



2020 SPRING COURSES ACADEMY FOR LIFETIME LEARNING

ART AND PHOTOGRAPHY

BEGINNING PHOTOGRAPHY: Getting to Know Your Camera

Instructors: Helen Putre, hputre2@gmail.com and Suzy Quigley, suzyq@baycrk.net

This hands-on course is for you if you've figured out how to turn on your camera, but after that, things get murky. We'll take some of the mystery out of those daunting buttons and dials and help you learn to use them and the menu to get a properly exposed, well-focused photograph. We'll also share a few tips on how to take better photographs and introduce you to some of the many help resources that are available. **Please note:** The course is intended to teach you how to use your digital camera; it will not cover cell phone or film photography.

Four Sessions: Fridays, February 28, March 6, 13, and 20, 12:05-1:35 P.M.

Location: Eastern Shore Community College

Materials: Please bring a digital camera

Class Size: Minimum 3, Maximum 12

Helen Putre has little formal training in photography, but she's been playing with cameras since she was a teenager. She really began to be serious about photography several years ago when she inherited a fancy DSLR and didn't know how to use it. She doesn't claim to be an expert, but she enjoys sharing what she's learned and helping others to expand their own photographic horizons.

Suzy Quigley was a public school art teacher in Connecticut and has been taking pictures for more than thirty years, with some formal photographic education and lots of practical experience. She loves to share and help with the technical and the art portions of photography.

NATURE PHOTOGRAPHY WORKSHOP

Instructor: George Budd, jgbudd@yahoo.com

The class will present approaches for landscape and wildlife photography. It is best suited to those who use a DSLR or mirrorless camera. Advanced photographic methods will be presented, including shooting in manual modes and photographing birds in flight. Information to be presented will be updated from previous classes. The course is structured to be taught over a weekend. Each of the two days will have a 1½ hour session in both the morning and the afternoon that will cover the following areas:

- Photography Basics
- Landscape Photography
- Bird and Wildlife Photography
- Macro Photography
- Color Management
- Photo Editing
- Printing
- Storing and Backing up work

Two Sessions: March 21 and 22 (Classroom presentations each day will be from 10:00 A.M.-Noon and from 1:00-3:00 P.M., with a one hour break for lunch. Time prior to and after the presentations will be used for getting out and taking photographs).

Location: Chincoteague National Wildlife Refuge, Bateman Center

Materials: Bring a camera. You may also want to bring your own lunch (unless you plan to go into town), drinks, and snacks.

Class Size: Maximum 25

George Budd is a local nature photographer who also teaches nature photography. He makes frequent presentations on the subject and sells his work locally in the form of prints and greeting cards.

PHOTOGRAPHING WILDLIFE WITH A CANDID CAMERA

Instructor: Ken Schultz, ken@kenschultz.com

Want to watch wildlife in their habitat without having to physically be there? Want to see what critters are visiting your backyard at night or when you're not home? Want to find out what your pet is doing on its nighttime forays? You can do all this and much more with a motion-sensor camera (a/k/a trail camera). Ken will show you the local birds and land animals that he's photographed and videoed using such a device and convey what he's learned about using trail cameras.

One Session: Friday, February 28, 1:45–3:15 P.M.

Location: Eastern Shore Community College

Class Size: Minimum 6, Maximum 25

Note: If you use a trail camera and have some interesting images that you'd like to share, let Ken know and he'll try to incorporate them into the presentation.

A professional writer and photographer, Ken Schultz has had thousands of photos published in books, magazines, and calendars. A few years ago he started using trail cameras to satisfy his curiosity about wildlife in the woods and near his house.

GREAT OUTDOORS

BARRIER ISLANDS OF VIRGINIA'S EASTERN SHORE: History and Ecology

Instructor: Rick Kellam, barrierislands1@gmail.com

The barrier islands have played a unique part in the history and ecology of Virginia's Eastern Shore. Learn about the history, culture, and stories of the residents of the islands. The course will incorporate guest speakers and welcome students' artifacts and personal stories about the lore of the barrier islands. Weather permitting, a trip to one of the barrier islands with Rick Kellam will be arranged.

Six Sessions: Friday, February 14, (no class Feb. 21), 28, March 6, 13, 20, and 27, 3:25–4:55 P.M.

Location: Eastern Shore Community College

Class Size: Maximum 25

Rick Kellam is a fifth-generation Hog Islander. His career has always been connected to the water; he has been a waterman, a marine policeman, and a staff member of The Nature Conservancy. He is the only Certified Waterman's Heritage Tour Guide on the Shore and the author of two books and many articles. He owns Broadwater Bay Ecotours.

BIRDING AT CHINCOTEAGUE NATIONAL WILDLIFE REFUGE: WINTER BIRDS

Leader: Matt Cormons, mattcormons@gmail.com

Matt Cormons will lead this trip to identify birds who visit Chincoteague Wildlife Refuge during the winter. There will be a follow-up walk program in May to compare what we see in the winter and in the spring. Last year Matt and his wife counted 33 species of birds, but it could be over 50!

