

Portsmouth Community Education
Portsmouth Middle School
155 Parrott Avenue
Portsmouth, NH 03801

PRSR STD
US POSTAGE
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MAILFORCE

Portsmouth Community Education



Fall 2010
October 18 to December 23
603-431-5080 x444

New Programs:

- Heal Yourself / Heal Others
- Knit and Crochet Green
- Stories of Ernest Hemmingway
- Personal Mandala Meditation
- Staging Your Home for Sale
- German I
- How to Make Letting Go a Breeze
- Knitting Socks

Not School Sponsored

Where Would I Find?

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Directions to the Portsmouth Middle School

From Route 95 North or South: Take Exit 5 and continue to traffic circle.

At the Portsmouth Traffic Circle: Take Route 1 Bypass South (toward Beaches/Hampton). Follow road to the third set of traffic lights. Move into the left hand lane. Turn left onto Greenleaf Avenue (Dodge dealership is on the right). Continue straight after passing stop sign. Almost immediately, you will come to a set of traffic lights. Take a right at these lights onto **South Street**. Pass through one set of flashing yellow lights, and continue straight through the next traffic intersection (cemetery is ahead on the right). At the next flashing yellow light, take a left onto **Junkins Avenue**. Continue past the Portsmouth Municipal Complex located on your right. Travel over the causeway (water on both sides) and take your first left onto **Parrott Avenue**. The Middle School is a large brick building with a gold cupola. For directions from other locations, or for questions concerning the above directions, call 436-5781.

Portsmouth High School Veterans Diploma Program

If you are a veteran of World War II or the Korean War who left Portsmouth High School to enlist or were drafted into the service, and did not complete your high school education, you may now be eligible to receive your high school diploma under a new program established through the Portsmouth School Department. Qualified candidates may receive their graduation certification during the next ceremony held in June.

One requirement of this program is that all veteran candidates meet briefly with a Veterans Diploma Committee to share their experiences of leaving high school and joining the military.

If you know of an individual who qualifies for this program or if you would like more information, please contact the Superintendent of Schools at 431-5080. We ask that all requests for participation be made prior to June 1st of each year.

Welcome to the Portsmouth Community Education Program!

Portsmouth Adult Education is pleased to offer a wide variety of non-credit workshops and courses for the Fall 2010. No need to look very far, there's something here for everyone! If you have any questions concerning our classes, please call 431-5080 X444 and leave a message. Someone will return your call in a timely manner.

It is our intent to offer enrichment classes to the community covering a broad spectrum of interests. Our instructors are extremely knowledgeable in the areas they teach, and are dedicated to making this a positive learning experience for all who enroll. Classes are conveniently located at the Portsmouth Middle School and plenty of free parking is available.

If you are interested in taking a course that is not currently offered, please let us know and we will try to offer it in the future. If you have an area of interest, a hobby or a discipline that you would like to share with others, we would like to offer you the opportunity to teach. And, if there is any way you feel we can improve the adult education program, please let us know. We would love to hear from you!

Registration Information

Education and Enrichment courses are open to all adult members of the Seacoast community and neighboring towns. Children between the ages of 12 and 17 will be permitted to participate in our programs provided that they are accompanied by an adult who also registers and pays for the course.

Please register early, as class space is limited. It's easy to enroll. Just use the form on the back of the brochure, noting the courses or workshops you wish to attend. Mail the form along with your check or money order (no cash, please) to the office of Portsmouth Community Education, or drop it off at the main office of the Middle School from 8 am to 3 pm, Monday through Friday.

Class Information

Location: All classes are held at Portsmouth Middle School, Parrott Avenue, Portsmouth, New Hampshire.

Registration: Students are urged to register no later than one week prior to the start of a class. We do not accept registrations over the phone. You are registered for a class only when your full payment for tuition is received by the Community Education office. **Unless you hear otherwise from us, please assume you are registered.**

Course fees are due when registering. Checks or money orders should be made payable to Portsmouth Community Education. **Registration costs cover all materials fees as well as the course instruction fee.**

Refunds: Refunds will be issued only if a course is cancelled and students will be notified by Community Education if this is the case. If you do not hear from us, assume classes will be held as planned. **Refunds will not be issued for students who register for a class, but then do not attend.** If you need to cancel your registration and notify us more than one week prior to the class start date, a refund will be issued.

Cancelled Classes: Because we are a non-profit organization, it may become necessary to cancel classes due to inadequate enrollment. You can help to avoid this disappointment by sharing information about classes with friends and family, and by registering early. If a class is cancelled, registered students will be notified by phone and a full refund will be mailed within 2-3 weeks.

