked hands will then take pleasure in an all-natural moisturizer designed to rejuvenate the skin. This will be followed by a cuticle massage salve, made by you! And if the desire strikes, you can paint your nails with our organic nail polishes. Enjoy! All high quality items included in fee.

Instructor: Kelley Robie Fee: \$35 Limit: 16

## Juggling for All

1. Thursday 6:30-7:30 p.m. 3 weeks Starts March 8

2. Thursday 6:30-7:30 p.m. 3 weeks Starts May 3

Everyone can learn to juggle, so come and learn from a veteran. Designed for learners of all ages, beginners and skilled jugglers will have fun and add new skills. New studies show improved brain activity with 30 minutes of juggling on a regular basis.

Instructor: Andy Kareckas Fee: \$20

## Emotional Freedom Technique (EFT)

1. Monday 5:30-7 p.m. 1 week February 13

2. Monday 5:30-7 p.m. 1 week March 19

EFT is quickly becoming a very popular technique for resolving emotional and physical pain and discomfort. EFT combines the meridian principles of acupressure with neuro-linguistic programming and self-hypnosis. When done right, people experience immediate relief from physical pain, grief, depression, frustration and stress, as well as a myriad of physical issues. EFT helps people uncover the emotional links and blocks that are buried in the subconscious mind and resolve them. Come learn how to use EFT to create greater physical and emotional serenity. Facilitated by Morella Devost, EdM, MA - Holistic Nutritionist and Hypnotherapist, and/or Angelique Devost, Certified Clinical Hypnotherapist and NLP Coach  
Instructor: Morella Devost/Angelique Devost Fee: \$20

## Get Unstuck I: How to Move Forward Towards What You Want

Monday 5:30-7 p.m. 1 week April 16

Is something in your life just not going the way you want? This class will help you understand how the patterns in your subconscious mind can keep you from being able to change and produce change around you. Using neuro-linguistic programming and self-hypnosis you will leave the class with specific exercises and tools to easily set yourself in the direction of your desired outcomes. Learn to tap into the power of your subconscious mind and make it work FOR you. And it's so much fun! Facilitated by Angelique Devost, Certified NLP Coach and Clinical Hypnotherapist. Cost \$15 for Unstuck I alone; or \$39.95 for Unstuck I & II (includes implementation workbook for Unstuck II)

Instructor: Angelique Devost Fee: \$15/40

## Get Unstuck 2: Master Your Mental Scripts

Monday 5:30-7 p.m. 1 week April 30

You can take this class alone or in combination with Unstuck I. Changing something in your life can be extremely difficult when you have subconscious mental scripts that keep you recreating more and more of what you don't want. This class helps you learn how to rewrite those mental scripts. You will walk away with concrete tools and a method to incorporate them into your daily life to help easily move into a position to create the shifts you want. Facilitated by Angelique Devost, Certified NLP Coach and Clinical Hypnotherapist. Cost: Get Unstuck II alone \$29.95 (includes implementation workbook - \$14.95) OR Unstuck I and II together \$39.95 (\$5 discount)  
Instructor: Angelique Devost Fee: \$30/40

## Healthy Cholesterol Naturally

Monday 5:30-7 p.m. 1 week April 30

Did you know that cholesterol actually plays a vital role in your body? Most people trying to "eat healthy" for their cholesterol focus on eating very low fat or no fat, and in some cases this can make things worse. High cholesterol is a sign of inflammation and the only cholesterol-management lifestyle that works is one that reduces inflammation. Come learn how you can manage your cholesterol 100% naturally. You'll learn about delicious foods, spices and supplements that help to lower triglycerides and cholesterol. This class is a great complement to the sugar and triglycerides class. Taught by Morella Devost, EdM, MA, Holistic Nutritionist & Hypnotherapist. Cost \$20. (This class for education purposes only)

