

# Red Hook Continuing Education Spring 2012

## Creative & Performing Arts

### Introduction to Digital Photography

Learn the basics of digital photography. Want to get better indoor and outdoor photographs? This class can help as it answers the following questions and much more: How do I use my camera? How do I make my photos look better? When should I use flash photography? How can I organize my photographs after I take them? What do all these buttons on my camera do? How do I take better vacation photos? If you have a digital camera and want to improve your photographs, this is the class for you!

**6 Tues., 4/10 – 5/15 6:00 – 8:00 HS 142 Fee: \$95**

### Beyond The Basics with Digital Photography

Introduction to Digital Editing and Workflow: Learn the basics of digital photo editing techniques. Now that you have the pictures, how can you make them look like professional photographs? This class explores the many editing options common to most photo editing software products including Adobe Photoshop, Adobe LightRoom, ACDsee Photo Manager, iPhoto, and others. In addition to editing, this class covers digital workflow or the step by step process from taking a better photo to producing the final output for screen, print, or slideshow.

**6 Thurs., 4/12 – 5/17 6:00 – 8:00 HS 142 Fee: \$95**

### Introduction to Simply Music Piano Lessons

No experience or instrument necessary! Simply Music is a revolutionary, Australian-developed piano learning method that is a breakthrough in music education. This remarkable approach has students of all ages playing great-sounding contemporary, classical, gospel, blues, and accompaniment pieces -- immediately -- from their very first lessons. You will also do several improvisations. *Led by New York's only Certified Simply Music Teacher, Mark S. Meritt, a musician/songwriter with NYC/national credits.* He offers many unique music, arts and creativity services through potluck-creativearts.com and original songs for kids and families through theoffhandband.com. Due to the proprietary nature of this instructional method, the instructor will ask you to sign a confidentiality agreement on the first night of class.

**5 Mon., 4/16 – 5/21 (no class 5/7) 7:45 – 9:00 MRS 3- 5 Music Room Fee: \$70 ( Material fee: \$15, paid to instructor at first class)**

### Oil and Acrylic Painting (All new projects)

Students will be guided step-by-step to create a beautiful painting while learning about painting with oils or acrylics. Brushes and paints will be provided. Please purchase a canvas (see project for size) and bring paper towels to class.

*Instructor: Sandy Foster is an artist with extensive experience as an art instructor.*

Fee for each project is \$65, or \$60 if you register for two or more at a time.

Each project takes two evenings to complete,

**Classes meet from 6:00 – 9:30, HS Art Room**

PROJECTS: (please specify project(s) when registering)

- *Memories of St Simon Island*, building w/ flowers, acrylic 16 x 20 canvas, Mon. & Tues., April 9 & 10
- *For Rent*, bird houses, oil 12 x 24 canvas, Mon. & Tues., April 16 & 17
- *Bay Watch*, chair overlooking water with flowers w acrylic 16 x 20 canvas, Mon. & Tues., May 7 & 8
- *Lady of The Meadow*, woman in a field of flowers oil 16 x 20 canvas, Mon. & Tues May 14 & 15
- *Wings of Freedom*, eagle on a branch, acrylic 16 X 20 canvas Mon. & Tues., June 4 & 5
- *A Quiet Place*, water with trees, oil 16 x 20 canvas, Mon. & Tues June 11 & 12



## Beginning Watercolor

Betsy Jacaruso, the 2005 Dutchess County Artist of the year, has been teaching watercolor in the Hudson Valley for more than 10 years. Her classes will take you through the basics of watercolor. Instruction will focus on watercolor techniques, color mixing, and light and form. The latter classes will introduce you to botanical and landscape painting. Classes will be held at the NEW Betsy Jacaruso Studio & Gallery, 43 E. Market Street, Rhinebeck (In the courtyard behind Bread Alone). Supplies list available on the Continuing Ed website or at the Rhinebeck Artist's Shop. The Rhinebeck Artist's Shop extends a 20% discount to students enrolled in this class.