One Session: Saturday, February 15, 10:00 A.M. (rain date Sunday, February 16, 10:00 A.M) Matt will notify you if class is canceled in case of rain, strong wind, or severe cold.

Location: Chincoteague National Wildlife Refuge. Meet at the Wildlife Loop parking lot (the first left after entering the refuge). To get to the refuge, cross the bridge to Chincoteague and continue straight through the town and across the next bridge into the refuge. Arrangements will be made to enter free. By special permission we will be able to drive around the loop, stopping at key areas to find as many birds as possible.

Class Size: Minimum 5, Maximum 12

Note: Bring binoculars and a telescope if you have one. (Matt will bring some binoculars and his telescope). A snack and water might be a good idea too. Dress for the weather.

Matt Cormons is an avid birder. He has led many nature walks on the Eastern Shore and elsewhere. He is a zoologist/botanist and has a master's degree in ethology (natural animal behavior).

BIRDING AT CHINCOTEAGUE NATIONAL WILDLIFE REFUGE: WATER AND LAND BIRDS

Leader: Matt Cormons, mattcormons@gmail.com

Matt Cormons will lead this trip to identify birds who visit Chincoteague Wildlife Refuge during the spring. Last year Matt and his wife counted 48 birds (more are possible).

One Session: Saturday, May 2, 10:00 A.M. (rain date Sunday, May 3, 10:00 A.M) Matt will notify you if this class is canceled in case of rain, strong wind, or other adverse conditions.

Location: Chincoteague National Wildlife Refuge. Meet at the Wildlife Loop parking a lot, the first left after entering the refuge. To get to the refuge, cross the bridge to Chincoteague and continue straight through the town and across the next bridge into the refuge. Arrangements will be made to enter free. By special permission we will be able to drive around the loop, stopping at key areas to find as many birds as possible.

Class Size: Minimum 5, Maximum 12

Note: Bring binoculars and a telescope if you have one (Matt will bring some binoculars and his telescope). A snack and water might be a good idea too. Dress for the weather.

Matt Cormons is an avid birder. He has led many nature walks on the Eastern Shore and elsewhere. He is a zoologist/botanist and has a master's degree in ethology (natural animal behavior).

BIRDING ON THE FARM DURING SPRING MIGRATION

Instructor: Tony Picardi, Anthony_picardi@alum.mit.edu

Early spring is the prime time to find spring migrating birds on the Eastern Shore. On this walk we will be searching meadows, woods, edges of ponds, and the creek as well as the wildflower meadow for any birds that are either passing through or intend to stay on the Shore to nest. We will be walking about 2 miles over approximately 3 hours. Participants may learn some of the more common spring songs and discover some new avian travelers.

One Session: Wednesday, May 6, 9:00 A.M.–c. noon

Location: Holly Point Farm, near Exmore. Directions will be given to participants before the class.

Class Size: Minimum 2, Maximum 8

Note: Wear closed-toe shoes. Binoculars are required. Telephoto lenses are optional, but photography will be

difficult in the woods. Bring a bird guide—we will comment on some of the more popular guides. Bring insect repellent.

Tony Picardi is a Master Naturalist. For the past 13 years he has led nature study trips and seminars on the Eastern Shore focusing on butterflies, insects, mushrooms, native plant gardens and meadows, birds, environmental services, global warming, and national parks. He is President of the Eastern Shore Bird Club.

KAYAKING DAY TRIP: Blackwater Paddling on the Upper Pocomoke River

Leaders: Ken and Sandy Schultz, ken@kenschultz.com

Paddlers of novice ability can enjoy a delightful afternoon on the Pocomoke River north of Snow Hill. Learn river paddling; planning, shuttle and transport issues; paddling techniques; safe boat handling; and nature observation in a cypress-flanked blackwater river.

We'll be paddling on high tide or with the tide almost the entire way. There will be no whitewater or rapids, and half of the paddling will be done within the sheltered confines of the narrow upper Pocomoke River. The pace will be leisurely, and we expect to be on the water for three to four hours.

The highlight is paddling through the scenic bald cypress-black gum swamp. The Pocomoke River from Porter's Crossing to Snow Hill is home to an abundant array of wildlife and native plants, including many species of orchids and warblers. This tannin-stained waterway is steeped in early American history and is a most beautiful and tranquil place.

One Session: Thursday, May 14 (rain date Friday, May 15), 11:00 A.M. to approximately 4:00 P.M.

Location: Class meets at Byrd Park, accessed off Market Street, in Snow Hill, Maryland, at 11:00 A.M. and will shuttle to the put-in spot at Porter's Crossing. We'll be on the water as close to 12:00 P.M. as possible and will paddle one way back to Byrd Park. Afterward, those who wish can gather locally for dinner and refreshments.

