

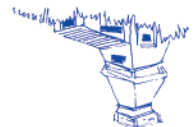
COLD SPRING HARBOR  
CENTRAL SCHOOL DISTRICT

# COMMUNITY EDUCATION

*Spring 2017*



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



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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 2017

### COMMUNITY EDUCATION OFFERINGS

#### MONDAYS

##### **PAINTING WITH PASTELS (All Levels Welcome!)**

**Dates:** March 6, 13, 20, 27; April 3, 24; May 1, 8

**Time:** 3:30 PM – 5:30 PM

**Location:** Cold Spring Harbor High School, Room A11

**Instructor:** Anne Gunthner

*Learn to create beautiful and vibrant pastel paintings in a positive and encouraging environment. Whether you are a new-comer or have used pastels before, this class will cover new and additional information to help you achieve that next level. We will cover the concept of value, chroma and intensity of color and how to determine what is the appropriate application for each painting whether it be still life, landscape or portrait. We will also cover basic design elements such as proportion, perspective, compositional balance, etc. Please bring the following supplies: A multi-colored pad of Canson basic pastel paper, no smaller than 9 x 12", A firm board to back your pastel paper with, A table easel with a drop cloth of some sort to put under your easel, variety of soft pastel colors (not oil), paper towels, masking tape or clips, and good reference photos to draw landscapes from. 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. Ms. Gunther currently teaches for The Village Artist in Huntington and The Teaching Studios of Oyster Bay.*

##### **BEGINNER BRIDGE**

**Dates:** March 27; April 3; May 1, 8, 15, 22; June 5, 12

**Time:** 4:00 PM – 6:30 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 21st 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.*

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

**Dates:** March 6, 13, 20, 27

**Time:** 6:00 PM – 9:00 PM

**Location:** Community Center Board Room

**Instructor:** Elizabeth Yaari

*Experience the meditative and somewhat playful art of painting on silk. Elizabeth Yaari is an artist and professional workshop facilitator. She empowers individuals within groups to self-express and relate to one another using a variety of 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. Quotes from workshop participants: "I love the feel of painting on silk. It's very freeing and the colors are so vibrant." "I feel like I am an artist when I paint on silk because the process you use to guide us allows me to just be myself." All materials will be provided. **(Separate material fee). No experience necessary.** Please visit Elizabeth's website to see examples of her and her students' silk painting: [www.elizabethyaari.com](http://www.elizabethyaari.com)*



## **COLLEGE KNOWLEDGE**

**Dates:** March 13, 20, 27

**Time:** 7:00 PM – 8:30 PM

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

**Instructor:** Jeanmarie Wilson

*Learn the Secrets of a Seasoned College Counselor! What parents absolutely, positively need to know about college admissions and about cultivating a great relationship with their children along the way! 3 week program. Week 1: How to Help Your Child Find a Great College Match: Factors of importance: i.e. major, location, setting, atmosphere, distance from home; College costs, financial aid process, how to find scholarships; Statistics that are crucial to know: retention rate, commuter rate, graduation rate, student-faculty ratio, merit aid percentage; College research tools. Week 2: The Nuts & Bolts of the College Application Process: Transcript, resume, essays, letters of recommendation; Types of applications; Application programs & deadlines; How to make your application stand out. Week 3: Fostering Your Relationship with Your Children during This Process; Respecting the Journey – Yours & Theirs: The difference between guiding/supporting and enabling/directing; Relationships and the shifting balance of power & responsibility; Acceptance & forgiveness in parenting. Jeanmarie Wilson, M.S. Ed., and author of Parenting from Your Soul, has been a high school counselor for 25 years and is a private college consultant at Your Journey To College. She is passionate about helping students find the best college match and helping parents create great relationships with their children along the way!*

**PLEASE NOTE:** The fee for this class is ONLY \$30.00 for residents; \$25.00 for resident seniors; and, \$34.00 for non-residents.

