

COLD SPRING HARBOR  
CENTRAL SCHOOL DISTRICT

# COMMUNITY EDUCATION

*Spring 2016*



Francis Roberts Community Center  
75 Goose Hill Road • Cold Spring Harbor, NY 11724



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Cold Spring Harbor, NY

Cold Spring Harbor Central School District  
Francis Roberts Community Center  
75 Goose Hill Road  
Cold Spring Harbor, NY 11724



**COLD SPRING HARBOR**  
**CENTRAL SCHOOL DISTRICT**

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Cold Spring Harbor Community Center  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724

Cold Spring Harbor High School  
82 Turkey Lane  
Cold Spring Harbor, New York 11724

Lloyd Harbor Elementary School  
7 School Lane  
Lloyd Harbor, New York 11743

West Side Elementary School  
1597 Laurel Hollow Road  
Laurel Hollow, New York 11791

Goosehill Primary School  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724

## SPRING 2016

### COMMUNITY EDUCATION OFFERINGS

#### MONDAYS

##### **PAINTING WITH PASTELS**

**Dates:** March 7, 14, 21; April 4, 11, 18; May 2, 9

**Time:** 3:00 PM – 5:00 PM

**Location:** High School, Room A11

**Instructor:** Anne Gunthner

*Versatility, immediacy, luminosity brilliance and ease of use – these are just a few of the many attributes of working in pastel. Learn to create beautiful, vibrant paintings using this often underestimated medium of the art world. Basic supplies and techniques will be discussed, and demonstrations provided. Students should bring EITHER a pad or a few sheets of pastel paper; a firm board to back your paper; a tabletop easel; a box of pastels (brands and quality will be discussed in class); and, a roll of paper towels. Formerly an art director and illustrator, Ms. Gunthner is an accomplished artist and teacher whose work has been exhibited in local and national galleries. She is a member of Huntington Arts Council, the Pastel Society of America, the Catherine Lorillard Wolf Arts Club and the American Impressionist Society.*

##### **BEGINNER BRIDGE**

**Dates:** April 11, 18; May 2, 9, 16, 23; June 6, 13

**Time:** 4:00 PM – 6:00 PM

**Location:** Cold Spring Harbor High School Library

**Instructor:** Jo-Ann Damato

*If you have never played bridge, or if you have played bridge and would like to sharpen your bridge skills with the new methods of “Bidding in the 21<sup>st</sup> Century,” this is the class for you! The course will cover the mechanics of the game; new bidding methods on how to open a bridge hand; and how to evaluate and play out a bridge hand. Jo-Ann Damato is an American Contract Bridge League (ACBL) certified teacher and life master. She is a member of the American Bridge Teachers Association (ABTA) and has over thirty-five years of teaching experience. Ms. Damato is qualified to teach all levels of Bridge, from beginner to Tournament Bridge.*

#### TUESDAYS

##### **FITNESS FUSION**

**Dates:** March 8, 15, 22, 29; April 5, 12, 19; May 3

**Time:** 9:30 AM – 11:00 AM

**Location:** Community Center Board Room

**Instructor:** Dorothy Mandrakos

*This class introduces you to qigong, yoga and meditation. Qigong is a series of slow, gentle movements designed to help relieve stress and improve your mood. Yoga increases flexibility and helps alleviate anxiety. Meditation allows you to clear your mind and deepen concentration. Boost your energy with these three healing arts for body, mind and spirit. Beginners welcome! Please bring a mat, a block and water. For more information, visit Ms. Mandrakos' website at [www.dorothymandrakos.com](http://www.dorothymandrakos.com). Dorothy Mandrakos teaches Qigong and yoga privately and for the Town of Huntington. A former beauty, health and fitness editor for Self, Seventeen and Mademoiselle, she has a wealth of experience in the health and fitness industry.*

## **BEGINNER / INTERMEDIATE WATERCOLOR**

**Dates:** March 8, 15, 22, 29; April 5, 12, 19; May 3

**Time:** 3:00 PM – 5:00 PM

**Location:** High School, Room A11

**Instructor:** Anne Gunthner

*This class is an introduction to watercolor and its many wonderful attributes. Techniques covered will include creating textures; washes; lifting out; wet-on-wet; dry brush glazing and much more. Basic composition and color theory will be discussed, as well. Please bring a watercolor paper pad (no larger than 12"x16", for the first few sessions); watercolor brushes (suggested sizes: #2, #6, #10 rounds and #¾" flat); watercolors, preferably in tubes; a small mixing tray; paper towels; and, a small bowl for water. Students may choose subject matter from either still life or landscape photographs. Formerly an art director and illustrator, Ms. Gunthner is an accomplished artist and teacher whose work has been exhibited in local and national galleries. She is a member of Huntington Arts Council, the Pastel Society of America, the Catherine Lorillard Wolf Arts Club and the American Impressionist Society.*