Inclement Weather: We follow the Portsmouth School System cancellation schedule. **If school is cancelled for day students, you may assume that evening classes will also be cancelled.** Announcements will be made on the following local radio stations: WHEB, WERZ, WBZ, WOKQ, COOL 95.3, WTSN, WEVO, and WSTG.

Rockingham Community Action Portsmouth Adult Basic Education Program

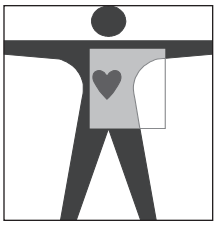
Classroom instruction for learners 18 years and older in need of adult basic education (ABE) literacy skills in reading, writing and math; pre-GED and GED preparation; or English for speakers of other languages (ESOL) is offered by Rockingham Community Action.

ABE/GED Prep Classes: Tuesdays, Wednesdays & Thursdays 9:00am – 12 noon and Tuesday & Thursday 5:30-8:30 pm.

English Classes: Level 1 Day Class Tuesdays & Thursday 9:00 am – 12 noon; Level 2 Day Class Wednesday & Fridays 8:45-10:45 am; Afternoon Class Wednesdays 12:00-2:00 pm; Evening Class Tuesdays & Thursdays 5:30-8:30 pm

All classes are held at the Community Campus, 100 Campus Drive, Portsmouth (near Water Country) from September through May each year. ABE and English classes are free. GED Prep scholarship support available. Limited childcare during class time.

Call to set up registration appointment, (603) 422-8233 or adulthoodeducation@rcaction.org.



Health, Fitness and Well Being

HEAL YOURSELF/HEAL OTHERS

Erica Rock

In this four-week class you will be introduced to an energy that you can use to heal yourself and others at all levels: physical, emotional and spiritual. This class is Reiki and BEYOND. Energy includes the Reiki spectrum and a much more expanded spectrum that is inclusive to all healing modalities. This class is particularly helpful for global healing in this critical time of rapid shifting of the planets. A \$36 materials fee has been included in the registration price.

Wed. – October 27 to November 17 – 4 weeks

Rm 223, 6:30 – 9:00pm – \$115

THE MAGIC OF MUSCLE TESTING

Ginger Bisplinghoff

The only source of information about YOU ... is YOU! Learn about the biofeedback tool called Kinesiology or muscle testing, which makes it possible to identify and release emotional stress and negative beliefs. Experience a simple, powerful, self-help technique called FEEL, WANT, WILLING. Discover the Behavioral Barometer, a unique tool for identifying emotional patterns. A materials fee of \$3 has been included in the registration fee.

Wed. – November 3 – 1 Night

Rm 307, 6:00 – 8:30pm – \$22

IT'S IN YOUR FACE

Ginger Bisplinghoff

Your face contains all the information needed to understand who you are, how you relate to others, and how others “see” and respond to you. This workshop will provide an understanding of 10 facial features as they relate to your personality, and ultimately to your relationships. The instructor will also discuss how this information is useful in gaining valuable perspectives when dealing with people, based on facial features. A materials fee of \$3 has been included in the registration fee.

Tues. – November 9 – 1 Night

Rm 307, 6:00 – 8:30pm – \$22

TAKING CONTROL OF YOUR STRESS

Audrey DeMichele

Is stress taking its toll on your physical and mental health? Many people suffer from stress induced headaches, stomach ailments, and back problems. Learn to stop anticipating negative outcomes, blaming yourself for other people's actions, or always needing to be perfect. Take control of your stress by learning practical relaxation and stress management techniques that can be used anywhere. You will learn breathing techniques to reduce physical and emotional tension. You will also learn how to regain inner balance, to increase your energy and to create an overall calm. Give yourself the gift of this class... you deserve it.