- The distance to be paddled is approximately 5 miles. While this is not a difficult outing for most individuals, if you have health issues, you probably should not participate. **A general liability waiver form must be signed to participate.** Please discuss concerns with leaders in advance.
- Bring a kayak, borrow one from Ken and Sandy, or rent one in Snow Hill from Pocomoke River Canoe Company: www.pocomokerivercanoe.com. Arrangements to transport your kayak can be made.
- Participants must wear a life jacket (PFD) while paddling.
- Wear appropriate outdoor clothing and footwear.
- Bring insect repellent, sunscreen, snacks, and water, and perhaps a camera and binoculars.
- See Maryland State Parks
website: <http://dnr.maryland.gov/publiclands/Pages/eastern/pocomokeriver.asp>.

Class Size: Maximum 25

Class fee: Class is free. Rates for kayak or canoe rental are extra.

Note: Ken and Sandy will coordinate meeting locations, car pooling, post-paddling activities, and paddling equipment needs, and will contact participants by email once the class list is confirmed.

Ken and Sandy Schultz have led many paddling adventures locally as well as in New York and Pennsylvania. This will be their eleventh A.L.L. kayaking trip. Sandy is a co-creator and coordinator of The Delaware River Sojourn, an 80- to 100-person week-long paddling/camping journey now in its 26th year.

LITERARY PASTIMES

BITE-SIZE BOOK CLUB

Instructor: Sherry Burns, gmb47@verizon.net

Join in the camaraderie of a book club with manageable reading goals. Read and discuss a variety of short stories each week. This semester the book will be *The Art of the Story*. It is an anthology of “newer” authors (those born after 1937), including Salman Rushdie, Margaret Atwood, and Joyce Carol Oates. It can be ordered through the Book Bin with a 10% discount for the Book Club.

Six Sessions: Fridays, February 14 (no class Feb. 21) and 28, March 6, 13, 20 (no class Mar. 27), and April 3, 10:25-11:55 A.M.

Location: Eastern Shore Community College

Materials: *The Art of the Story*

Class Size: Maximum 25

Sherry Burns is an avid reader, sometimes writer, and grateful Eastern Shore retiree.

CREATIVE WRITING: Finding Your Own Voice

Instructor: Scott Whittaker, esteph20@gmail.com

Students will read poems and short plays, analyzing for content and technique. Students will compose original works. Students will critique each other’s works for content and technique. Prompts will be provided but will not be required. Students are encouraged to go on their nerve with regard to the work they will compose.

Six Sessions: Thursdays, February 20 and 27, March 5, 12, 19, and 26, 4:30-5:30 P.M.

Location: Eastern Shore Community College

Materials Needed: a highlighter, writing utensils, a notebook, and a positive attitude

Class Size: Maximum 15

Stephen Scott Whittaker is a member of National Book Critics Circle and literary review editor for The Broadkill Review. His poetry, fiction, and essays have appeared in dozens of publications. His previous chapbooks include the steampunk inspired The Black Narrows, Field Recordings, and The Barleyhouse Letters. Whittaker teaches theater, literature, and psychology in rural Maryland. In 2004 he was the recipient of an NEA grant to adapt Romeo & Juliet into a rock musical. He lives on the Eastern Shore of Virginia with his family. He blogs on occasion at <http://fielddrecord.blogspot.com/>.

WRITING YOUR MEMOIRS

Instructor: Sherry Burns, gmb47@verizon.net

Class discussion will include tips on getting started, how to decide what to include, how to handle touchy subjects, and what to do with the memoir when it’s finished. Participants will be given a suggested topic to write about each week, and those who wish will share what they have written during the following week’s class.

Six Sessions: Fridays, February 14 (no class Feb. 21) and 28, March 6, 13, 20 (no class Mar. 27), and April 3, 8:45-10:15 A.M.

Location: Eastern Shore Community College

Class Size: Maximum 10

Sherry Burns is an avid wordsmith who will join you in this journey to bring your story to light, with the help of a small group of fellow travelers.

MIND CANDY

BETTER LISTENING AND BETTER COMMUNICATION!

Instructor: Peggy Swan, peggysswan@verizon.net

Improve your communication skills by being a better listener and a more effective talker. Improve your relationships by having more harmonious interactions. This class will be informal, with discussion and role-playing. Bring your partner for maximum benefit!

Five Sessions: Tuesdays, March 3, 10, 17, 24, and 31, 10:00 A.M.-Noon

Location: Peggy Swan's home near Onancock (Directions will be provided to participants before the first class.)

Class Size: Minimum 5, Maximum 15

Peggy Swan is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist in Virginia. She has been practicing since 1990. She has taught several classes at A.L.L., including her "Psychobabble" series.

EFFECTS OF CHILDHOOD TRAUMA

Instructor: Margo Digan, margo.digan@yahoo.com

In 1998 Dr. Vincent Filetti and Dr. Robert Anda, funded by Kaiser Permanente in California and the CDC, developed a research project to examine whether adverse childhood experiences affect adult health later in life. They interviewed 17,000 patients, asking in-depth questions regarding childhood experiences. The results of this massive process validated a positive correlation between adverse childhood experiences and long-term physical health problems.

What will participants in this course learn? They will learn how their health concerns could be related to their own childhood experiences and how to heal from those events.

One Session: Friday, March 27, 10:25-11:55 A.M.