## **ADVANCED/INTERMEDIATE BRIDGE**

**Dates:** April 12, 19; May 3, 10, 17, 24, 31; June 7

**Time:** 4:00 PM – 6:30 PM

**Location:** Cold Spring Harbor High School Library

**Instructor:** Jo-Ann Damato

*If you have the basic knowledge of bridge and "Bidding in the 21st Century," this course is specifically designed for you. Defense is a very important component in the game of bridge. Remember!! You are Declarer 25% of the time, Dummy 25% of the time, and you are Defending 50% of the time. Stop your opponents from making their contracts with partnership agreement and specific carding Jo-Ann Damato is an American Contract Bridge League (ACBL) certified teacher and life master. She is a member of the American Bridge Teachers Association (ABTA) and has over thirty-five years of teaching experience. Ms. Damato is qualified to teach all levels of Bridge, from beginner to Tournament Bridge.*

## **YOGA**

**Dates:** March 8, 15, 22, 29; April 5, 12, 19; May 3

**Time:** 7:30 PM – 9:00 PM

**Location:** Lloyd Harbor School, Little Theatre

**Instructor:** Richard Wos

*Why not begin to discover your inner self and cultivate your mental and physical well-being? Yoga is an enjoyable means to maintaining youthfulness, flexibility and strength. This course is suitable for all levels. Instruction in basic yoga positions can be adapted to all ages and physical conditions.*

## **WEDNESDAYS**



## **ACRYLIC PAINTING**

**Dates:** March 9, 16, 23, 30; April 6, 13, 20; May 4

**Time:** 10:00 AM – 12:00 PM

**Location:** Community Center Board Room

**Instructor:** Billie Westerlind

*All levels and abilities are welcomed. Artists have utilized paint to create works from the heart for centuries. Now it's your turn. During this class we will explore the style of Monet and the Impressionists, the symbolism, repetition and ornate workings of Gustav Klimt and the layers, texture and color of Vincent Van Gogh. If you bring the tools, Billie will be there for guidance and inspiration as you learn to create in the style of these master artists. Please bring the following supplies to the first class: a 16 X 20 inch stretched canvas, a pencil (#2 is fine), a 2 oz. fluid bottle of each of the following colors: red, yellow, blue, a shade of brown, black, green and white. The paints can be found in your local art or craft store. Feel free to bring paint brushes if you'd like. Billie Westerlind is a mixed media artist, painter and art educator. She places emphasis on process and the manipulation of materials in all that she does and teaches. As an art teacher for 17 years, Billie has been able to share her passion for the arts with children and adults during art classes and workshops at her art studio in East Northport and as a public school teacher and museum educator. Billie is a NYS Certified art educator with an art therapy background.*

### **DRAWING AND PAINTING**

**Dates:** March 9, 16, 23, 30; April 6, 13, 20; May 4

**Time:** 3:00 PM – 5:00 PM

**Location:** High School, Room A11

**Instructor:** Kathy Heuzey

*Beginner and all levels are welcome. The class will work on drawing and painting skills, with a focus on individualized instruction. A still life will be available to work from every week, but each student is free to work from personal photos, images copied from a book, or a small personal still life. Art books will also be available. Please bring to the first class a medium sized drawing pad, good drawing pencils, a sharpener, and a good eraser (the best being a grey kneaded eraser). You will be provided with an additional materials list on the first day of class. Ms. Heuzey, a CSH resident for over 30 years, works in the style of Contemporary Naturalism, a realistic style with subject matter drawn from contemporary life. She has been represented by galleries, print and card companies, books, and does private commissions.*

### **MEDITATE, CREATE, AND ESCAPE THROUGH SILK PAINTING**

**Dates:** April 13, 20; May 4, 11

**Time:** 6:00 PM – 9:00 PM

**Location:** Community Center Board Room

**Instructor:** Elizabeth Yaari

*"When I enter into the quiet space of silk painting and simply observe the spontaneous colors and forms that appear, something about my real self manifests and the painting connects me to the inner worlds beyond my personality." Elizabeth Yaari. You are invited to experience the meditative and somewhat playful art of painting on silk with Elizabeth Yaari. All materials will be provided. **(Separate material fee). No experience necessary.** Your creations will turn into scarves, placemats, wall hangings and pillows. A new project will be completed in each class. Elizabeth Yaari is an artist and professional workshop facilitator. Her work during the last 15 years has been to empower individuals within groups to self-express and relate to one another using a variety of different art mediums including, but not limited to: film, rhythm, sound, meditation, movement, writing and visual art. Her preferred medium for visual art is silk painting. Please visit Elizabeth's website to see examples of her and her students' silk painting: [www.elizabethyaari.com](http://www.elizabethyaari.com)*