Mon. – October 25 – 1 Night

Rm 307, 6:30 – 8:30pm – \$20

ADULT ADD/ADHD: COUPLES AND RELATIONSHIPS

Robin Bellantone

This two-part course is especially for adult ADD partners, couples, friends and relatives where one or both people in the relationship have attention deficit disorder. ADD is a biologically based difference in processing, prioritizing, and acting on information. Attention differences affect communication, decision-making, intimacy, time management, and how we see ourselves and the world. ADD/ADHD adults can be inventive, intelligent, spontaneous, resourceful, creative and full of ideas. But they often struggle with distraction, disorganization, impulsivity, procrastination, perfectionism, keeping track of time, structure and understanding and being understood by others who see the world differently. Whether ADD is viewed as a difference, a disability or a gift, depends on knowledge, good communication skills and the right kind of structure and support. This two-part course addresses common ADD-related situations faced by both ADD and non ADD partners. Both sessions provides real life examples of ADD strengths and challenges, and how to address concerns with respect, appreciation and good humor. Each session is a combination of lecture, hands on experiences and plenty of time for Q & A. Part 1 includes an overview of adult ADD and communication/personality styles. Part two provides additional time for reflection on specific examples, strategies and resources. It is recommended that all registrants attend both sessions. While it is preferred for both individuals to attend, solos are welcome.

Wed. – October 27 & November 3 – 2 Nights

Rm 311, 6:00 – 8:30pm – \$40

THE SACRED CIRCLE: AN INTRODUCTION TO THE MANDALA

Kate Zamarchi

Traditionally, Mandalas have been used as a meditation tool for focusing attention, establishing a sacred space and gaining balance within from the energetic images and symbols. In this course, find out what a Mandala is and how cultures all over the world use them. Explore why they work. A short guided meditation will be done as part of this session. Leave with your spirit illuminated!

Tues. – November 2 – 1 Night

Chorus Rm, 6:30 – 8:00pm – \$20

MANDALA MEDITATION SERIES – SIX WAYS TO INCORPORATE THE MANDALA INTO YOUR DAILY LIFE!

Kate Zamarchi

Personal Mandalas express your inner wisdom – illuminating your spirit and help bring you back to center! They can express joy, gratitude and spiritual and emotional healing for yourself and others. In this six-week course, participants will learn the process to create illuminated mandalas. I invite you to join us for an informative creative workshop series. Guided meditations will take you on a beautiful journey into your own psyche, and from this place your mandalas will spring forth. Even those who think of themselves as non creative will be amazed at what is expressed through them. No art experience is necessary. A material fee of \$12 has been included in the registration.

Tues. – November 9 to December 14 – 6 weeks

Chorus Rm, 6:00 – 8:30pm – \$120

NATURE AS HEALER – MANDALA MEDITATION

Kate Zamarchi

Take a walk, observe the nature around you. Observe the Mandala found in so many things in nature ... the sun, the moon, flowers, tree rings, stones ... feel the energy of Nature replenish your spirit! The Sacred Circle – the Mandala is all around you. Feel your Spirit connected to Nature – we are all a part of Mother Earth. In this course you will learn to create a personal illuminated mandala through instruction and guided meditation. Focus will be on the healing aspects of nature. No art experience is necessary. A materials fee of \$8 has been included in the registration fee.

Tues. – October 19 – 1 Night

Chorus Rm, 6:00 – 8:30pm – \$27

JOURNALING YOUR JOURNEY USING THE MANDALA

Kate Zamarchi

If you journal or not – this course will teach you a technique of creating a personal illuminated mandala as part of a journaling process. It will add symbolic illustration in expressing your inner journey. Participants will create a personal illuminated mandala through instruction and guided meditation. Will also include guidance in journaling, using the mandala. No art experience is necessary. A materials fee of \$8 has been included in the registration fee.

Wed. – November 3 – 1 Night

Rm 306, 6:00 – 8:30pm – \$27

PERSONAL MANDALA MEDITATION

Kate Zamarchi

Creating mandalas will help you become centered and at peace. The subtle body (chakras) is a rainbow spectrum of light, offering creative potential for experiencing healing and wholeness. The energy from the symbols and colors used in the mandala will change in vibration within the chakras bringing healing energy – returning to inner lightness. In this course, you will learn to create a personal illuminated mandala through instruction and guided meditation. No art experience is necessary. A materials fee of \$8 has been included in the registration fee.

Wed. – November 10 – 1 Night

Rm 306, 6:00 – 8:30pm – \$27

LIVING WITH AN ATTITUDE OF GRATITUDE: A MANDALA TECHNIQUE

Kate Zamarchi

Create Thank You for the Moment Mandalas. Practice thankfulness in your Daily Life – no matter where you are – look around and see the beauty of your surroundings and being awake and alive. Participants will create a personal illuminated mandala through instruction and guided meditation – focusing on gratitude in the moments of life. No art experience necessary. A materials fee of \$8 has been included in the registration fee.