Location: Eastern Shore Community College

Class Size: Maximum 25

Margo Digan is an LCSW Board Certified Clinician. She has spent 30 years in the behavior health field, including 20 years with military families. She has extensive training in family violence, impact of childhood sexual abuse, substance disorders, post traumatic disorder, and other trauma.

KNOW THE SHORE

Facilitator: Betty Martin, bmartin40@verizon.net

Betty Martin will lead weekly excursions to give you a behind-the-scenes look at businesses and other venues on the Eastern Shore.

Six Sessions: Wednesdays, March 25, April 1, 8, 15, 22, and 29, 9:00 A.M.-c. Noon

Location: Participants will meet at the Eastern Shore Community College and proceed from there to the location of the day's outing unless other arrangements are made in advance. Betty will be in contact with the attendees regarding details of each outing.

Class Size: Minimum 5, Maximum 25

Betty Martin has an insatiable curiosity about her surroundings. She has led several semesters of "Know the Shore" for A.L.L. in the past.

MEDICARE EXPLAINED

Instructor: Jan Andrejco, rjandrejco@gmail.com

Whether you are transitioning to Medicare this year, helping someone with Medicare decisions, or are already on Medicare, you will find something helpful in this seminar. Session One: There will be a clear explanation of Medicare insurance terms, the Supplement choices that are available to you, and how to find the most economical policy for YOU. Session Two: Jan will offer individual times to meet and help you understand what policies you have and/or to help you figure out what you really want. There will be no promotion of any insurance at either session.

Two Sessions (with Session Two optional)

Session One: Friday, March 6, 12:05-1:35 P.M.

Session Two: Friday, March 13, optional and at individually scheduled times

Location: Eastern Shore Community College

Class Size: Minimum 5, Maximum 25

Jan Andrejco has been helping people on the Shore to understand Medicare options for two years. Many are saving money on supplemental insurance and prescription drug costs. She is not an insurance agent, and there will be NO promotion of any insurance products.

SPICE, TASTE AND HISTORY

Instructor: Orest Pelech, orestpelech@gmail.com

Come learn the history and lore of spices. There are many myths and misconceptions in their history. Spices are defined as the roots, bark, or berries of plants. This excludes herbs, which are foliage. Dr. Pelech will bring to class samples of the major spices: turmeric, black pepper, ginger, cinnamon, cloves, and nutmeg. He will also introduce more exotic substances such as Szechuan peppercorns (which are neither peppers nor corns), saffron, and caraway. He will give a history of each spice and how it affected the course of world history.

Two Sessions: Fridays, April 17 and 24, 10:25-11:55 A.M.

Location: Eastern Shore Community College

Class Size: Minimum 3, Maximum 15

Dr. Pelech has a PhD in history and a fascination with food.

SUDOKU PUZZLE SOLVING

Instructor: Jan Andrejco, rjandrejco@gmail.com

Do you want to learn how to solve the Sudoku puzzles in the *Post* newspaper? Exercising our brains is just as important as physical exercise. The two sessions will teach easy strategies for solving beginning to intermediate level Sudoku puzzles.

Two Sessions: Fridays, March 20 and 27, 10:25–11:55 A.M.

Location: Eastern Shore Community College

Class Size: Minimum 4, Maximum 15

Jan Andrejco works Sudoku puzzles almost daily using printed and electronic puzzles.

TRAVEL TALK: Explorations in the Southwest U.S.
Presenter: Carolyn McGavock, 2retiredroses@gmail.com

Carolyn and Don McGavock traveled west to see the architectural and cultural remains of the Ancestral Puebloan people, 600-1300 B.C., specifically the Anasazi and their contemporaries. Carolyn's presentation will describe what they saw and what they learned along the way, including the rich, modern history when rail travel expanded westward into the new territory of painted deserts, petrified forests, and snow-capped mountains at the southern terminus of the Rocky Mountains.

One Session: Friday, April 10, 10:25-11:55 A.M.
Location: Eastern Shore Community College
Class Size: Maximum 25

Carolyn McGavock loves to travel, but she and her husband Don have found the Eastern Shore to be the ideal place to live between trips. Her previous Travel Talks have included her adventures in Paris, Maine, New Orleans, and the Pacific Northwest.

MUSIC

AMERICAN POP MUSIC: AN OVERVIEW BACK THROUGH TIME, 1956-1900
Instructor: Barry Groves, cbgroves2001@gmail.com

Using Allen Lowe's book *American Pop* as a guide, the class will tunnel back through American musical history, before there was rock. Find out what was going on before Elvis topped the Pop charts in 1956 with "Heartbreak Hotel." As you travel backwards in time—through jazz, country, R&B, blues, early soul—all the way to the music scene of 1900, remember things you didn't even know you had forgotten and find connections you hadn't thought of before as well as learn about some things you never heard of until now.