Instructor: Morella Devost Fee: \$20

## Mastering Blood Sugar and Triglycerides

Monday 5:30-7 p.m. 1 week May 7

High blood sugar, high cholesterol and high triglycerides are the trifecta signs of a metabolism that is struggling and could eventually lead to diabetes. How do you know if you're headed that way? Do you have wicked sugar/carb cravings? Gaining weight around the middle? Do you crash if you don't eat something every 3 hours or so? Do you eat within 3 hours of going to bed? Come learn how to manage your blood sugar, lower your triglycerides and prevent diabetes naturally. This class is a great complement to the cholesterol class. Taught by Morella Devost, EdM, MA, Holistic Nutritionist & Hypnotherapist. Cost \$20. (This class for education purposes only.)  
Instructor: Morella Devost Fee: \$20

## Bridge Past Beginners - Diamond Series

Monday 5:15-6:45 p.m. 9 weeks Starts February 6  
Join Phil for this follow-up class for beginners and enjoy new learning and practice, all in the comfort of the CVUHS library. If you know a little about Bridge, this class is for you. These lessons feature a 'hands on' teaching approach with students learning the game by doing exercises with actual cards at the table. The Diamond course comes with a great book to guide you at home. A lifetime of fun follows as people everywhere are playing bridge. The instructor, Phil Sharpsteen, is an accredited ACBL teacher and the current president of the Vermont Bridge Unit. Book is included with fee.

Instructor: Phil Sharpsteen Fee: \$95

Sponsored by Lantman's IGA

## Bridge, Spade Series - Common Conventions

Monday 3:30-5 p.m. 9 weeks Starts February 6  
This course is designed for those players comfortable with Bridge and have taken at least one or more of the courses here at CVUHS or elsewhere. The Spade Series book will introduce more commonly used bidding conventions, allowing participants to enhance their play options. Discussions of new strategies as well as review of ones that have been previously presented are always integrated into the class. The instructor, Phil Sharpsteen, is an accredited ACBL teacher and the current president of the Vermont Bridge Unit. Book and all course materials included in fee.

Instructor: Phil Sharpsteen Fee: \$95

Sponsored by Bolton Valley

## Mah Jongg - American Style Play

Wednesday 5:30-7:30 p.m. 3 weeks Starts March 14  
Learn the fun and very social game of Mah Jongg with neighbors and friends. No experience necessary. This ancient Chinese game is played worldwide in many languages by millions of people. Participants will learn the American style of this game. Join Jane as she encourages everyone in this engaging, relatively easy-to-learn pastime. All learn by doing and when finished, you may even be inspired to start your own group to meet regularly. Find a few friends and come along. Any past participants of the class from years past are welcome to come back free of charge to refresh.

Instructor: Jane Krasnow Fee: \$35

## Cribbage Fun

Wednesday 6:30-8 p.m. 2 weeks Starts March 7  
Come to Access to learn Cribbage, this popular card game originally played in 17th century England and brought to America by ship. It is easy to learn, fun and social. Come on your own, or bring a group to learn together. If you once had played, this is the perfect time to relearn and enjoy for years to come. We will start with single's cribbage the first night, and move onto partner's week 2. Bring a board if you have one, or we will supply one for the evening. After 2 weeks, you will be able to play well enough to join the Cribbage tournament.  
Instructor: Matt Krasnow Fee: \$20

## Cribbage Tournament!!

Wednesday 6:30-8 p.m. 1 week March 28  
Join the fun for a one night team cribbage tournament to benefit the Access Scholarship Fund. The Tourney will follow standard tournament rules ([www.cribbage.org/rules/](http://www.cribbage.org/rules/)). Two winning teams will take home a gift certificate to a local restaurant to sweeten their victory. Please bring your boards and a deck of cards. Singles can be paired for team tournament as well. Single \$10 donation entry, pair, \$20.  
Instructor: Matt Krasnow Fee: \$10/20

## You're on the Air - Intro to Voice-Overs

Thursday 7-9 p.m. 1 week February 2  
Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones and Reese Witherspoon lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! Charlie Nardozi will demonstrate voice-over technique and present an overview of the voice-over business. He will talk about the numerous opportunities, income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!  
Instructor: Suchavoice -Voiceover Training & Demo Production Fee: \$25

**JOIN US!**



Call or email.  
We confirm.