Wed. – November 17 – 1 Night

Rm 306, 6:00 – 8:30pm – \$27

LEARNING TO LET GO: MANDALA MEDITATION RELEASE

Kate Zamarchi

Rituals have been used since the dawn of time – to let go and release. Create a Mandala of what you are willing to release or what you may have an unhealthy attachment to. In this class, participants will create a personal illuminated mandala through instruction and guided meditation – focusing on releasing and cleansing of their spirit within. Session will include a process to psychically let go and release. No art

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NOVEMBER 11, NOVEMBER 24 & 25**

REGISTRATION REMINDER:

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experience is necessary. A materials fee of \$8 has been included in the registration fee.

*Wed. – December 1 – 1 Night
Rm 306, 6:00 – 8:30pm – \$27*

GIFTING MANDALA

Kate Zamarchi

Emotional and Spiritual healing can occur when the flow of unconditional love deep within everyone is experienced and shared. In this class, participants will create a Mandala for another individual with a positive intention. Instruction and guided meditation will be part of the creative process. Participants will leave with a framed Mandala ready for gifting! No art experience is necessary. A materials fee of \$8 has been included in the registration fee. In addition, students will need to provide a matt and frame for 8"x 8" art.

*Wed. – December 8 – 1 Night
Rm 306, 6:00 – 8:30pm – \$27*

SELF-HELP FOR NECK, BACK, JOINTS & MORE

Staff of Lighthouse Physical Therapy

Easy to learn and simple to use therapy techniques anyone can apply for themselves, friends and family members. Treatment techniques will be presented to address joint pain, spinal pain, headaches, respiratory problems, and digestive issues. Each session will include class participants applying what they have learned on each other in small, supervised groups. Wear loose, comfortable clothing to class.

*Wed. – October 20 to November 3 – 3 Nights
Caf, 6:30 – 8:30PM – \$50*

HEARTSAVER FIRST AID

Gail Klanchesser

This American Heart Association course teaches basic First Aid principles and what to do in the first few minutes of an illness or injury until advanced help arrives. This is an OSHA approved workplace course. First Aid cards will be issued following successful completion of the program. A material fee of \$5 has been included in registration costs.

*Wed. – November 10 – 1 Night
Room 307, 6:00 – 9:00pm – \$26*

HEARTSAVER AED

Gail Klanchesser

In this American Heart Association course students will learn CPR, how to use an Automated External Defibrillator (AED) and relief of choking in adults and children, as well as use of barrier devices. CPR cards will be issued after successful completion of the course. This program is physical and hands-on. Students should dress comfortably and bring a pillow or blanket to kneel on. Any student who may have difficulty with the physical aspect of CPR should contact the instructor prior to the course for accommodations. A materials fee of \$11 has been included in the registration fee.

*Wed. – November 17 – 1 Night
Room 307, 6:00 – 9:00pm – \$33*

TAI CHI FOR HEALTH

Thomas Kennedy

Tai Chi is an ancient, internal martial art. Students in this class will learn a series of slow, graceful movements designed to increase flexibility, balance, attitude, relaxation, and to generally improve health and well being. These safe, easy stretches help reduce stress, and are a great exercise by themselves, or can serve to enhance your existing exercise program. This class is suitable for adults of any age or skill level. Participants need to dress comfortably.

*Wed. – October 20 to December 15 – 8 weeks
Chorus Room, 6:30 – 7:30pm – \$60*

THE HEALING POWER OF FLOWER ESSENCES

Ginger Bisplinghoff

Flower essences are wonderful gifts from nature that help us to heal and strengthen our energy system when it is out of balance. In this workshop students will learn what flower essences are, how they work and how to use them. Each participant will receive an Australian Bush Flower Essence to take home. A material fee of \$5 is included in the registration fee.

*Tues. – October 26 – 1 Night
Rm 108, 6:00-8:30pm – \$25*

Business & Financial Workshops

THE BASICS OF SELLING ON E-BAY

Bobbi Miller

Do you have too much "stuff" at home? Want to make some extra cash? This authorized E-Bay course will teach you how to successfully sell on E-Bay. The course will take you through signing up with E-Bay and Paypal, writing a great E-Bay description, taking winning photos and shipping professionally once an item has sold. Taught by an authorized E-Bay Education Specialist. A materials fee of \$15 has been included in the registration fee.

