



Academy for Lifetime Learning 2021 Spring Courses

(Because of continuing health concerns caused by Covid-19, most classes for our 2021 spring semester will be delivered online via Zoom. If you register for one of these classes and are unfamiliar with how to use Zoom, please [let us know](#). We'll be glad to provide help.)

MIND CANDY

ALASKAN ADVENTURE

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

This is photo tour of two trips to Alaska made by Tony and Shirley Picardi in 1995 and 2005. In 1995 they explored Alaska's coastal wilderness aboard the MV *Sea Lion* to visit Glacier Bay, Lynn Canal, and the Tongass National Forest. In 2005 they joined a tour of 24 MIT alumni to Katmai National Park, Wrangell-St. Elias National Park, Denali National Park, and Fairbanks. Attendees will come away with a renewed appreciation of the need to protect our beautiful wilderness environments.

One Zoom Session: Friday, February 26, 9:00-10:30 A.M.

Dr. Picardi's professional career includes thirty-two years in the software industry. He retired in 2007 to the Eastern Shore of Virginia where he now creates wildlife habitats, volunteers as a Master Naturalist, gives nature seminars, and leads birding, butterfly, and mushroom tours on his farm. Dr. Picardi earned BS and MS degrees in Civil Engineering and a Doctor of Science degree in Social Environmental Systems from Massachusetts Institute of Technology in Cambridge, Massachusetts.

BETTER LISTENING AND BETTER COMMUNICATION

Instructor: Peggy Swan, peggy@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.

Four Outdoor In-Person Sessions: Tuesdays, April 6, 13, 20, and 27, 10:00 A.M.-Noon.
Note: Dress for the weather.
Location: In the yard at Peggy Swan's home near Onancock
Class Limits: Minimum 5, Maximum 10

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.

THE EASTERN SHORE'S EVAPORATING BUSINESS! (Using Specialized Microbes)
Instructor: Dr. Russell Vreeland, rvreeland@wcupa.edu

Attendees will hear about the Eastern Shore's unique sustainable, green business which is able to treat and evaporate industrial waste brines across the planet.

Eastern Shore Microbes (ESM) began in 2016 to market a unique technology that uses highly specialized microorganisms. These custom cultures and nutrients prosper in industrial waste waters containing numerous organic contaminants dissolved in salt brine which can be as much as 10 times more concentrated than seawater. One hundred per cent of ESM's business revenue comes from beyond the Shore, but nearly 80% of the business purchases are made locally. In this presentation you will find out about this developing local effort which will have global significance.

One Zoom Session: Thursday, February 18, 7:00-8:00 P.M.
Class Limit: Minimum 5

Dr. Russell Vreeland founded Eastern Shore Microbes, which is based on the nearly 1300 microbes in his private collection. He is trying to use the knowledge gained during a 40-year career to do some good for the planet.

ETHICAL DILEMMAS, MORAL QUANDARIES, AND VALUE DIFFERENCES
Moderator: Keith "Kim" Miles, kmmiles@gmail.com

This is not a course, but a discussion of some of the real and hypothetical issues that may perplex us today. Participants will be teachers as well as learners as we wade through why we think and feel the way we do about thorny problems. Different views encouraged. Not for closed minds or those who already have the answers. No spitting or fisticuffs allowed.

Two Zoom Sessions: expanded as desired, Fridays, March 5 and 12, 9:00-10:30 A.M.
Class Limits: Minimum 6, Maximum 12

Kim Miles is a self-described ethical genius...a veritable paragon of virtue, who by example alone will imbue the workshop takers with amazing ethical discrimination and powers to resist temptation to cheat, lie, or skirt moral standards. (Wait! No...no, that was Ghandi! Kim is just an average guy who likes to think about ethical problems and welcomes discussion of same. Join him for a hoot.)

MEDICARE: CHOOSING BETWEEN TRADITIONAL AND ADVANTAGE PLANS

Instructor: Jan Andrejco, Rjandrejco@gmail.com

Students will learn the insurance terminology, the pros and cons of Medicare and of Advantage insurance, and gain the confidence to choose which is the right decision for them.