**4 Thurs., 4/12 – 5/3 6:00 – 9:00 Fee: \$95**

## Learn to draw! (NEW)

This class is suitable for absolute beginners or for those who want to build on their basic drawing skills. We will explore fundamental topics such as media, line, shape, shading, light and shadow, proportion and perspective. Instructor: Jim Stevenson has studied and taught art for many years. He describes his work as a search for the beauty and mystery in the everyday world. He exhibits locally.

**5 Wed., 4/18 – 5/16 6:30 – 8:30 HS Art Room Fee: \$85**

## Driving

### Defensive Driving

Six-hour course for point reduction and/or insurance discount. Please bring your license to class. NYS regulations require full attendance for credit. You must arrive on time and attend both three hour classes.

*Instructor: Michael Sheehan, National Traffic Safety Institute.*

Please indicate dates and session on registration form.

**Session I: Mon. & Wed., 4/9 & 11 6:00 – 9:00 HS 141 Fee: \$45**

**Session II: Mon. & Wed., 5/21 & 23 6:00 – 9:00 HS 141 Fee: \$45**

**Session III: Mon. & Wed., 6/4 & 6 6:00 – 9:00 HS 141 Fee: \$45**

### NYS Department of Motor Vehicles 5 Hour Prelicensing Course

A mandated course for permit holders. Students completing this class will receive Certificate MV-278 which is a requirement for the road test. Course topics discussed include current laws and rules, defensive driving, safety topics, and use of drug and alcohol while driving. You must have a permit to take this class. Students may bring a snack. Instructor: Ronald Ridolph is a certified and licensed driving instructor with many year of teaching experience.

**Session I: Wed., 4/18 4:00 – 9:30 HS 141 Fee: \$40**

**Session II: Thurs., 5/17 4:00 – 9:30 HS 141 Fee: \$40**

**Session III: Tues., 6/5 4:00 – 9:30 HS 141 Fee: \$40**

## Health, Fitness & Personal Development

### Meditation

One hour of peaceful relaxation. Students will begin with a brief warm-up, move into a guided meditation, and end with the vibrations of a soothing gong. *Instructor: Nori Connell, D.C., R.N., is well known as a talented chiropractor, healer, and yoga instructor.*

**4 Mon., 4/30 - 5/21 Red Hook Location to be announced 6:30- 7:30 Fee: \$55**

### Spring Into Shape with Outdoor Bootcamp!

SPRING INTO SHAPE! Gyms can be BORING! Not so with our OUTDOOR Fitness ADVENTURE Bootcamp. Enjoy the fresh outdoors with this scientifically proven interval bootcamp, guaranteed to burn fat, increase metabolism, improve strength and put the fun back into fitness! You'll sweat, grunt, groan and feel every muscle in your body burn! Exercises will include agility and power drills, short distance running/sprints, plyometrics, bleacher climbs, core conditioning, kettlebells & more! All Levels Welcome, beginner and Advanced (we have a modification for very exercise, so don't let the word bootcamp scare you)! Come prepared with a yoga mat, water, running sneakers, and dedication!

*Certified Bootcamp Instructors: Liz Cort and Megan Boyd*

**6 Thurs., 4/12 - 5/17 5:45- 6:45 Fee: \$60**

**Meet at the track located between the High School & Middle School (Class will meet in the LAMS Cafe in case of rain.)**

### Pilates

Highly effective for increasing flexibility and muscle tone, lengthening and strengthening your body without bulking-up or stressing your joints. For all fitness levels. Wear comfortable athletic clothing and bring a mat & towel to each class.

*Instructor: Sara Nelson, certified Stott Pilates Matwork instructor.*

**8 Tues., 4/10 - 5/29 7:00 - 8:00 MRS K-2 Cafe Fee: \$89**

### Tai Chi & Qigong for Beginners

Qigong (chee-gung) meaning energy development and Tai Chi meaning the supreme ultimate are two of the most widely practiced approaches to mind/body exercises in the world. Involving relaxation, movement and breath awareness, the flow of vital energy is increased in the body reducing tension and blood pressure while improving circulation, balance and the body's self-healing powers. These slow, gentle movements can be practiced by virtually anyone regardless of age. Dress for mild exercise.