*Mon. – December 6 and 13 – 2 Nights
Rm 306, 6:00 – 9:00pm – \$90*

COMPLETE GUIDE TO RETIREMENT PLANNING

John Spita

This information-rich seminar will introduce the student to the concepts and practices that will help them spend their retirement comfortably and in control of their finances. This workshop will explore a conservative approach to wise money management, as well as help identify life-style issues facing retirees. Participants will learn to seek maximization of income and receive more from investments, Social Security and retirement plans. The course will also show how to protect hard earned assets from erosion due to inflation and the possible cost of long-term health care. At the conclusion of the course, each participant will have evaluated their individual retirement progress.

*Tues. – November 9 to November 30 – 4 weeks
Rm 108, 6 – 8:30pm – \$75*

GOING BACK TO WORK: INSPIRING STRATEGIES FOR COMEBACK MOMS

Andrea St. Jean

Deciding on that first job after staying home with children is both exciting and challenging. Do you want to do what you did before? How do you find work that fits into your kid's schedule? What are you qualified to do after taking years off? Jump-start your job search by joining other moms for an exciting workshop that unites personal assessment with an overview of current job search techniques and hiring practices. The instructor is a Career Counselor and Certified Career Coach.

*Thurs. – November 4 – 1 Night
Rm 307, 7:00 – 8:30pm – \$20*

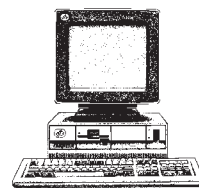


FINDING THE WORK YOU LOVE

Andrea St. Jean

Are you at a career crossroads? Are you bored, dissatisfied, or unfulfilled in your current profession but unsure of what to do next? You are not alone. You can find a career that is rewarding by understanding your heart's desires, uncovering opportunities in the marketplace, and approaching a career change systematically. This dynamic workshop will challenge students to clarify values, talents, motivators, and personal type by examining life experiences and using the latest career assessment tools. It's difficult to be without direction. Come discover a career path – and a life – that feels in harmony.

*Mon. – October 18 & 25 – 2 Nights
Rm 311, 7:00 – 8:30pm – \$25*



Computer Courses

INTRODUCTION TO MICROSOFT WINDOWS

Lisa Horn

In this workshop, students will learn to handle the basic features of the Windows XP environment. Students will practice working with the "Desktop", opening, moving and resizing windows, using the taskbar and creating shortcuts as well as get an introduction to file management. Several Windows programs & customization options will also be explored. Basic mouse and keyboard skills are the only prerequisite for this class. A materials fee of \$10

REGISTRATION FORM IS ON BACK PAGE. NEED ANOTHER REGISTRATION FORM?

**Visit us at www.cityofportsmouth.com, and select School Department.
All registration fees include materials costs. No need to bring your checkbook to class!**

has been included in the registration fee. ****NOTE: This is a Windows XP environment. Windows VISTA & Windows 7 are NOT covered.****

*Tues. – October 26 & November 2 – 2 Nights
Rm 216, 6:00 – 8:00pm – \$50*

LEARNING MICROSOFT WORD

Lisa Horn

This course is designed for people who are familiar with Microsoft Windows and want to use their computer to create basic letters and memos. Word processing techniques using Microsoft Word will include:

- Opening, closing, saving and printing files
- Document navigation and text selection
- Formatting text & paragraphs
- Creating a new document – from scratch & using a template
- Plenty of Timesavers & Shortcuts

PREREQUISITE: students must have taken an Intro. to Windows class (or have equivalent knowledge) prior to taking this course. Although PC's are used in class, the class content is suitable for Mac users. If you are a Mac user and have a laptop, feel free to bring it instead of using the PC. A \$10 materials fee has been included in the registration fee. Students must provide their own USB Thumbdrive. ****NOTE: Office 2007/2010 is NOT covered. Class is most suitable for users of Office 2000, XP or 2003 or their Mac equivalents.****

*Tues. – November 9 & 16 – 2 Nights
Rm 216, 6:00 – 8:30pm – \$50*

GETTING CONTROL OF YOUR PC

Lisa Horn

This course is designed to help the student understand and control their PC better and protect themselves on the Internet. Topics include:

FILE MANAGEMENT: controlling where files go and finding them later; creating folders and subfolders; renaming, moving, copying and deleting files

DE-CLUTTERING THE DESKTOP: understanding which icons can be safely removed; using Quick Launch; renaming and arranging icons

MAINTAINING YOUR PC: running updates and scans to keep your PC running smoothly

TOOLS & TIPS for practicing “safe surfing” including an overview of antivirus, antispyware and firewall software options

TAME YOUR INBOX: what you can do to reduce the spam and not fall prey to Phishing schemes