Two Zoom Sessions: Mondays, March 15 and 22, 10:30-11:30 AM

Class Limits: Minimum 2, Maximum 15

Jan Andrejco has attended several seminars on Medicare and Advantage plans to stay up to date on the changes. She thinks it is important for everyone to make an informed decision about their medical insurance coverage. Jan Andrejco is NOT an insurance agent and does not endorse or sell any insurance products.

HEALTHY LIVING FOR YOUR BRAIN AND BODY: Tips from the Latest Research

Instructor is a Community Educator from the Alzheimer's Association of Southeastern Virginia. Contact: Douglas.panto@alz.org

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use tools to help you incorporate these recommendations into a plan for healthy aging.

One Zoom Session: Thursday, March 25, 1:00-2:00 P.M.

Class Limits: Minimum 5, Maximum 50

The Alzheimer's Association Community Educators are trained in the topics of Alzheimer's and Dementia by the Alzheimer's Association local chapter.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Instructor is a Community Educator from the Alzheimer's Association of Southeastern Virginia. Contact: Douglas.panto@alz.org

Alzheimer's is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking, and behavior.

Join us to learn about:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources
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One Zoom Session: Thursday, February 25, 1:00-2:00 P.M.

Class Limits: Minimum 5, Maximum 50

The Alzheimer's Association Community Educators are trained in the topics of Alzheimer's and Dementia by the Alzheimer's Association local chapter.

OUR ENVIRONMENT

CONNECTING WITH NATURE: PRESENTATIONS BY THE STAFF OF THE NATURE CONSERVANCY'S VOLGENAU VIRGINIA COAST RESERVE

50 YEARS AT THE VOLGENAU VIRGINIA COAST RESERVE: Celebrate, Reflect, Elevate

Instructor: Jill Bieri, Director, Volgenau Virginia Coast Reserve, jbieri@tnc.org

This presentation will highlight the history of The Nature Conservancy on Virginia's Eastern Shore and the impact of the Volgenau Virginia Coast Reserve's local program at a global scale. Programs are land protection, migratory bird management, marine habitat restoration, coastal resilience, and outreach and education. Jill Bieri will discuss these programs both from a historical perspective and looking forward to the next 50 years and beyond.

One Zoom Session: Tuesday, February 16, 10:00-11:00 A.M.

Jill Bieri is the director of The Nature Conservancy's Volgenau Virginia Coast Reserve here on the Eastern Shore. She and her staff work to protect, restore, and sustain the barrier islands, coastal lagoon, and bayside ecosystems. Jill has a master's degree in marine

science from the College of William and Mary's Virginia Institute of Marine Science and nearly 30 years of experience working on the Chesapeake and coastal bays as a scientific researcher, an environmental educator, public grants writer, and founder/director of a small environmental non-profit.

USING NATURE BASED SOLUTIONS TO SOLVE AN ERODING MARSH PROBLEM

Instructor: Brittany Gonzales, Marine Restoration Specialist, b.n.gonzales@tnc.org

Brittany Gonzales will discuss how The Nature Conservancy is working locally with volunteers and partners toward providing erosion protection to an eroding marsh island that protects the town of Wachapreague, using nature based solutions.

One Zoom Session: Tuesday, February 23, 1:00-2:00 P.M.

Brittany Gonzales studied Marine Biology at the University of Alaska, Southeast. Following graduation, Brittany commissioned into the United States Navy as an Oceanography Officer. There she continued in the field of science by learning how ocean and weather dynamics affect military operations, for which she provided continued support during her nine-year tenure. In 2020, Brittany became a fulltime Marine Restoration Specialist with The Nature Conservancy, where she assists Coastal Scientist Bo Lusk in conducting marine ecological restoration and monitoring for activities relating to oysters, eelgrass, and bay scallop restoration.