*Instructor: David Haines.*

**6 Thurs., 4/12 - 5/24 (no class 4/26) 6:00 - 7:00 MRS 3-5 Cafe (class meets in the K-2 Cafe on April 12 and May 3) Fee: \$65**

### Intermediate Tai Chi & Qigong

This class continues the movements and exercises learned in Tai Chi & Qigong for Beginners. The Qigong exercises are slightly more advanced and the Tai Chi form of moving postures is expanded and learned in greater detail. Although taking Tai Chi & Qigong for Beginners first is recommended, those with some Tai Chi and/or Qigong experience could take this class. Please call the instructor, David Haines, at (518) 851-7952 for help determining the proper level for you.

**6 Thurs., 4/12 - 5/24 (no class 4/26) 7:00 - 8:00 MRS 3-5 Cafe Fee: \$65**

### Basketball for Women

This recreational league runs throughout the year. New students are always welcome!

*Instructor: Andrea Clark.*

**Tues., ongoing class 7:30- 9:30 LAMS Gym Fee: \$45 for the remainder of the year**

### Pickleball (Coed)

This Class is great fun! Pickleball, a combination of tennis, badminton and ping-pong is played by two or four people and is ideal for small spaces. Class is ongoing, new students welcome.

*Instructor: Andrea Clark.*

**Tues., ongoing class 7:30-9:30 LAMS gym Fee: \$45 for remainder of year**

### The Tarot Within, An Introduction to Tarot and Intuitive Development (NEW)

The Tarot can offer insight, clarity and a path to self-awareness. In this hands-on, experiential workshop, students will have the opportunity to work with a variety of different Tarot decks as they learn the basic structure of a deck, explore basic symbolic interpretation, and discover the ease and joy in accessing their unique intuitive gifts.

*Instructor: Marcy Currier is a certified Tarot reader, reiki master, and founder of Metamorphosis Healing & Intuitive Arts. Her mission is to aid in the awakening and transformation of all beings.*

**4 Mon., 4/16 - 5/7 6:30- 8:30 MRS K-2 Library Fee: \$70**

## CPR and Safety Certifications

### Babysitter Certification (NEW)

Every babysitter should take this course!!

Topics covered are safety in the home, what to do in a medical emergency, important information when calling 911, pediatric first aid, and CPR. Students take a written test and must be over 12 years old. CPR and first aid certification is given upon successful completion of the class and test. Certification is offered through the American Safety and Health Institute. Students are encouraged to bring a snack. *Instructor: Patricia Miglio is an EMT and has taught CPR, and First Aid for over 20 years.*

**2 Wed., 4/11 & 4/18 4:00 - 7:30 HS 142 Fee: \$40 (\$15 material fee paid to instructor at first class, this includes a book)**

### Heartsaver CPR, AED, and First Aid (NEW)

This course is designed for the lay-rescuer and is OSHA approved. Students learn CPR, recognition of stroke, heart attack, choking, and cardiac arrest as well as first aid, and how to use an AED. 2 year certification is offered through the American Heart Association. This course does not cover pediatric emergencies. *Instructor: Patricia Miglio is an EMT and has taught CPR, and First Aid for over 20 years.*

**2 Wed., 4/25 & 5/2 6:00 - 9:00 HS 142 Fee: \$70 (\$20 materials fee paid to instructor at first class, this includes a book)**

### Basic Life Support for Healthcare Providers (NEW)

This course covers CPR, foreign body airway obstruction, AED, barrier devices, two man CPR, and chain of survival. Upon completion of course and test a 2 year American Heart Association certificate will be issued. *Instructor: Patricia Miglio is an EMT and has taught CPR, and First Aid for over 20 years.*

**2 Wed., 4/16 & 5/23 6:00 - 9:00 HS 142 Fee: \$70 (\$20 materials fee paid to instructor at first class, this includes a book)**