Q & A: opportunities for you to get your Windows/PC/Internet questions answered

PREREQUISITE: Intro. to Windows class or equivalent knowledge. A \$10 materials fee has been included in the registration fee. Students must provide their own USB Thumbdrive. **** NOTE: This is a Windows XP environment. Windows VISTA and Windows & are NOT covered.****

*Wed. – November 3 & 10 – 2 Nights
Rm 216, 6:00 – 8:30pm – \$50*



Languages

CONVERSATIONAL SPANISH I

Evelyn Greenlaw

Have you ever wanted to learn one of the most popular and frequently spoken languages around the globe? Planning on visiting a Latin speaking country on vacation this year? This course is ideal for students with little or no Spanish background, who wish to learn the language for travel or conversational purposes. Participants in this workshop will learn to communicate through basic grammar and simple vocabulary, necessary to introduce yourself and carry on a logical conversation. The text, Spanish in Ten Minutes a Day must be purchased prior to the first class. The book may be purchased at Barnes & Noble or online at Amazon.com.

*Wed. – October 20 to December 1 – 6 Weeks
Rm 312, 6:30 – 8:30PM – \$90*

LEARN ITALIAN I

Egizia Brown

This course is for those who would like to learn some basic Italian. No prior knowledge of the language is required. Class will use the text Learn Italian and teacher generated materials. The course will consist of grammatical lessons, as well as learning to get along as a tourist in Italy. Texts will be available for purchase from the instructor at the first class.

*Mon. – October 18 to December 13 – 9 Weeks
Rm 308, 5:30 – 7:30pm – \$135*

LEARN ITALIAN II

Egizia Brown

This course will finish the text Learn Italian, and will begin where the previous class finished. The class will concentrate on getting along comfortably in Italy and being able to carry on a conversation with others. Prerequisite to this course is Learn Italian I. Some knowledge of grammar will be expected and built upon. Texts will be available for purchase from the instructor at the first class.

*Mon. – October 18 to December 13 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135*

LEARN ITALIAN III

Egizia Brown

In this course students will speak entirely in Italian, with topics of discussion to be picked by consensus of class and/or teacher. This class is for the advanced student or one who has completed both Learn Italian I and II. Please bring an Italian dictionary to class. This is an excellent class to test newly acquired language skills or to improve on conversation. Texts will be available for purchase from the instructor at the first class.

*Tues. – October 19 to December 14 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135*

LEARN ITALIAN IV

Egizia Brown

This course is for students who would like an advanced lesson in Italian grammar. The text Prego will be used in addition to teacher generated materials. Students enrolled in this class should have previously taken Learn Italian I and II. Texts will be available for purchase from the instructor at the first class.

*Tues. – October 19 to December 14 – 9 Weeks
Rm 308, 5:30 – 7:30pm – \$135*

GRAMMATICAL ITALIAN

Egizia Brown

This course was created for students who want to expand their knowledge of the Italian language in the areas of verb conjugation, study of tenses, structural components, grammar, and idioms. This course is suitable for the beginner as well as the more advanced students. No preliminary Italian is necessary. Much of the class time will be spent studying the written word, although there will be some verbal dialogue involved. Texts will be available for purchase from the instructor at the first class.

*Wed. – October 20 to December 22 – 9 Weeks
Rm 308, 5:30 – 7:30pm – \$135*

TRAVELING ITALIAN GRAMMAR & PHRASES

Egizia Brown

This course was created for students who are looking for some conversation, information about the language, and tourist necessities. No books will be used in this workshop. Instead, the instructor will provide handouts, language instruction, geography lessons, and personal stories regarding Italy and its attractions. No previous language experience is necessary. So if you are planning a trip or just wish to find out more about this beautiful locale, this is the class for you. Texts will be available for purchase from the instructor at the first class.

*Wed. – October 20 to December 22 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135*

INDONESIAN LANGUAGE (BAHASA), ARTS AND CULTURE

Sandra Pontoh

This class is designed for the beginner and will introduce students primarily to the language known as “Bahasa” and a little bit of art and culture of Indonesia. At the end of the course, the student should be able to introduce him/herself and use Bahasa in situations such as making an appointment, telling time, shopping, asking and giving directions and so forth. There will be games, songs, music, dances, small discussions and writing exercises.