## **TUESDAYS**

### **FITNESS FUSION**

**Dates:** March 7, 14, 21, 28; April 4, 18, 25; May 2

**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 at local libraries. A former beauty, health and fitness editor for Self, Seventeen and Mademoiselle, she has a wealth of experience in the health and fitness industry.*

### **ADVANCED/INTERMEDIATE BRIDGE**

**Dates:** March 28; April 4, 18; May 2, 9, 16, 23, 30

**Time:** 4:00 PM – 6:30 PM

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

**Instructor:** Jo-Ann Damato

*This class will cover the new method of bidding "in the 20th Century". This method has been approved by the American Contract Bridge League: "Two Over One - One No Trump Forcing". Students must have a knowledge of bridge. This course will cover many conventions, play of the hand, and will be your doorway to Duplicate Bridge. 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 14, 21, 28; April 4, 18, 25; May 2, 9

**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**

## **INTERMEDIATE FRENCH**

**Session 1 Dates:** March 1, 8, 15, 22, 29; April 4\*, 6\*\*, 26

**Time:** 6:00 PM – 7:30 PM

**Session 2 Dates:** May 4\*\*, 10, 17, 24, 31; June 7, 14, 21

**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. \*Tuesday \*\*Thursday*

## **ADVANCED FRENCH**

**Session 1 Dates:** March 1, 8, 15, 22, 29; April 4\*, 6\*\*, 26

**Time:** 7:30 PM – 9:00 PM

**Session 2 Dates:** May 4\*\*, 10, 17, 24, 31; June 7, 14, 21

**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. \*Tuesday \*\*Thursday*



## THURSDAYS



### **BEGINNING AND INTERMEDIATE WATERCOLOR (All Levels Welcome!)**

**Dates:** March 2, 9, 16, 23, 30; April 6, 20, 27

**Location:** High School, Room A11

**Time:** 4:00 PM – 6:00 PM

**Instructor:** Anne Gunthner

*The key to taking the “fear” out of watercolor painting lies in knowing, within an acceptable range, what will happen when the brush touches the paper. In this class, the students will learn many watercolor application techniques through demonstrations and group exercises. This will include wet-on-wet, wet-on-dry, glazing, graded washes, lifting out, creating detail and texture as well as many other technical applications of the medium. Basic design elements (rhythm, balance, value, perspective, color theory, etc). will be emphasized and applied as well. We will also be working on several projects together as well as on our own. Please bring the following Supplies: Paper--Series 400 Strathmore Watercolor paper pad (14 x 16“ or similar); Watercolors (Winton & Newton Student or Professional Grade): Paynes Gray, Black, Alizaron Crimson, Cadmium Red, Cadmium Yellow, Ultramarine blue, Hooker or Sap Green, Yellow Ochre, Burnt Umber, Burnt Sienna and Opaque white gouache; Brushes: Synthetic Watercolor Brushes (Simply Simons is a good economically priced brush) Rounds: #2, #6 or 8, #12 or 14, Flat: 3/4” to 1”; Mixing Tray: Fairly large (to lay out colors and mix on); Liquid Masking Fluid (Friskit); Metal triangular Palette Knife; paper towels, small water bowl, Painters Tape. 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. Ms. Gunther currently teaches for The Village Artist in Huntington and The Teaching Studios of Oyster Bay.*



### **FOUNDATIONS OF BASIC DRAWING (All Levels Welcome!)**

**Dates:** March 2, 9, 16, 23, 30; April 6, 20, 27

**Location:** High School, Room A11

**Time:** 6:30 PM – 8:30 PM

**Instructor:** Anne Gunthner

*This class is for those who desire a strong, basic understanding of representational drawing/rendering and how to go about executing the subject’s likeness on paper. It is also for those who simply wish to strengthen their drawing skills (whatever level you may be at). We will cover light and shadow and rendering values to create form. We will also be discussing the importance of positive and negative shapes, composition, contour drawing and beginning perspective theory as well as the concept of value (a must when learning how to draw or paint!) Please bring the following supplies: Two Charcoal pencils (Brand: General’s HB medium); Kneaded Eraser; Strathmore Drawing Pad ( 14” x 17”); Blending Stump; Basic Pencil sharpener (not electric). 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. Ms. Gunther currently teaches for The Village Artist in Huntington and The Teaching Studios of Oyster Bay.*



## **NEWS LITERACY**

**Date:** March 16

**Time:** 6:30PM - 8:30 PM

**Location:** Cold Spring Harbor H.S. Library

**Instructors:** Joey Waters & H.S. students

*This interactive workshop emphasizes essential critical thinking skills for evaluating the reliability and credibility of information in our fast-paced media-driven society. This course is modeled after the Stony Brook University curriculum that has been featured in recent articles and is a snapshot of the course by the same name offered to Cold Spring Harbor High School students. Together, we will briefly explore the evolution of news, deconstruct news reports from various mediums, and examine critical concepts behind the exploding field of news literacy.*