Four Sessions: Wednesdays, April 1, 8, 15, and 22, 1:00-3:00 P.M.
Location: Barrier Islands Center, Machipongo
Class Size: Minimum 2, Maximum 10

*Mr. Groves has been observing popular music since *The Flying Purple People Eater* bestrode the airwaves. He currently teaches Jazz Improvisation at ESO.*

HARMONY SINGING: MAKING BEAUTIFUL MUSIC TOGETHER
Instructor: Barry Groves, cbgroves2001@gmail.com

Do you like the sweet sound of voices singing in harmony? This class will give you an opportunity to participate in producing such sounds with a few people who share your appreciation for the art of creating harmonious melody. No formal musical training required; in fact, you don't even need to know how to read music. Just come prepared to put your inhibitions aside, maybe take a few vocal risks, and enjoy yourself. As a culminating activity, the class will perform one song at one of the Shore's several venues which provide a showcase for local musical talent.

Four Sessions: Wednesdays, February 12, March 4 and 18, and May 6, 1:00-3:00 P.M.
Location: Barrier Islands Center, Machipongo
Class Size: Minimum 2, Maximum 10

*Mr. Groves has been observing popular music since *The Flying Purple People Eater* bestrode the airwaves. He currently teaches Jazz Improvisation at ESO.*

SKILLS AND CRAFTS

BUILDING A BUTTERFLY HATCHING HOUSE

Instructor: Laurice Hohlt, hehohlt@verizon.net

Learn to hatch butterflies from egg to caterpillar to chrysalis to glorious butterfly. Laurice Hohlt will demonstrate how to build a butterfly hatching house and all the steps to hatching your own Monarch and Black Swallowtail butterflies.

One Session: Friday, April 10, 8:45-10:15 A.M.

Location: Eastern Shore Community College

Class Size: Maximum 25

Laurice Hohlt has been hatching butterflies for many years. She has taught her methods several times and has been able to show how easy it is.

CAR CARE: HOW TO MAKE YOUR CAR LAST FOREVER, IF NOT LONGER!

Instructor: Ken Tucker, kentucker57chevy@gmail.com

There are steps you can take to make your car last forever. Three hundred thousand miles is very possible. This class will show you how to do it!

One Session: Friday, April 3, 10:25-11:55 A.M.

Location: Eastern Shore Community College

Class Size: Maximum 25

Ken Tucker is the largest car collector in Accomack County. He is the retired Automotive Technology professor at Eastern Shore Community College.

FLOWER ARRANGING ANYONE CAN DO, PART 1

Instructor: Cyndi Serini Downing, simplyfreshfloralcreations@gmail.com

Learn some easy, basic, and fool-proof techniques to arrange flowers like a pro. Arranging flowers is something anyone can do given the right tools. Learn how to make something out of nothing, or use "roadsideinna" (stuff from the side of the road). Each of the five sessions will cover a different mechanic, a different arranging technique, and where to find floral resources and supplies. This will be a make-it take-it style workshop, and you will go home with your arrangement from the session. Participants will also keep supplies used during the sessions to build a flower arranging tool kit. Please bring clippers if you have them. Or, if you are interested in a professional grade pair of clippers (cost is \$37.50), email Cyndi by Feb. 10, 2020, so you will have them for the first session.

Five sessions: Thursdays, February 20 and 27, March 12, 19, and 26, 9:30-11:30 A.M.

Location: Simply Fresh Workshop, near Onancock. Directions will be sent to students before class.

Class Size: Minimum 5, Maximum 8

Materials Fee: \$55. This fee covers all supplies, vases, and flowers. Participants are asked to send the payment to Cyndi Downing, P.O. Box 527, Onancock, VA 23417 by Feb. 10. **Note: Supplies will only be purchased for those who have submitted their fee by then.** If your fee isn't in by the deadline, you are still welcome to attend, but supplies for the first session will not be there for you. Once the fee is paid, supplies will be purchased for the next class.

Recommended books: These books will be available to review during Session One of the class. They are both by Judith Blacklock and available on Amazon.com. A basic level book, paperback from the Teach

Yourself series, *Flower Arranging*; or for a more comprehensive book, hardcover, *Flower Arranging, The Complete Guide for Beginners*.

Cyndi Downing retired after 30 years in education. Cyndi is a self-taught flower arranger, learning from many different professional arrangers and local experts. She now enjoys a cottage business called Simply Fresh: Flowers for Events and Home, working from referral or commission for special events and weddings creating custom floral design.

A.L.L-STARs: MORE FUN WITH FLOWERS, PART 2

Instructor: Cyndi Serini Downing, simplyfreshfloralcreations@gmail.com

A.L.L Stars is a continuation of Cyndi's Flower Arranging, Part 1 class. **Part 2 is for those participants who have taken Part 1.** This is a make-it take-it style workshop. The major focus will be a more advanced use of mechanics while applying the elements and principles of floral design. There will also be book reviews of the latest on-trend professional books.

Five sessions: Thursdays, February 20 and 27, March 12, 19, and 26, 12:00-2:00 P.M.

Location: Simply Fresh Workshop, near Onancock. Directions will be sent to participants before class.