CONNECTIONS ACROSS THE HEMISPHERE: Shorebird Conservation on Virginia's Eastern Shore

Instructor: Alex Wilke, Coastal Scientist, awilke@tnc.org

Did you know that the Eastern Shore of Virginia is one of the most important places for shorebirds in the entire Western Hemisphere? It is! This presentation will discuss the global plight of shorebird populations as they face threats such as habitat loss, disturbance, and climate change. It will also explore the important coastal habitats that we have right here on the Eastern Shore that support many of these shorebird species. You will learn more about the work that the Volgenau Virginia Coast Reserve and its partners are doing to protect and manage these species.

One Zoom Session: Tuesday, March 9, 10:00-11:00 A.M.

Alex Wilke manages the Volgenau Virginia Coast Reserve's Migratory Bird Program, which includes various elements of nesting bird population and productivity monitoring, human

disturbance management, and mammalian predator management efforts along 50 miles of Virginia's Eastern Shore. She works closely with federal and state partners and more to integrate this local work with national, regional, and international bird conservation efforts.

SEA LEVEL ON THE EASTERN SHORE

Instructor: Susan Bates, Coastal Science Program Manager, susan.bates@tnc.org

Students will learn the physical mechanisms in the climate system that cause changes in sea level on the Eastern Shore. Some are specific to the Atlantic Ocean and to the Virginia area, and those are causing sea level rise to be three times the global average. Slides will explain much of the material; however, the presentation will also use simple demonstrations that the participants can do themselves in their homes during the class to illustrate these processes.

One Zoom Session: Wednesday, March 24, 1:00-3:00 P.M.

Class Limits: Minimum 3, Maximum 10

Materials: Things you would find around the house, such as a rectangular Tupperware container, a sponge, cup, spoon, ruler, and microwave.

Susan Bates is the Coastal Science Program Manager at The Nature Conservancy's Volgenau Virginia Coast Reserve, where she leads the Coastal Resilience program. She has a Master's degree in Oceanography and Ph.D. in Climate Dynamics. Susan spent 10 years at the National Center for Atmospheric Research before coming to TNC. She has researched and used computer models to study sea level fluctuations with an interest in the East Coast due to interesting processes happening here.

BIRDING TIPS AND TOOLS

Instructor: Zak Poulton, Coastal Biologist and Technology Specialist, zak.poulton@tnc.org

Beginner birders to expert birders, come and explore free online resources for learning about all things BIRDS!—from identification and life history information to finding local birding spots and even how you can contribute to citizen science projects in bird conservation.

One Zoom Session: Tuesday, April 13, 6:00-7:00 P.M.

Zak Poulton has supported all aspects of The Nature Conservancy Volgenau Virginia Coast Reserve's migratory bird program since 2016. He specializes in using technology to advance conservation and provides in-house capacity to identify, explore, and implement appropriate technology to meet project goals. Zak is a certified UAV (drone) pilot and manages VCR's GPS and GIS capacity.

EXPLORING THE NATURE CONSERVANCY'S VOLGENAU VIRGINIA COAST RESERVE USING LEAVE NO TRACE PRINCIPLES

Instructors: Jenny Miller, Preserve & Education Manager, jennifer.miller@tnc.org, and Emma Karlok, AmeriCorps Outreach & Education Assistant

Students will learn about the protected areas of TNC's Volgenau Virginia Coast Reserve along the Eastern Shore of Virginia. Leave No Trace is a national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their impacts when they hike, picnic, run, bike, paddle, fish, and more. Not only will students learn about The Nature Conservancy's amazing natural places that can be explored, but they will also be able to understand and apply Leave No Trace principles so that all areas will stay as beautiful as they are. This will be a PowerPoint presentation with some interactive scenarios using the Leave No Trace principles.

One Zoom Session: Tuesday, April 20, 1:00 – 2:00 P.M.

Class Limit: Minimum 10

Jenny Miller has lived on the Eastern Shore of Virginia for the past 10 years working for the National Park Service, U.S. Fish and Wildlife Service, and The Nature Conservancy's Volgenau Virginia Coast Reserve focusing on environmental education on the barrier islands and surrounding natural areas.

AmeriCorps member Emma Karlok is new to the Eastern Shore but has experience with Leave No Trace principles and responsible outdoor exploration.