*Mon. – October 25 to December 13 – 8 weeks
Rm 312, 7:00 – 9:00pm – \$125*



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LEARN FRENCH I

Marco Brucher

This course is designed primarily to familiarize participants with everyday situations and conversations they might encounter while travelling or living in France for a short time. It is designed for both beginners or those who have a basic knowledge of the language. The emphasis will be on oral communications, as well as understanding the cultural contexts within which this communication takes place. Exercises and activities will be designed to help participants maximize their exposure to the French language and cultural experience, as well as gain an understanding of contemporary French society. Students should purchase the text: Learn French the Fast & Fun Way, which is available at Barnes & Noble. A materials fee of \$15 has been included in the registration fee
Tues. – October 26 to December 14 – 8 weeks
Rm 312, 6:00 – 8:00pm – \$135

BASIC GERMAN I

Marco Brucher

This course is designed for students who have little or no knowledge of German. It will focus on basic vocabulary and phrases needed for travelling in a German speaking country or just to speak with a German friend. Emphasis will be placed on understanding the cultural context, as well as practical information needed for travelling in Germany, Switzerland and Austria. Students should purchase the text: Learn German the Fast & Fun Way, which is available at Barnes & Noble. A materials fee of \$15 has been included in the registration fee.
Thurs. – October 21 to December 23 – 8 weeks
Rm 312, 6:00 – 8:00pm – \$135

Special Interests

STAGING YOUR HOME FOR SALE

Pauline Maloney

If you are in the market to sell your home, then this course may hold the key to your success! In this one-night program you will discover the secrets of attracting more buyers, selling in half the time of other comparable properties, while making 7% more than average market price. The instructor offers practical tips, before and after examples and an opportunity to mock stage a home.

Tues. – October 26 – 1 Night
Rm 311, 6:30 – 8:30pm – \$20

IMPROVE YOUR ON-LINE DATING CHANCES

Steve Penner

Have you tried on-line dating and been frustrated by your lack of success? Or are you considering dipping your toes into the “on-line” world? Dating Coach Steve Penner has worked with thousands of singles, helping them to improve their chances of meeting people. He will provide valuable inside tips on how to write an on-line profile that captures the attention of the type of person you would like to meet. He will also provide important insights on how to successfully follow-up and eventually meet and date someone special. Steve was the founder and co-owner of the Boston-based dating services LunchDates for 23 years, coaches singles all over the country and is the

author of the book “The Truth about Dating Revealed: How to Realize and Raise Your Dating Quotient.”
Tues. – October 19 & 26 – 2 Nights
Rm 307, 6:30 – 8:30pm – \$32

THREE KEY STEPS TO REALIZING MIRACLES IN YOUR LIFE EVERYDAY

Maggie McCauley

What is your miracle? Are you ready to receive it? Miracles are not magic or for the more fortunate or only occur out of tragedies. You have the ability to realize a miracle everyday and you will learn how to activate it in this class. Come to the class, ignite your spirit and reconnect with the power of miracles!

Tues. – October 26 – 1 Night
Rm 305, 6:00 – 8:00pm – \$20

HOW TO MAKE LETTING GO OF STUFF A BREEZE

Maggie McCauley

Are you overwhelmed by too much stuff? Do you need the space in your home but can't let go because it's too emotional? Learn what's behind the struggle and find the strength to move forward with ease and grace. Receive practical tips and techniques. Bring something to the class and experience the process of letting go of it.

Thurs. – October 21 – 1 Night
Rm 307, 6:00 – 8:00pm – \$20

SPEEDY SODOKU

Jack Feeney

Do you like numbers? Do you enjoy the challenge of a puzzle? Can one really learn a puzzle solution strategy? A Speedy SODOKU workshop will allow you to develop strategies for a SODOKU puzzle solution without having to suffer the drudgery of multiple trial and error attempts. A material fee of \$4.95 includes the book Speedy SODOKU, written by the course instructor.

Tues. – October 26 – 1 Night
Rm 306, 6:30 – 8:30pm – \$20

REDUCE YOUR HOME ENERGY COSTS

Ron Sauve

There are many things you can do to lower the energy costs in your home. Learn how to treat your home as a system and ways you can make it work more efficiently to save you money. The instructor brings years of experience in building and remodeling with particular emphasis on energy conservation and green building design. He tailors his seminar to the needs of the participants and everyone present will qualify for a free Home Energy Evaluation. A materials fee of \$2 has been included in the price.