You mark your calendar.  
We greet you at CVU entrance.

### Beekeeping Beginners

1. **Tuesday 6:30-8 p.m. 3 weeks Starts January 24**

2. **Tuesday 6:30-8 p.m. 3 weeks Starts May 1**

Have you thought about keeping bees? This is the opportunity to learn more about these vital and fascinating creatures providing so much of our food. Bill, Russ, and Mike have many years of experience between them, and Bill's book on the honey industry was published 4 years ago. The three sessions will enlighten you-maybe inspire you-to start a few hives of your own or learn more about your bee passion. Plenty of question and answer time and all info needed to start your operation.

Instructor: VT Beekeeper's Assoc. Bill Mares, Russ Aceto, Mike Willard Fee: \$45 Limit: 30

### Creative Writing: Developing a Writer's Craft & Critical Eye

Monday 6:15-8:45 p.m. 6 weeks Starts March 12

This in-depth course aims to help you develop your writing skills through personal feedback and discussion along with gaining a more "critical eye" through the reading of short, literary pieces. Individuals will focus on critical reading, a desire to experiment in fiction and/or creative non-fiction genres (since information gained from lectures, reading material, and discussions apply to both), your developing voice, style and structure, and getting published. Ideally, students will come away more knowledgeable and passionate about literary writing, with greater willingness to "take risks" in their own writing. After all, a writer's true voice comes from within. Writers will be encouraged to take those words to heart-to dig ever-deeper for self-discovery and life's universal truths. Reading and writing outside of class is expected over the 6 weeks. In addition to class instruction, each student receives detailed, individualized (written) feedback on any personal writing (up to 5pp), submitted on a weekly basis, and is then given ample opportunity for follow-up questions/clarification, either in person (before or after class) or via email/phone (during the week). All materials included. Linda is owner-manager of Nor'easter Multimedia. For more info on instructor, go to <http://writingconsultantsnetwork.com>

Instructor: Linda Cruise Fee: \$135 Limit: 12

### Poetry Workshop: Elements of Craft

Wednesday 6:30-8:30 p.m. 6 weeks Starts March 7

Mary Oliver begins her poetry handbook by admitting, "Everyone knows that poets are born and not made in school," yet goes on to propose, "Whatever can't be taught, there is a great deal that can, and must, be learned." This course will explore how these "learned" elements, those of craft, contribute to the strength, relevance, and impact of a poem, with a focus on improving one's own poetry. Each lesson will examine the role of one element such as the line/line break, rhythm, sound, pacing, etc., through the study of published poems, writing exercises, and peer and instructor feedback on student work. Writers of all stages are encouraged to promote a supportive, constructively-critical yet non-intimidating workshop environment, and each writer's poems will be "workshopped" by the class at least once; individual conference with instructor is also available. Participation in discussion and sharing work are crucial for the best learning experience. Emily's poems have been published in literary journals.

Instructor: Emily Hurd Fee: \$120 Limit: 8

### Energy Solutions: Solar Electricity & Biofuels

Thursday 6:30-8 p.m. 4 weeks Starts March 8

Explore energy alternatives feasible for Vermonters! This class will focus on two main subjects of renewable energy: Solar electricity and Biofuels. Solar gives you power anywhere you need it - on a boat, RV, cottage, farm, or home. Spin your electric meter backwards and the government will help pay for nearly half of your solar system! Do you ever wish you could drive a car without burning fossil fuels or foreign oil? This class will show you how you can drive on biodiesel or even straight vegetable oil you can collect from restaurants for free. Gary has been designing solar electric systems for over 20 years and driving cars on waste vegetable oil for 8 years. Take this class and you'll learn how. Check out The Solar Bus (<http://solarbus.org>) for more info. Instructor: Gary Beckwith Fee: \$30 Limit: 20 Sponsored by John's Shoe Shop North