Materials: For the A.L.L. Stars class, materials will be a combination of the fresh materials and supplies provided. Participants will also be asked to bring in materials and/or supplies for a particular session. Bring the tool kit from Part 1. If you are interested in a professional grade pair of clippers (cost is \$37.50), email Cyndi by Feb.10, 2020, so you will have them for the first session.

Materials fee: \$50. Participants are asked to send the payment to Cyndi Downing, P.O. Box 527, Onancock, VA 23417 at least one week before class begins.

Class Size: Minimum 4, Maximum 10

Cyndi Downing retired after 30 years in education. Cyndi is a self-taught flower arranger, learning from many different professional arrangers and local experts. She now enjoys a cottage business called Simply Fresh: Flowers for Events and Home, working from referral or commission for special events and weddings creating custom floral design.

PAINTING PROJECT: HOT MESS PAINTED WALL ART

Instructor: Brenda Smith, bss45@cornell.edu

Did you ever just want to slop around some paint and watch the colors swirl together? Well, this is the place for you! Use a variety of colors of Dixie Belle paint to create an 8" x 8" wall art with a favorite saying on it. First, we'll pick one color and paint our block. Then, we'll apply a vinyl stencil. Next—and the most fun—we slap a variety of colors on top of our stencil! It's such a Hot Mess that you never know quite how it will turn out—until you remove the vinyl and reveal your creation! It's just fun!! No stress painting!

One Session: Thursday, February 13, 9:00 A.M.-Noon

Location: Local Color Studio Workshop, 25767 Pennsylvania Avenue, Onley VA

Class Size: Maximum: 6

Materials: About two weeks before the date, the instructor will email a list of sayings for you to choose from.

Materials Fee: \$10.00 (due to the instructor)

Instructor Brenda Smith is a retired home economics teacher and the owner of Local Color Studio, a workspace for creative people. She has taught sewing, quilting, furniture painting, rug hooking, embroidery, and a variety of other creative crafts to people of all ages. She loves making things and repurposing items and helping others do the same!

QUILTING: BASIC FREE-MOTION MACHINE QUILTING

Instructor: Kris Califano Hebert, Krist29@comcast.net

Learn the basics of free-motion machine quilting. You will be dropping the feed dogs on your sewing machine and learning how to manipulate the fabric to make your quilting motifs. We will learn on a practice 18" x 22" muslin quilt sandwich. You must be comfortable with your machine and its basic capabilities, be able to drop the feed dogs on your machine, and have a free-motion or embroidery foot compatible with your machine.

One Session: Wednesday, April 15, 9:30 A.M.-12:30 P.M.

Location: Kris's "K Studio" in Belle Haven (*Please refrain from wearing perfume or scented lotions in the studio. Thank you.*)

Class Size: Minimum 4, Maximum 8

Materials: Students will need a working, portable sewing machine to bring to class. (A limited number of machines are available for rent during class time only, \$10 for the session.) Supplies needed will include a 45mm rotary cutter, cutting mat at least 18" x 24", and a 6" x 24" quilting ruler as well as fabrics. Supply list will be emailed with registration.

Fee: \$20, includes quilt sandwich fabrics, instructions, and free-motion patterns

Note: Please call, text, or email Kris if you have any questions (Krist29@comcast.net, 850-508-7293).

Kris T. Califano Hebert's business is Kris T Designs. She has been sewing for almost 50 years, quilting for 28. Her complete bio may be found following the class description for Sewing: Machine Appliqué Placemat and Cloth Napkins.

SEWING: BEGINNER PROJECT PAJAMA PANTS

(Experience Level: Beginner/Refresher)

Instructor: Kris Califano Hebert, Krist29@comcast.net

If you have never sewed, or just not sewed since grade school, this is the class for you! This is also the perfect refresher for those who want a thorough review of the basics. Learn how to measure, understand a pattern, and cut out and correctly sew your garment. You will complete a pair of woven pajama pants, an excellent foundation for all types of sewing. You need to be able to thread and use your sewing machine. (If you need a refresher, please set up a private lesson with Kris before the class day.)

Two Sessions: Wednesdays, March 25 and April 1, 9:30 A.M.-12:30 P.M.

Location: Kris's "K Studio" in Belle Haven (*Please refrain from wearing perfume or scented lotions in the studio. Thank you.*)

Class Size: Minimum 4, Maximum 8

Materials: Students will need a working, portable sewing machine to bring to class. (A limited number of machines are available for rent during class time only, \$10 for the session.) Supply list will be emailed with registration.

Fee: \$35, includes pattern, pattern tracing paper

Note: Please call, text, or email Kris if you have any questions (Krist29@comcast.net, 850-508-7293).

Kris T. Califano Hebert's business is Kris T Designs. She has been sewing for almost 50 years, quilting for 28. Her complete bio may be found following the class description for Sewing: Machine Appliqué Placemat and Cloth Napkins.

SEWING: CORK PURSELET WITH ZIPPER

(Experience Level: Advanced Beginner/Experienced—Basic knowledge of using a sewing machine is necessary.)

Instructor: Kris Califano Hebert, Krist29@comcast.net

Learn to work with cork fabric. This small zippered bag is perfect for coins, make-up, or as a standalone when just a few items are needed. You will learn how to work with cork and to insert a simple zipper.