### Basic Life Support for Healthcare Providers, Recertification (NEW)

This course covers CPR, foreign body airway obstruction, AED, barrier devices, two man CPR, and chain of survival. Upon completion of course and test a 2 year American Heart Association certificate will be issued. *Instructor: Patricia Miglio is an EMT and has taught CPR, and First Aid for over 20 years*

**1 Wed., 5/9 5:30 - 9:30 HS 142 Fee: \$50 (\$20 materials fee paid to instructor at first class, this includes a book)**

# Food For Healthy Living

## Regional Italian Vegetarian Cooking (NEW)

Learn how to prepare some of the delicious recipes you've enjoyed on your "trip through Italy". From Venice to Sicily, the cooking of Italy has been related to a vegetarian diet for centuries. It is a simple, healthful cuisine, based on natural ingredients and fresh produce. Come and learn! Bring your appetite.

**6 Thursdays 4/12 – 5/17, 6:30 – 8:30 HS Room 167 Fee: \$75 (\$30 materials fee paid to instructor at first class)**

## Organic Vegetable Gardening

It's never too early to start planning your spring vegetable garden! Whether you've been gardening your whole life or don't know what dirt is, this course will give you the tools to raise delicious, healthy vegetables using organic techniques. Topics will include the whys and hows of raising vegetables organically, the differences between organic and conventional gardening, composting, controlling pests naturally, seed starting and many others. *Instructor: Jay Levine has been raising vegetables for 40 years and runs the Hudson Valley Backyard Farm Company which installs and maintains organic vegetable gardens.*

**3 Wed., 4/11 – 4/25 4/10 – 4/24 6:30- 8:00 Hs Room 167 Fee: \$55**

## Introduction to Food Preservation

Are you concerned about the ingredients in the food you eat? Do you have a CSA share or vegetable garden and don't know what to do with all those veggies? This course will teach you how to preserve vegetables and fruits by canning, freezing, and drying, and will introduce you to the necessary equipment. Recipes will include salsa, jam, and butternut squash pancakes. Everyone will have a chance to try new techniques, sample what is cooked, and go home with delicious recipes. Students do not need advanced cooking skills to take this course. *Instructor: Jay Levine has been raising vegetables for 40 years and runs the Hudson Valley Backyard Farm Company which installs and maintains organic vegetable gardens.*

**3 Wed., 5/2 – 5/16 6:30 – 8:30 HS Room 167 (\$15 materials fee paid to instructor at first class) Fee: \$65**

## Healthy Indian Delicacies (NEW)

New research has shown the tremendous health benefits of yogurt, turmeric, ginger and garlic. Indian cuisine has used these ingredients along with numerous other beneficial spices for thousands of years. Learn to use these spices to create delicious Tandoori Chicken. One of the most nutritious food groups is the legume family and Lemon Lentil Dal is a flavorful and easy way to gain the benefits of lentils. In addition, you will learn to make Potato-Pea Samosas which are impressive to serve to guests but easy enough to prepare for an after-school snack. Class is appropriate for all levels of experience. Students will sample the dishes and take home the recipes. *Instructor, Julie Gale, is the owner of At the Kitchen Table Cooking School in Hillsdale, NY and has been a cooking instructor for over 10 years specializing in international home-cooking.*

**Tues, 4/24 7:00 – 9:00 HS Room 167 Fee: \$40 for one class or \$35 per class for more multiple classes (\$10 materials fee per class, paid to instructor)**

## Spanish Tapas Treats (NEW)

Who doesn't love to graze? The Spaniards are experts at serving dozens of scrumptious treats before dinner. You will learn to make three of these hors d'oeuvres. One of the most popular tapas is a Potato-Onion Tortilla, which unlike its Mexican namesake is a savory omelet-like treat served at room temperature. Chorizo-Chickpea Stew is deliciously tasty and unusual, completely addictive. Stuffed Piquillo Peppers are filled with Manchego cheese and Spanish ham, an easy yet scrumptious delight.