### What's Wrong with My Tree?

Wednesday 6:30-8:30 p.m. 3 weeks Starts January 25

This course will focus on the identification of health problems common to trees in Vermont. Join Dale, UVM Professor Emeritus of Forest Pathology, for a discussion of tree biology and management. Class time will be divided between classroom lecture and hands-on lab activities. Students will be encouraged to bring tree disease specimens to class for identification and discussion. Instructor: Dale Bergdahl Fee: \$50 Limit: 12

### Pruning Trees

Wednesday 5:30-7:30 p.m. 2 weeks Starts April 4

Designed as a hands-on learning experience, participants will leave with a working knowledge of pruning. Join Matt, with years of professional landscaping experience, in beautifying the CVU trees and shrubs around campus. Info on fruit and ornamental trees as well as scrubs will be included. Plenty of time to ask questions about your own flora. Learn the anatomy of branching habits by doing! Dress for the weather at hand, as participants will be outside most of the time. Knowing what tools to use is essential, knowing which ones to avoid is even more important for the health of your plants.

Instructor: Matt Krasnow Fee: \$40 Limit: 16

Sponsored by Horsford Nursery

### Mindful Meditation for Beginners

1. **Wednesday 5:30-6:30 p.m. 3 weeks Starts March 21**

2. **Wednesday 5:30-6:30 p.m. 3 weeks Starts May 16**

Do you often find at the end of the day that your brain seems too full? Would you like to learn how to be more centered, present and aware? Join Meg Howard in a simple practice of Viipassana (or Insight mindful meditation), that you can then easily continue at home after only 3 weeks. This class is ideal for those who have never meditated before or would like to try this method. Interested in doing some reading before the class? Look for books by Jon Kabat-Zinn, Stephen Levine, Thich Nhat Hanh and Jack Kornfield. Meg Howard has been practicing and studying meditation since 1970.

Instructor: Meg Howard Fee: \$35 Limit: 18

### Introduction to Myers-Briggs MBTI

Wednesday 6-8:30 p.m. 2 weeks Starts February 15

Ever wonder what people are talking about when they say they are "ENFP" or "ISTJ"? They're talking about Personality Type, as described by the Myers Briggs Type Theory. Come learn about your personality type in this two session class with Markey Read, Career Consultant and Certified MBTI Trainer. You will leave this class knowing what your Personality Type is and how it can help you create life-long satisfaction in your career choices.

Instructor: Markey Read Fee: \$35

### Simple Therapeutic Massage for Head, Neck and Shoulder Pain Management

Wednesday 6:30-8 p.m. 1 week March 7

Have you always wanted to know how to best give a therapeutic neck and shoulder massage to help someone reduce the effects of stress and common postural work habits? Join Kirsten, a certified massage therapist, for this informative and interactive one night class to learn and practice helpful techniques that are easy to provide, even after a long day. Simple therapeutic massage techniques may reduce headaches, neck and shoulder pain, and help with insomnia. Included is information about some symptoms and conditions to be cautious of, and that may need medical attention. Last but not least, you will learn strategies for making the service reciprocal! Background info can be found at <http://kirstenwiley.com/>

Instructor: Kirsten Wiley Fee: \$20 Limit: 30

### Map and Compass - The Basics

Monday 5:30-7:30 p.m. 3 weeks Starts April 30

Ready to unleash your inner Magellan? Or simply interested in finding North? No matter what your navigational goals are, this introduction to the Map and Compass will surely get you headed in the right direction. Join professional guide Ryan Henry of Northern Journeys as he walks us through the four cardinal directions of a map, teaches us how to put the "Red in the Shed", and how an "FM Stereo" can help us find our way home. Participants will leave with the essential confidence and skills of knowing how a Map and Compass can save their lives if they ever become accidentally lost in the woods. This class will be taught both indoors and outdoors. Bring your own compass or pay an additional \$12 and you will be given a Starter Compass to keep. Instructor: Ryan Henry Fee: \$15 Limit: 20 Sponsored by Bolton Valley