## **COLLEGE KNOWLEDGE FOR STUDENTS WITH DISABILITIES**

**Dates:** April 20 & 27

**Time:** 7:00 PM – 8:30 PM

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

**Instructor:** Jeanmarie Wilson

*Learn the Secrets of a Seasoned College Counselor! What parents absolutely, positively need to know about college admissions for the student with special needs and about cultivating a great relationship with their children along the way! 2-week program. Week 1: Becoming knowledgeable about the college process for students with disabilities, applying for testing accommodations on the SAT & ACT, the differences between high school and college services & accommodations, disclosing a disability upon application – pros & cons, how to make your application stand out, how to apply for services at the college level, desirable traits for college success and how parents can help foster these, resources, books, websites, a sampling of colleges with strong supportive services. Week 2: Fostering your relationship with your children during the teenage years & beyond, respecting the journey – yours & theirs: the difference between guiding/supporting and enabling/directing, relationships and the shifting balance of power & responsibility. Jeanmarie Wilson, M.S. Ed., and author of Parenting from Your Soul, has been a high school counselor for 25 years and is a private college consultant at Your Journey To College. She is passionate about helping students find the best college match and helping parents create great relationships with their children along the way!*

**PLEASE NOTE:** The fee for this class is ONLY \$20.00 for residents; \$17.00 for resident seniors; and, \$25.00 for non-residents.

## **TAI CHI**

**Dates:** March 2, 9, 16, 23, 30; April 6, 20, 27

**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.*

## **YOUR PSYCHIC CONNECTION**

**Dates:** March 9, 16, 23, 30; April 6, 20, 27; May 4

**Time:** 7:15 PM – 8:45 PM

**Location:** Community Center Board Room

**Instructor:** Victoria DeLaurentis

*Victoria, a psychic medium, invites you to learn more about yourself through our weekly guided meditations followed by a message circle. Learn how connected you are to the world around you. Besides meditation, you will have the opportunity to use and learn about other tools such as a Pendulum, Angel and Animal Cards, Numerology and how to sharpen your own intuition. This class is limited in size and fills up quickly.*

## **FRIDAYS**



## **NATURE AWARENESS**

**Dates:** March 3, 10, 17, 24, 31; April 7, 21, May 5

**Time:** 10:00 AM – 12:00 PM

**Location:** Community Center Board Room

**Instructor:** Elizabeth Yaari

*Experience nature's subtle soothing effects and enjoy a renewed attentiveness to its rhythms, sounds, and movements through meditation, creative writing, and silk painting. Elizabeth Yaari is an artist and professional workshop facilitator. She empowers individuals within groups to self-express and relate to one another using a variety of different art mediums. Her preferred medium for visual art is silk painting. See [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." No experience necessary. All materials provided (**Separate material fee**). Workshops are held indoors.*



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

- March 7 & 8: Lloyd Harbor Grade 6 Musical – 7:00 PM, LH Gym
- March 9: Jr./Sr. High Jazz & Pops Concert – 7:00 PM, PAC
- March 24 & 25: Jr. High Musical – 7:00 PM, PAC
- March 26: Jr. High Musical – 2:00 PM, PAC
- March 31: High School Comedy Night – 7:00 PM, PAC
- May 12: WSSPTG Talent Show – 7:00 PM, PAC
- May 17: Jr. High Spring Concert & Art Show – 7:00 PM, PAC
- May 23: WS Spring Concert, Grades 5 & 6 – 7:00 PM, PAC
- May 24: Senior High Spring Concert & Senior Art Exhibition – 7:00 PM, PAC
- May 25: LH Spring Concert, Grades 5 & 6 – 7:00 PM, PAC
- June 1: HS Art Celebration “Night of the Living Museum” – 6-9 PM, PAC
- June 6: WS Spring Concert, Grade 4 – 7:00 PM, WS
- June 7: LH 4<sup>th</sup> Grade Spring Concert – 7:00 PM, LH
- June 14: LH Grade 5 Musical – 7:00 PM, LH Gym

**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  
c/o Dr. Lydia Bellino  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724

**SPRING 2017  
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  
c/o Dr. Lydia Bellino  
75 Goose Hill Road  
Cold Spring Harbor, New York 11724***

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

***Questions? Call Dr. Lydia Bellino at (631) 367-5912  
Monday through Friday, 9:00 AM to 3:00 PM.***

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

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

City: \_\_\_\_\_ State & 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 \$ \_\_\_\_\_.**