HELPING NATURE HELP PEOPLE

Instructor: Margaret Van Clief, Outreach & Education Coordinator, mvanclief@tnc.org

Wrapping up The Nature Conservancy's Spring 2021 A.L.L. Lecture Series, Margaret Van Clief will discuss the ways in which healthy local ecosystems benefit a healthy local community and the many ways we people of the Eastern Shore can help nature help us and our neighbors.

One Zoom Session: Tuesday, May 4, 10:00-11:00 A.M.

Class Limit: Minimum 4

Margaret Van Clief has been the Outreach & Education Coordinator, representing the many programs of The Nature Conservancy's Virginia Coast Reserve, since January 2015, and this is quite literally her dream job. Previous to that, Margaret led kayak eco-tours through the salt marsh during the "on season" and worked as a marine field technician on TNC's oyster restoration program in the "off season." Margaret has lived in Cape Charles since 2008, serves on the board for Citizens for a Better Eastern Shore (CBES), and involves herself in a variety of local volunteer opportunities outside of her work at the Conservancy.

FUN IN THE GREAT OUTDOORS

BOAT AMERICA

Instructor: Russell Vreeland, rvreeland@wcupa.edu

Students will learn the fundamentals of safe boating in all waters. Boat America is a NASBLA (National Association of State Boating Law Administrators) approved boating safety course accepted by all 50 states.

Following an at home exam, students will be issued a U.S.C.G. Auxiliary Certificate, U.S.C.G. Auxiliary Wallet Card, and will receive the State of Virginia Boater Education Identification Card in the mail upon successful completion of the course. The State of Virginia Boater Education Identification Card is required to operate a boat in area waters. Many insurance companies will offer discounts on boat insurance to individuals who present their certificate. It is the student's responsibility to check with his or her insurance company.

Four Zoom Sessions: Thursdays, March 4, 11, 18, and 25, 7:00-9:00 P.M.

Materials Fee: \$20.00 to cover the cost of books from the Coast Guard Auxiliary, cards, mailing of tests, and return postage. **Payment must be received no later than February 25 to allow time for delivery of materials. Payment via check or money order should be sent direct to Mr. Bob Haberman FSO-FN at 27401 Evergreen Lane, Melfa, VA 23410.**

Class Limit: Minimum 3

The lead instructor, Russell Vreeland, has been a qualified USCG Safe Boating instructor for 19 years. He was a university professor for 30 years prior and has taught over a thousand students.

INTRODUCTION TO FISHING ON THE EASTERN SHORE OF VIRGINIA

Instructor: Ken Schultz, ken@kenschultz.com

This is an updated reprise of a class Ken Schultz gave in 2013. Via a PowerPoint presentation, the instructor will talk about the most popular species on the bayside and seaside of the Eastern Shore of Virginia and how to fish for them. Special focus will be paid to flounder, striped bass (rockfish), speckled trout, puppy drum, and bluefish. He'll review the habits of these fish, where they are found, tackle and lures, and popular methods of fishing for them throughout the year.

One Zoom Session: Thursday, February 25, 7:00-8:30 P.M.

Class Limits: Minimum 6, Maximum 20

Ken Schultz was a longtime editor and staff writer for Field & Stream magazine and the former fishing editor of ESPNOuthdoors.com, and is also the author of nineteen books on

sportfishing and travel topics. He is on the VMRC's Menhaden Management Advisory Committee and has relentlessly pursued striped bass, bluefish, speckled trout, and puppy drum with light tackle in the Chesapeake Bay and along the seashore since he moved to the Shore in 2010.

LEARN TO PLAY BOCCE BALL

Instructor: Margo Digan, maggie.digan@gmail.com

Students will learn basic bocce game rules and strategy. Play will be in two teams of four, a total of eight players. Bocce balls provided.

Four In-person Sessions (masks and social distancing will be required): Thursdays:

April 29, May 6, 13, and 20, 10:30 A.M.-Noon

Location: Wachapreague Seaside Park, Main St. across from the fire station, at the bocce court. **Note:** Park in front of the fire station, to the far right. Do not block bay doors.

Comfortable clothing and sport footwear recommended.