### The Motorcycle Awareness Program

Six choices! • 1-week sessions

1. **Tuesday 5:30-9:30 p.m. January 24**

2. **Tuesday 5:30-9:30 p.m. February 21**

3. **Tuesday 5:30-9:30 p.m. March 20**

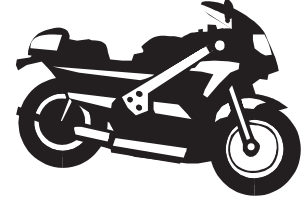
4. **Tuesday 5:30-9:30 p.m. April 17**

5. **Tuesday 5:30-9:30 p.m. May 22**

6. **Tuesday 5:30-9:30 p.m. June 5**

A great starter class or refresher for returning riders, this 4-hour program is designed for new motorcycle riders who are planning to become licensed. It features topics and content that will acquaint new motorcyclists with information on motorcycle safety, risk factors, rider impairments, defensive riding strategies and characteristics of safe and responsible motorcyclists. The State of Vermont Motorcycle Permit written exam will be administered at the conclusion of class. Participants with valid VT operator's license who pass the written exam may be issued a motorcycle permit with \$24 payment by check made payable to State of Vermont. Participants between 16 and 18 must have a parent or legal guardian sign the registration form prior to start of class. Permits will be issued on or about April 1st to coincide with the start of the riding season.

Instructor: Bill Mitchell Fee: \$40 Limit: 24



### Street Smart--Five choices! • 1-week sessions

1. **Wednesday 5:30-7 p.m. February 22**

2. **Wednesday 5:30-7 p.m. March 21**

3. **Wednesday 5:30-7 p.m. April 18**

4. **Wednesday 5:30-7 p.m. May 23**

5. **Wednesday 5:30-7 p.m. June 6**

Once a motorcyclist has the basic skills to operate their vehicle, they need to interact with other traffic. Having good perceptive skills means to see and interpret traffic situations accurately. This workshop focuses on improving your perceptive abilities while riding in traffic in order to help you avoid situations before or as they develop and help keep you out of trouble. Individual and group activities and participants workbook are included. We share the road so car drivers are welcome too! Registration is restricted to those who already hold a valid VT drivers license. Instructor: Bill Mitchell Fee: \$30 Limit: 24

### The Seasoned Rider—Six choices! 1-week sessions

1. **Wednesday 7:15-8:45 p.m. February 22**

2. **Wednesday 7:15-8:45 p.m. March 21**

3. **Wednesday 7:15-8:45 p.m. April 18**

4. **Wednesday 7:15-8:45 p.m. May 23**

5. **Wednesday 7:15-8:45 p.m. June 6**

The Seasoned Rider is designed to acquaint participants with the general effects of aging on the skills needed to ride safely and encourage active steps to become increasingly safer and a more responsible motorcyclist. The workshop is designed as an interactive event with a focus on involvement by the participants in group activities and discussions. While the workshop is designed for motorcyclists, car drivers can benefit from the class too!

Registration is restricted to those who already hold a valid VT drivers license.

Instructor: Bill Mitchell Fee: \$20 Limit: 24

### The Movies - A Cinema Club

Check out the website for current information on the Cinema Club.

### Beer Vending Machines in School? ILLEGAL.

### Parents Allowing Teens to Drink Alcohol at Home? ILLEGAL.



In Vermont, it is ILLEGAL to provide alcohol to anyone under age 21.



Social host laws hold parents responsible--punishable by fines and/or imprisonment--for allowing alcohol use by minors on their property.