### **INTERMEDIATE FRENCH**

**Session 1 Dates:** March 9, 16, 23, 30; April 6, 13, 20; May 4

**Time:** 6:00 PM – 7:30 PM

**Session 2 Dates:** May 11, 18, 25; June 1, 8, 15, 22, 29

**Location:** High School Conference Room

**Instructor:** Martine Tawaji

*This class is NOT a beginner level class. Students will master basic conversation skills. We are now offering the option of two separate sessions. If you would like to attend both, please include a separate check for each session. Martine Tawaji is a native French speaker, law school graduate, experienced teacher and recipient of the 2005-06 Dowling College/News 12 Long Island Educator of the Month.*



## **ADVANCED FRENCH**

**Session 1 Dates:** March 9, 16, 23, 30; April 6, 13, 20; May 4

**Time:** 7:30 PM – 9:00 PM

**Session 2 Dates:** May 11, 18, 25; June 1, 8, 15, 22, 29

**Location:** High School Conference Room

**Instructor:** Martine Tawaji

*This class is addressed to students with a basic knowledge of French. We are now offering the option of two separate sessions. If you would like to attend both, please include a separate check for each session. Martine Tawaji is a native French speaker, law school graduate, experienced teacher and recipient of the 2005-06 Dowling College/News 12 Long Island Educator of the Month.*



## **HOME COOKING FOR YOUR DOG & CAT**

**Offered as a 2 hour one-time lecture**

**Choose a Date:** March 2, April 6, or June 1st\*

**Time:** 7:00 PM – 9:00 PM

**Location:** Community Center Board Room

**Instructor:** Christine Filardi

*It's the latest trend in pet food! Fresh and homemade is best! Learn how to easily make your own pet food and treats from Christine M. Filardi, certified in canine and feline nutrition. Creating a biologically appropriate diet for your dog or cat is her area of expertise. The health benefits are numerous when dogs and cats eat a species appropriate diet. Most importantly, pet owners see the elimination of many common health issues our pets face: allergies, joint problems, obesity, digestive upset, and behavior issues. For more information: [www.BowMeowRaw.com](http://www.BowMeowRaw.com) Ms. Filardi has published a cookbook: Home Cooking for Your Dog and also has a pet segment on the radio every Sunday night on WGBB AM1240 – the Halftime Howie Radio Show.*

*\*When registering, please indicate which date you will attend. Fees for this course ONLY are as follows: \$10 Cold Spring Harbor Residents; \$8.25 Cold Spring Harbor Senior Residents; \$11.25 for Non Residents.*

## **THURSDAYS**



## **VISUAL JOURNALING: THE SKETCHBOOK PROJECT**

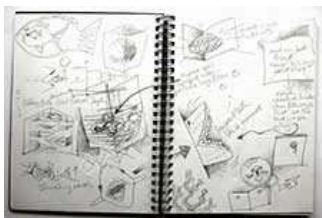
**Dates:** March 10, 17, 31; April 7, 14, 21; May 5, 12

**Time:** 6:30 PM – 8:30 PM

**Location:** High School, Room A11

**Instructor:** Janice Sztabnik

*Janice introduces you to the benefits of keeping a visual notebook of text and images, which reflect your continuing personal narrative and become a rich source of ideas that can be developed into art. No experience necessary. Bring unusual photographs, napkin sketches, love notes, writings, interesting colored and textured paper, a quality spiral sketchbook for water-based media, scissors, and glue. Janice Sztabnik is a former Graphic Designer and Art Director for leading NYC agencies and Fortune 100 corporations. She currently applies her conceptual interests and multimedia skills within her sketchbooks and oil paintings. As a frequent exhibitor, her work has been reviewed in Newsday and The New York Times. Her work has been published in Contemporary Art of Excellence 2016 and as a feature "In the Artist Studio" on Fios 1 TV. Visit Janice's website at: [janicesztabnik.com](http://janicesztabnik.com).*