Margo Digan is a non-athletic person who discovered the joy of bocce as a young child. She played in France and Italy with local residents and wants to introduce more people on the Shore to the game. Bocce is international!

LEARN ABOUT and PLAY GOLF: Golf 101 and 102

Instructor: Jay Williams, Retired PGA professional

If you ever wanted to learn about the game of golf, here is a very affordable way to get into the game. On-course instruction will be conducted at the Eastern Shore Yacht and Country Club (ESYCC). Golf clubs will be made available for those who do not have their own.

ESYCC now has a brand new clubhouse and pro shop.

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 among 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 In-person Sessions: Tuesdays and Thursdays, April 6, 8, 13, 15, 20, and 22, 10:30 A.M.-Noon

Golf 102—Six In-person Sessions: Tuesdays and Thursdays, May 4, 6, 11, 13, 18, and 20, 10:30 A.M.-Noon

If the weather is too inclement to hold a session, rain dates will be arranged with the participants. Drinks, some food, and snacks are always available in the pro shop if the restaurant is closed.

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

Class Limits: Minimum 4, Maximum 10

Materials Fee: \$89 for Golf 101 or Golf 102 (a total of \$178 if both six-week sessions are taken), payable at the first class of each session. 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: Jay Williams. a retired PGA professional, will conduct the program.

SKILLS AND CRAFTS

COOKING: FOUR YUMMY APPETIZERS

Instructor: MaryKay Mulligan, grammarrules@verizon.net

The class will be a demonstration of four appetizer recipes from easy to a bit more challenging. Recipes will be provided.

Two Zoom Sessions: Tuesdays, March 23 and 30, 2:00-3:00 P.M.

Class Limits: Minimum 3, Maximum 15

MaryKay Mulligan is a sociologist and former dean who loves cooking, eating, and sharing interesting food. She has over 300 cookbooks of almost every ethnic cuisine but loves inventing new dishes for her friends.

DESIGNING YOUR GARDEN

Instructor: Jane McKinley, useysly@gmail.com

Learn the basics of garden design including principles and site analysis. Gain pointers on how to create year-round beauty in the garden as well as the importance of elements such as color, line, and texture.

One Zoom Session: Tuesday, March 9, 2:00-3:00 P.M.

Jane McKinley is a Master Gardener with the Eastern Shore of Virginia Master Gardeners. She is also a certified landscape designer through the Virginia Federation of Garden Clubs. Jane has many years of gardening experience and has learned many lessons that she is excited to share with the attendees. She also consults and writes articles on gardening and landscape design through her business, McK Designs.

FLOWERS PART 1: FLOWER ARRANGING ANYONE CAN DO—The Basics

Instructor: Cyndi Downing, cannonpoint@verizon.net

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).

Four In-Person Sessions: Thursdays, May 6, 13, 20, and 27, 2:00-3:30 P.M.

Class Limit: Maximum 6

Location: Cyndi Downing’s yard. Social distancing and masks required.

Materials Fee: \$60. This fee covers all supplies, vases, and most of the flowers. **Participants are asked to send the payment to Cyndi Downing, P.O. Box 527, Onancock, VA 23417 by April 15. NOTE: Only those who have submitted their fee by this deadline will have supplies purchased for each class. If you miss the deadline, once you’ve enrolled and the fee is paid, supplies will be purchased for you for the classes.**

(Cyndi Downing’s biographical information appears follows Flowers Part 3.)

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

Instructor: Cyndi Downing, cannonpoint@verizon.net

A.L.L.-Stars is a continuation of Flowers Part 1: Flower Arranging Anyone Can Do—The Basics. Part 2 is for those participants who have taken Part 1. In this workshop the major focus will be a more advanced use of mechanics while applying the elements and principles of floral design.

Four In-Person Sessions: Thursdays, April 8, 15, 22, and 29, Noon-1:30 P.M,

Class Limit: Maximum 6

Location: Cyndi Downing’s yard. Social distancing and masks required.

Materials fee: \$50, cost of book included. Materials will be a combination of the fresh materials and supplies provided along with participants providing flowers for a particular session. Participants should have on hand their tool kit from Part 1.