Learn more from CY - Connecting Youth - 802-383-1211 or online at [www.SeeWhy.Info](http://www.SeeWhy.Info) and [www.Facebook.com/ConnectingYouth](http://www.Facebook.com/ConnectingYouth).



## WEATHER CANCELLATION?

If CVU is canceled for the day then so are we.

If CVU is open then so are we. Check website for updated info.



# ONE NIGHT UNIVERSITY

*A World of Knowledge..in one night*

## The Donner Party Story

Tuesday 6:30-8:30 p.m. 1 week Starts January 17  
In 1846 an improbable group of 86 Americans joined together to try their luck in the new territory of California. Their tale of struggle and survival has become an American classic and a perfect story for a dark January evening. Come hear CVU teacher and storyteller Chris O'Donnell's riveting rendition of this oft told tale. Find out why generations of CVU students will tell you, "This version is unforgettable." \*Special One Night U pricing: sign up for 2 or more classes and take \$5 off each class! Instructor: Chris O'Donnell Fee: \$20

## Ten Amazing Journeys from the History of the World - Part 1, The First Five

Tuesday 6:30-8:30 p.m. 1 week February 21  
Spend a cold winter night or two with CVU Teacher Chris O'Donnell as she guides you along some of the most momentous journeys in human history. We will trade on the Silk Road, follow the route of the Crusades, sail with Magellan around the world and travel to the Incan settlement of Machu Pichu. Meet Marco Polo, Ibn Battuta, and Genghis Khan. Marvel at the treasure fleet of Zheng He and the amazing fortifications of Constantinople. Black Death optional. Nowhere in your history classes were these events presented the way Chris weaves our past together. What a great way to improve on winter along with expanding ideas about our world and how we arrived at the present. Sign up for both nights to hear the rest of the stories and save \$10. Instructor: Chris O'Donnell Fee: \$20 Limit: 24

## Ten Amazing Journeys from the History of the World --Part 2, The Second 5

Tuesday 6:30-8:30 p.m. 1 week March 20  
Same description as above except the second 5 stories. Instructor: Chris O'Donnell Fee: \$20

## Grief Etiquette

1. Tuesday 6-7:30 p.m. 1 week February 7  
2. Tuesday 6-7:30 p.m. 1 week April 10  
Have you found yourself wondering what to say or write to someone who has experienced the death of a family member or a friend? The well intended and often used phrase, "Let me know if there's anything I can do," is most likely not enough. Join Grief Educators, Patty Dunn, with years of experience as Director of Hospice Volunteer Services in Addison County, and Suzanne Richard, School Counselor K-12, to learn helpful and practical ways to be supportive of family members, friends, coworkers, and acquaintances who are living with loss. Too often we avoid the awkwardness of death, leaving the grieving person misunderstood and isolated when they could most benefit from the support of empathetic individuals. Gain insight and confidence in handling these inevitable situations. Instructor: Patty Dunn and Suzanne Richard Fee: \$20

## Suburban Homesteading 101 -

Monday 6-8:30 p.m. 1 week sessions Starts March 26  
Tired of wondering if your food is safe? Want to be more of a localvore? Wish you could eat homegrown food year round? Come join us for this informative and interactive series that will explore the trends and realities of Suburban Homesteading. No matter if you have a small yard or some acreage, these workshops will help you understand how to use the resources you have right now! We will cover vegetable & herb gardens, bees and small animals, small fruits, and processing, storing and selling the bounty. Fee is \$20 per night, and if you sign up for 2 or more, pay only \$15 each night. All 4 classes for only \$50. This is the 6th time for this workshop series; past attendees have gotten great tips and insights, as well as the encouragement and motivation to pursue their homesteading dreams.