## OUR MYSTERIOUS WORLD

**Dates:** March 10, 17, 31; April 7, 14, 21; May 5, 12

**Time:** 7:00 PM – 8:30 PM

**Location:** Community Center Board Room

**Instructor:** Victoria DeLaurentis

*Come and enjoy a class where we will explore various mysteries of our world. Some of the subjects to be discussed will be; Deja Vu, Near Death Experiences, Numerology, What your name means, Chakras, Crystals and Color. We will also explore different types of Meditation including a 5 minute open eye meditation which can be done anywhere! Victoria is a psychic medium who has studied and remained friends with John Amoroso PhD, a Psychologist and Author in Philadelphia, PA who also teaches and lectures at the Edgar Cayce Foundation in Virginia Beach, VA. She also was President of the CFA of CHSHS for 3 years.*

## TAI CHI

**Dates:** March 10, 17, 31; April 7, 14, 21; May 5, 12

**Time:** 7:30 PM – 9:00 PM

**Location:** Lloyd Harbor School, Little Theatre

**Instructor:** Richard Wos

*Come and experience the calming and meditative aspects of Tai Chi. All levels are welcome! Tai Chi is an ancient Chinese self-healing exercise, the therapeutic value of which has been acknowledged in China for thousands of years. In fact, it is the most popular health exercise in China today. Its primary purpose is to reduce physical and emotional tension. The movements enable the body to relax and let gravity melt away tension blocks. It is one of the safest methods known.*

## FRIDAYS



## RELAX AND RECONNECT WITH NATURE

**Dates:** March 11, 18; April 8, 15; May 6, 13, 20, 27

**Time:** 10:00 AM – 12:00 PM

**Location:** Community Center Board Room

**Instructor:** Elizabeth Yaari

*Don't have time to get away to Nature? In these 8 sessions with Elizabeth Yaari you will learn how to: immerse yourself and others in nature and enjoy its subtle soothing effects; relate to nature through creativity (meditation, writing, movement, photography and visual art); allow nature to nurture and feed you. Experience ways to resonate with particular aspects of beauty in nature and how this transforms our relationships with every living thing. Bring what you learn back to the comfort of your own home. No experience necessary. All materials will be provided. (**Separate material fee**). No experience necessary. Elizabeth Yaari is an artist and professional workshop facilitator. Her work during the last 15 years has been to empower individuals within groups to self-express and relate to one another using a variety of different art mediums including, but not limited to: film, rhythm, sound, meditation, movement, writing and visual art. Her preferred medium for visual art is silk painting. Please visit Elizabeth's website to see examples of her and her students' silk painting: [www.elizabethyaari.com](http://www.elizabethyaari.com) Quotes from previous students, "This was way WAY beyond what I thought it was going to be!" "To tell you the truth, I never knew my husband had that inside him. His work is really beautiful. Thanks for bringing this out in him. He enjoys your workshops so much"*





### **THE ART OF CHARCOAL AND PASTEL DRAWING**

**Dates:** March 11, 18; April 1, 8, 15; May 6, 13, 20

**Time:** 3:00 PM – 5:00 PM

**Location:** High School, Room A11

**Instructor:** Billie Westerlind

*All levels and abilities are welcomed. The process of creating art has been proved to release tension, stress and anxiety. Learn to smudge, sketch and blend your way to luscious drawings created with this versatile medium as you unwind. Technique, composition and supplies will be discussed and demonstrations will be provided. Experimentation with the art supplies is always encouraged. During this class we will be drawing from observation, sketching from a still life and working with photographs and magazine clippings. Please bring a newsprint pad (11X14 or larger), a kneaded eraser, a white eraser, a drawing pencil (#2 is fine) to the first class. Future supplies include colored pastel, black paper and compressed charcoal sticks. Billie Westerlind is a mixed media artist, painter and art educator. She places emphasis on process and the manipulation of materials in all that she does and teaches. As an art teacher for 17 years, Billie has been able to share her passion for the arts with children and adults during art classes and workshops at her art studio in East Northport and as a public school teacher and museum educator. Billie is a NYS Certified art educator with an art therapy background.*

### **BEGINNER MAH JONGG**

**Dates:** May 6, 13, 20; June 3

**Time:** 1:00 PM – 3:00 PM

**Location:** Community Center Board Room

**Instructor:** Cathy Crocetti

*Come join the fun! Learn to play this exciting Chinese tile game. Instruction will include mechanics of the game and strategies. No prior experience necessary. You are required to bring your 2016 National Mah Jongg League card, which can be obtained by visiting their website at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org), or calling 212-246-3052. **PLEASE NOTE: The fee for this class is ONLY \$40.00 for residents; \$32.50 for resident seniors; and, \$45.00 for non-residents.***