NOTE: If a participant registers for both Part 2: More Fun with Flowers and Part 3: Asian Influence, materials fee is \$75 for both.

(Cyndi Downing's biographical information follows Flowers Part 3.)

FLOWERS PART 3: A.L.L-STARs—Asian Influence

Instructor: Cyndi Downing, cannonpoint@verizon.net

For A.L.L.-Stars who would like to learn about the Asian style of design, this course will look at the basic techniques and concepts to infuse an oriental flare in your arrangements.

Four In-Person Sessions: Thursdays, April 8, 15, 22, and 29, 2:00-3:30 P.M.

Class Limit: Maximum 6

Location: Cyndi Downing's yard. Social distancing and masks required.

Materials fee: \$50. Materials will be a combination of the fresh materials and supplies provided along with participants providing flowers for a particular session. Participants will be provided with a *kenzan* and two oriental style containers.

NOTE: If a participant registers for both Part 2: More Fun with Flowers and Part 3: Asian Influence, materials fee is \$75 for both.

Cyndi Downing retired after 30 years in education. She 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 designs.

NATURE PHOTOGRAPHY WORKSHOP

Instructor: George Budd, buddgc1@gmail.com

The goal of the class is to learn the fundamentals of several forms of nature photography: landscape, bird and wildlife, and close-up photography. The workshop will present camera techniques and artistic concepts, including composition, light, and color. Presentations will be made in PowerPoint and have been developed around the use of Zoom. Recorded versions of the presentations will be made available for use by participants.

Four Zoom Sessions: Thursdays April 8, 15, 22, 29, 10:00 A.M.-Noon

Class Limits: Minimum 3, Maximum 12

George Budd has been teaching nature photography at A.L.L. for several years. He is highly regarded for his photography on the Eastern Shore.

PHOTOGRAPHY: Taking Control of Your Digital Camera

Instructors: Helen Putre, hputre2@gmail.com and Suzy Quigley, susanpeden@charter.net

You just set your digital camera to Auto, and usually you're satisfied with the results. But sometimes the picture you get isn't quite what you wanted or expected. Is that a description of the relationship between you and your camera?

If it is, this course will teach you how to take control of the photographic process. You'll learn to use the controls on your camera to put *you*, not the camera, in charge of the results.

Five Zoom Sessions: Wednesdays, March 17, 24, 31, April 7, and 14, 2:00-3:30 P.M.

Materials Needed: Digital camera. **(Please note:** *This course is intended to teach you how to use your digital camera; it will not cover cell phone or film photography.*)

Class Limits: Minimum 5, Maximum 10

Helen Putre has been fooling around with cameras since she was a teenager, but 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.

SEWING PROJECT: CORK PORTFOLIO COVER (fits 5" x 8" writing pad)

Sewing Skill Level: Advanced Beginner

Instructor: Kris T. Califano Hebert, kristhebert@gmail.com, 850-508-7293

Learn to sew with cork fabric and make this quick memo pad portfolio.

One Zoom Session: Wednesday, April 21, 10:00 A.M.-Noon

Class Limit: Minimum 4

Materials: Students will need a working sewing machine and basic sewing tools. Other supplies needed will include a 45mm rotary cutter, with a cutting mat and a 6" x 12" or similar quilting ruler; quilt clips or paperclips; thread; and a size 90/14 machine needle.

Materials Fee: \$22 for project kit which includes the pattern, cork fabric, and a 5" x 8" lined writing pad. Choice of cork colors and optional rhinestone embellished appliqué. Appliqué shapes include an anchor, dolphin, turtle, sailboat, dragonfly, butterfly, or ribbon. **NOTE: Students must contact the instructor (kristhebert@gmail.com, 850-508-7293) and arrange to pay for and pick up the kit or have it mailed to them prior to class.**

Kris Hebert has been sewing for almost 50 years, quilting for 28. She attended The 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 beginning in 1988, 10 of those years in her own stores (The Quilting Patch, in Tallahassee and Jacksonville, Florida). She has relocated to the Eastern Shore and continues to share her love of sewing and quilting.