Session 1, March 26: Vegetable and Herb Gardens

Session 2, April 2: Bees and Animals

Session 3, April 9: Small Fruits

Session 4, April 30: Processing, Storing, and Selling the Bounty

Instructors: Markey Read & Tim King Fee: \$20

Limit: 30

## Nutrition ABC's: For Smart Education and Healthy Kids

Monday 6:30-8 p.m. 1 week Starts March 19  
Join Esther, a whole foods nutrition educator, for this important presentation on the benefits of whole foods eating and all the ways to easily change the way to better health. Did you know that the brain is about 2% of an adult's body weight, yet requires 25% of the nutrients taken in, including 20% of the energy supply? And the brain is made up of 60% fat!! There is no such thing as a good "low fat" diet for the brain--yet the TYPE of fat is important. Designed for educators, parents and community members, focus will be on nutrition requirements for optimal brain function: IQ, attention, memory and focus. Also covered will be nutritional heroes and bandits for learning & attention based on current research, and real world application including understanding nutrition labels--a common sense approach--and examples of breakfast, lunch and snack options. Brain foods will be provided for all attending! For more info on Esther, visit her website at [www.CircleOfSage.com](http://www.CircleOfSage.com)

Instructor: Esther Palmer Fee: \$20 Limit: 25

## Vermont Architecture—What Style Is It? 19th c. From Federal to Queen Anne

Tuesday 7-8:30 p.m. 1 week April 3  
Much of Vermont's beautiful architecture was constructed between 1800-1900. You are invited to join architectural historian, Frances Foster, for an evening slide presentation focusing on many of our Chittenden County buildings from this era. She will help you understand what distinguishes each style of 19th century architecture. When you move around the state, you will truly appreciate the variety of architectural styles which help to make Vermont such a beautiful state. A convenient hand-out will be given to everyone as a guide to identifying local architecture at the end of the class.

Instructor: Frances Foster Fee: \$20 Limit: 22

Sponsored by Hart & Mead

## Knots that will Change Your Life

Wednesday 6-7:30 p.m. 1 week May 2  
Have you always wanted to learn a handful of useful knots? This fun hands on class is just what the doctor ordered! Here is your chance to learn the half hitch, sheet bend, bowline and more to make your household, boat, or travel life secure. This class will teach you knots that are easy to learn and that you can use everywhere. If you can't fasten a suitcase on your roof after this class, you get your money back! This class is designed for those who only know how to tie their shoelaces.

Instructor: Emanuel Betz /Eddie Krasnow Fee: \$20 Limit: 16  
Sponsored by LPA Design

## Backyard Astronomy

Thursday 6-8:30 p.m. 1 week May 10  
Join Frank as he introduces the night sky to anyone interested. Learn about the constellations, best viewing times, and stories born from wonder about the universe. Frank can often be found setting up his telescope in public places for others to peer into the heavens. Classes are held indoors where the skies are always perfect. Outside viewing for last half hour will be part of the experience if the skies are clear. \*Special One Night U pricing: sign up for 2 or more classes and take \$5 off each class! Instructor: Frank Pakulski Fee: \$15 Limit: 25

## Hula Hoop -Make Your Own!

Thursday 6:30-8:30 p.m. 1 week March 22  
Join the latest Hula-Hoop craze by making your own durable, beautiful hula-hoop out of high quality materials. Join Carolyn in this one night class to make and tape your own colorful hula-hoop. Customize your hoop to create a truly original object of fun. All materials included in fee. Instructor: Carolyn Siccama Fee: \$20 Limit: 10  
Sponsored by Metro Hair

*Special One Night University pricing*

Take 2 or more classes & save \$5 per class!

# An Evening of AMERICAN ROOTS MUSIC

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*Reserve early for best seats!*

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Brass Balagan  
Deb Flanders  
with Pete Sutherland

Rik Palieri &  
Rebecca Padula  
The Irregulars

Lussen & McBride  
Yankee Chank  
Carol Hausner &  
Spencer Lewis  
with Kevin Macneil Brown

FRIDAY MARCH 23  
7 p.m. CVU HIGH SCHOOL HINESBURG

Robert Resnik, EMCEE  
Host of VPR's "All the Traditions"

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