One Session: Wednesday, February 19, 9:30 A.M.-12:30 P.M.

Location: Kris's "K Studio" in Belle Haven (*Please refrain from wearing perfume or scented lotions in the studio. Thank you.*)

Class Size: Minimum 4, Maximum 8

Materials: Students will need a working, portable sewing machine to bring to class. (A limited number of machines are available for rent during class time only, \$10 for the session.) Supply list will be emailed with registration.

Materials Fee: \$30, includes Purselet Kit (choice of zipper and cork fabric and pattern)

Note: Please call, text, or email Kris if you have any questions (Krist29@comcast.net, 850-508-7293).

Kris T. Califano Hebert's business is Kris T Designs. She has been sewing for almost 50 years, quilting for 28. Her complete bio may be found following the class description for Sewing: Machine Appliqué Placemat and Cloth Napkins.

SEWING: EMBELLISHED ZIPPER POUCH

Instructor: Brenda Smith, bss45@cornell.edu

Do you like to play with fabric? Beads? Bits of broken jewelry? Ribbons and embroidery floss? Let's design our own embellished outer fabric that can be used to construct a lined zippered pouch. The pouch can be used as a makeup bag, or add a strap and it's the perfect mini bag for a quick trip out. Pouch will be approximately 9" x 6". Instructor will have a variety of fabrics, or bring your own. This is a great opportunity to add that bit of trim or grandma's hanky that you've been saving! The first session will be used to make your outer fabric. We will assemble a collage of fabrics and then add beads, ribbons, and other trim. During the second session, we will construct the pouch. Sewing machines are available, or bring your own.

Two Sessions: Thursday, February 20 and 27, 9:00 A.M.-Noon

Location: Local Color Studio Workshop, 25767 Pennsylvania Avenue, Onley VA

Class Size: Maximum 4

Materials Fee: \$15 (due to the instructor)

Instructor Brenda Smith is a retired home economics teacher and the owner of Local Color Studio, a workspace for creative people. She has taught sewing, quilting, furniture painting, rug hooking, embroidery, and a variety of other creative crafts to people of all ages. She loves making things and repurposing items, and helping others do the same!

SEWING: JELLY ROLL RUG

Instructor: Kris Califano Hebert, Krist29@comcast.net

Come join the fun and learn how to create this fun, colorful rug. Grab a "Jelly Roll," batting, and your sewing machine and join us. We'll be learning the technique to create a rug that is approximately 30" x 44".

Two Sessions: Wednesdays, April 22 and 29, 9:30 A.M.-12:30 P.M.

Location: Kris's "K Studio" in Belle Haven (*Please refrain from wearing perfume or scented lotions in the studio. Thank you.*)

Class Size: Minimum 4, Maximum 8

Materials: Students will need a working, portable sewing machine that does a zigzag stitch to bring to class (a limited number of machines are available for rent during class time only, \$10 for the session), the pattern “Jelly Roll Rug (oval),” a “jelly roll” of 2½” strips (approximately 40 2½” cotton strips), and precut jelly roll batting. Supply list will be emailed with registration.

Materials Fee: \$35, includes pattern and choice of optional threads

Note: Please call, text, or email Kris if you have any questions (Krist29@comcast.net, 850-508-7293).

Kris T. Califano Hebert's business is Kris T Designs. She has been sewing for almost 50 years, quilting for 28. Her complete bio may be found following the class description for Sewing: Machine Appliqué Placemat and Cloth Napkins.

SEWING: MACHINE APPLIQUÉ PLACEMAT AND CLOTH NAPKINS

(Experience Level: Advanced Beginner—Experienced with a sewing machine. This class is for those who have done sewing and/or quilting before.)

Instructor: Kris Califano Hebert, Krist29@comcast.net

Learn machine raw edge appliqué while making a placemat to add to your home décor. You'll have three different appliqués to use: flower and leaves, a starfish, or a scallop seashell. You'll also learn how to make cloth napkins with two different hem options: a rolled edge or a mitered edge.

Two Sessions: Wednesdays, March 4 and 11, 9:30 A.M.-12:30 P.M.

Location: Kris's “K Studio” in Belle Haven (*Please refrain from wearing perfume or scented lotions in the studio. Thank you.*)

Class Size: Minimum 4, Maximum 8

Materials: Students will need a working, portable sewing machine to bring to class. (A limited number of machines are available for rent during class time only, \$10 for the session.) Supplies needed will include a 45mm rotary cutter, cutting mat at least 18” x 24”, and a 6” x 24” quilting ruler as well as fabrics. Supply list will be emailed with registration.

Materials Fee: \$28, includes patterns, choice of thread, and use of serger

Note: Please call, text, or email Kris if you have any questions (Krist29@comcast.net, 850-508-7293).