Class is appropriate for all levels of experience. Students will sample the dishes and take home the recipes. *Instructor, Julie Gale, is the owner of At the Kitchen Table Cooking School in Hillsdale, NY and has been a cooking instructor for over 10 years specializing in international home-cooking.*

**Tues, 5/1 7:00 – 9:00 HS 167 Fee: \$40 for one class or \$35 per class for multiple classes (\$10 materials fee per class, paid to instructor)**

More classes on back page



### REGISTRATION INFORMATION:

- You will be notified only if class is full or is canceled. Confirmations will NOT be sent.
- Refunds will be given only if class is canceled by Continuing Ed
- Location Key for district facilities:
  - HS Red Hook High School
  - LAMS Linden Avenue Middle School
  - MRS Mill Road School
- No classes on school or other holidays (\*unless noted in listing), or in case of closure/early dismissal due to inclement weather or emergency. Please call (845) 758-2241 or visit the website [www.redhookcentralschools.org](http://www.redhookcentralschools.org) for inclement weather updates. Every effort will be made to reschedule canceled classes.

Senior Citizens (60+) 10% discount (except where noted - please enclose proof). Enclose check payable to Red Hook Continuing Education (Sorry, we cannot accept credit cards). Some checks may be held until after classes begin  
 Email: [continuinged@rhcsd.org](mailto:continuinged@rhcsd.org)  
 or visit us online at [www.redhookcentralschools.org](http://www.redhookcentralschools.org)  
 Click on community, then continuing ed

### REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Alt. Phone \_\_\_\_\_

Course (Please specify section/date)	Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
<b>Total</b>	<b>\$ _____</b>

Register by mail or by phone: (845) 758-2241 ext. 3505.  
 Red Hook Continuing Education  
 7401 South Broadway, Red Hook, NY 12571.

## RED HOOK CONTINUING EDUCATION

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845-758-2241 ext. 3505

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## Red Hook Continuing Education Spring 2012

### Moroccan Specialties (NEW)

The exotic tastes of Moroccan cuisine bring to mind the desert, the open air markets and Humphrey Bogart. Couscous; the national dish, combines the fluffy grain with a dozen vegetables and a hearty broth. Chicken Tagine is a stew that combines preserved lemon, chicken and fragrant herbs prepared in a covered ceramic vessel to create a tempting main dish. Desserts in Morocco are always delightful and Bird's Nest Pastry is no exception; a phyllo pastry filled with nuts, honey and orange flower essence. Class is appropriate for all levels of experience. Students will sample the dishes and take home the recipes. *Instructor, Julie Gale, is the owner of At the Kitchen Table Cooking School in Hillsdale, NY and has been a cooking instructor for over 10 years specializing in international home-cooking.*

**Tues, 5/8 7:00-9:00 v9:00 HS 167 Fee: \$40 for one class or \$35 per class for multiple classes (\$10 materials fee per class, paid to instructor)**



Visit us online at

[www.redhookcentralschools.org](http://www.redhookcentralschools.org)

(Click on Community, then Continuing Ed)

### French Feast (NEW)

The French have a way of taking the simplest of ingredients and making them in to a feast. Learn to make Crepes the French way- light, thin and delicious. Ratatouille, made famous by the Disney movie, is a luscious vegetable stew of eggplant, zucchini, tomato and garlic that is often served inside crepes. Two sisters whose last name was Tatin created one of the very best French desserts. Apple Tarte Tatin is a caramelized upside-down tart with a homemade short pastry crust.

**Tues., 5/15 7:00 – 9:00 HS 167 Fee: \$40 for one class or \$35 per class for multiple classes (\$10 materials fee per class, paid to instructor)**

### New This Spring

Babysitter Certification  
Basic Life Support for Healthcare Providers  
Heartsaver CPR, AED, and First Aid  
Learn to Draw • Tarot  
Italian Vegetarian Cooking  
Healthy Indian Delicacies  
Spanish Tapas • Moroccan Specialities  
French Feast