### **THE MAH JONGG CLUB**

**Dates:** June 10, 17, 24; July 1

**Time:** 1:00 PM – 3:00 PM

**Location:** Community Center Board Room

**Instructor:** Cathy Crocetti

*Come join your neighbors and friends to play this exciting tile game! Prior knowledge of the game is required. You are required to bring your 2016 National Mah Jongg League card, which can be obtained by visiting their website at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org), or calling 212-246-3052. **PLEASE NOTE: The fee for this class is ONLY \$40.00 for residents; \$32.50 for resident seniors; and, \$45.00 for non-residents.***



**We welcome the community to the following school events:**

- March 4: High School Comedy Night – 7:00 PM, PAC
- March 16 & 17: Lloyd Harbor Grade 6 Musical – 7:00 PM, LH Gym
- March 18 & 19: Jr. High Musical – 7:00 PM, PAC
- March 20: Jr. High Musical – 2:00 PM, PAC
- April 15: High School Fashion & Film Event – 7:00 PM, PAC
- May 11: Jr. High Spring Concert & Art Show – 7:00 PM, PAC
- May 12: LH Spring Concert, Grades 5 & 6 – 7:00 PM, PAC
- May 14: WSSPTG Talent Show – 7:00 PM, PAC
- May 24: WS Spring Concert, Grades 5 & 6 – 7:00 PM, PAC
- May 25: Senior High Spring Concert & Senior Art Exhibition – 7:00 PM, PAC
- June 3: HS Coffee House Jamfest – 7:00 PM, Jr/Sr. HS Lawn
- June 7: WS Spring Concert, Grade 4 – 7:00 PM, WS
- June 8: LH Grade 5 Musical – 7:00 PM, LH Gym
- June 15: LH 4<sup>th</sup> Grade Spring Concert – 7:00 PM, LH

**YOUR OPINION IS IMPORTANT TO US – PLEASE COMPLETE AND RETURN**

We welcome your ideas and suggestions about our Community Education Program. Please complete and return this suggestion form at your earliest convenience to the address indicated below. Thank you for your support!

Suggestions for new Community Education courses:

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Thoughts on the current program:

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Recommendations for improving the overall program:

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**COMMUNITY EDUCATION TEACHERS / NEW COURSES WANTED**

Do you have a skill or expertise that can be utilized in the Community Education Program? We are looking for interesting, new courses to offer and teachers to instruct them. If you or anyone you know has an idea for a course and/or would like to be an instructor, please complete the form below and return to the address indicated. Thank you!

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Course description you would like to instruct:

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Experience:

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Mail to: Cold Spring Harbor Central School District  
Francis Roberts Community Center  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724  
ATTN: Eleni Russell

**SPRING 2016  
COMMUNITY EDUCATION OFFERINGS  
General Information**

**FEES** (unless otherwise noted): **MAIL-IN only!**

**Cold Spring Harbor CSD Residents** - \$80.00

**Cold Spring Harbor CSD Resident Seniors** (60 years or older) - \$65.00

**All Non-Residents** - \$90.00

**PAYMENTS:** All checks must indicate an address, or proof of residency will be required (license, utility bill, etc.). **CASH will not be accepted.** Please be sure to register prior to attending class.

**ENROLLMENT:** On a first-received basis. Classes will be cancelled if minimum enrollment is not met, so please mail in your registrations promptly.

**ACCEPTANCE:** Please assume you have been registered unless otherwise notified.

**REFUNDS:** Fees will be refunded, upon request, **BEFORE** the beginning of the semester. Please note that we are unable to refund students for classes they are unable to attend.

Please complete the Registration Form below and mail with your check, **payable to Cold Spring Harbor Central School District**, to the following address:

***Cold Spring Harbor Central School District  
Francis Roberts Community Center  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724  
ATTN: Eleni Russell***

**Please refer to individual classes for dates, time and location.**

***Questions? Call Eleni Russell at (631) 367-5928,  
Monday through Friday, 9:00 AM to 4:00 PM.***

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Course Name(s): \_\_\_\_\_

\_\_\_\_\_

Session or Date (where applicable): \_\_\_\_\_

Check One: Resident \_\_\_\_ Senior Resident \_\_\_\_ Non-Resident \_\_\_\_

**Enclosed is a check (NO CASH) in the amount of \$\_\_\_\_\_.**