Kris Califano Hebert has been sewing for almost 50 years, quilting for 28. She attended Florida State University and has a degree in Fashion Design and Merchandising, as well as a teaching certificate in Human Sciences. She taught sewing and quilting in Florida starting in 1988, 10 of those years in her own stores, The Quilting Patch, in Tallahassee and Jacksonville, Florida. Kris has recently relocated to the Eastern Shore and continues to share her love of sewing and quilting. She is a Nationally Certified Decorating Diva, a US Sailing Certified Instructor, a Jenny Haskins Certified Embroidery Instructor, and a Quilting from the Heartland Certified Instructor.

WEAVING: CRAFTING A GOD'S EYE

Instructor: Sandy Schultz, sandy@kenschultz.com

A God's eye (in Spanish, *Ojo de Dios*) is a spiritual and votive object made by weaving a design out of yarn upon a wooden cross. Often several colors are used. They are commonly found in Mexican and Mexican American communities, among both indigenous and Catholic peoples.

God's eye weaving is a traditional activity that has become popular as a kids' camp craft and has evolved in some instances to be very elaborate and artistic. Class participants will learn the basics of God's Eye weaving, which is often done on sticks. A wide selection of yarns and sticks will be provided at no cost to the participants. Participants may also bring their own yarn and beads for embellishment if they want. The weavings are fun and easy to do. No prior experience needed!

One Session: Friday, February 28, 1:45-3:15 P.M.

Location: Eastern Shore Community College

Class Size: Minimum 6, Maximum 20

Sandy Schultz is an avid crafter and learned how to make God's Eye weavings while on a visit to California in 2018. After learning the basics, she researched the craft and learned to make more intricate, elaborate designs.

YOGA AND FITNESS

BOCCE BALL

Instructor: Margo Digan, margo.digan@yahoo.com

Come learn the international favorite pastime of bocce ball. You will learn how to play that game seen all over the world in town squares and parks. Wear comfortable clothes and shoes.

One Session: Wednesday, May 13, 1:00-3:00 P.M.

Location: Seaside Park in Wachapreague (across from the Island House Restaurant)

Class Size: Minimum 4, Maximum 8

Margo Digan retired to Wachapreague in 2017. She has played bocce periodically throughout her life and now can play more often!

CHAIR YOGA: SEATED YOGA PRACTICE

Instructor: Linda Lang, lindalang@theopen-door.com

Chair yoga is an exceptional way to build flexibility and strength while protecting vulnerable body parts (like feet, knees, hips, and low backs). A surprisingly effective approach to promoting good posture, core strength, better balance, and expanded lung capacity, it is great "exercise" for all individuals, especially folks with difficult diagnoses and challenging conditions.

Three Sessions: Tuesdays, March 17, 24, and 31, 1:00-2:00 P.M.

Location: Historic Onancock School, College Avenue, Onancock

Class Size: Maximum 15

Linda Lang teaches therapeutically on the Shore and is a clinical instructor at the George Washington University School of Medicine. She designs and conducts symposia at the Smithsonian and is a member of the Advisory Council for the International Association of Yoga Therapists.

GOLF LESSONS: LEARN ABOUT and PLAY GOLF: 101 and 102

Instructor: Alan Moore, PGA professional, amoore@pga.com

If you ever wanted to learn about the game of golf, here is a very affordable way to get into the game. A series of workshop/clinics, conducted at the Eastern Shore Yacht and Country Club (ESYCC), will cover both classroom and on-course instruction. Golf clubs will be made available for those who do not have their own. Although the golf club suffered the major loss of its clubhouse, all golfing activities are available and will continue.

The course is offered in two phases—Golf 101 and Golf 102. Each comprises six sessions. One can take the two courses in succession, as one follows the other. This approach permits new golfers to decide whether golf

is for them before having to commit to more than just the six sessions of Golf 101; it also permits those who may have some golf experience to pick up the game again by just joining the Golf 102 program.

Instruction, in no particular order, will cover: objectives of the game; basic rules and etiquette; equipment; proper club grip; proper set-up over the ball; golf club swings for drives, pitches, and chips. Instruction will go back and forth between the classroom, the driving range, the putting green, and eventually the course itself, and the order of things will partly depend on weather conditions. For any play on the course, carts will be provided. While using club facilities, participants are asked to observe the same club rules as members. Instruction will be in a relaxed atmosphere, the learning experience will be fun, and hopefully weather conditions will be favorable!

Golf 101: Six Sessions: Tuesdays and Thursdays, April 7, 9, 14, 16, 21, and 23, 10:30 A.M.-Noon

Golf 102: Six Sessions: Tuesdays and Thursdays, May 5, 7, 12, 14, 19, and 21, 10:30 A.M.-Noon

If the weather is too inclement to hold a session, rain dates will be arranged with the participants. Lunch service will be available at ESYCC following each session.

Location: Eastern Shore Yacht and Country Club, end of Country Club Road, Melfa, VA

Class Size: Minimum 4; Maximum 10

Materials Fee: \$89 for Golf 101 or Golf 102, payable at the first class. This includes use of the range for the course itself. Unlimited use of range during the six-week session is only \$20 more.

ESYCC Personnel: Alan Moore is a certified Class A PGA instructor and will conduct the program.