Mon. – December 6 – 1 Night
Rm 101, 6:00 – 9:00pm – \$25

LEARN TO PLAY THE HARMONICA

Mike Rogers

This is a fun – filled class for the whole family! In one night, participants will learn how to play a song, various instrument techniques, and a little blues history on the harmonica. The instructors have been teaching and performing for over 30 years. He will happily introduce students eight years old and older to this delightful instrument. Course fee includes price of instrument as well as instruction. This night promises to be fun, fun, fun!

Wed. – November 10 – 1 Night
Rm 108, 6:30 – 8:30pm – \$30

BALLROOM & SWING DANCING

Karen Landry of Just Dance

Have you been to one too many social functions and promised yourself you would learn how to dance? Well, now is the time to learn the fundamentals of American/Social Ballroom dancing. Introduces beginner level Foxtrot, Waltz and Swing. Each class will adapt to the overall class ability. (Will be offering Beginner Level 2 in the Spring.) These classes will give you the courage to get out on the dance floor and enjoy yourself!



Mon. – October 18 to November 22 – 6 Weeks
Cafeteria, 6:00 – 7:00 pm – \$48 (per person)

LATIN DANCING

Karen Landry of Just Dance

Come learn the latest Latin dance moves, straight from the Caribbean. Introduces Meringue, Rhumba, Salsa and Bachata, and it gets you moving!!! Also taught in this class will be the basics to the Meringue, which is a simple eight count dance, and a dance that is a mixture of the Latin dances, the Salsa, which simply means hot and sassy!!! Each class will adapt to the overall class ability. (Will be offering Beginner Level 2 in the Spring.)

Mon. – October 18 to November 22 – 6 Weeks
Cafeteria, 7:00 – 8:00pm – \$48 (per person)

BOATING SKILLS & SEAMANSHIP

U.S. Coast Guard Auxiliary

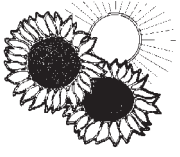
This course is a comprehensive course designed for both the experienced and novice boater. This 13th edition features all new, full-color graphics and updated text. To meet NASBLA requirements, Chapters 1 to 8 and Appendix A are taught with the addition of your state's specific boating laws. The following topics are covered: 1. Which Boat is for you; 2. Equipment for your boat; 3. Trailing; 4. Handling your boat; 5. Highways signs; 6. Rules you must follow; 7. Inland boating; 8. Boating safety. Students should bring a notebook and pencil to class. A materials fee of \$25 has been included in the registration.

Mon. – October 25 to December 13 – 8 Weeks
Library, 7:00 – 9:00pm – \$65



**REGISTRATION FORM IS ON BACK PAGE.
NEED ANOTHER REGISTRATION FORM?**

**Visit us at www.cityofportsmouth.com, and select School Department.
All registration fees include materials costs. No need to bring your checkbook to class!**



Personal Growth and Enrichment

FALUN GONG

Marcus Gale

Falun Gong is an advanced chi-gong (energy) system originating in ancient China. It promotes energy flow in the body through five simple, easy to learn exercises. Practiced in over 60 countries worldwide, Falun Gong can improve the quality of life through increased physical energy and mental clarity. This introductory class will provide a brief overview of the system, plus a demonstration of the exercises.

Tues. – November 16 – 1 Night

Caf, 6:30 – 8:30pm – FREE

(Students must pre-register for class)

STORIES OF ERNEST HEMINGWAY

John Robinson

Have you ever dreamed of living in Paris and writing stories that will be read and cherished for generations? This course consists of reading and discussing the short stories of a modern master who did just that: Ernest Hemingway. Discussion questions will be chosen each week for selected stories, and specifics from the author's incredible life – along with colorful anecdotes from the Lost Generation of the 1920's Left Bank Paris – will also be included to enhance understanding, appreciation, and enjoyment. For anyone who loves writing and reading, this class is "a moveable feast." Students need to purchase the text:

The Complete Stories of Ernest Hemingway.

Tues. – October 26 to December 7 – 7 Weeks

Library, 5:30 – 7:00pm – \$75

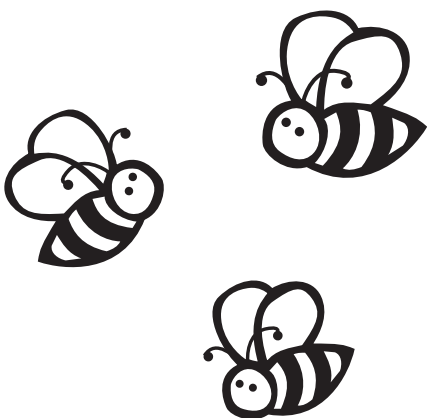
HONEYBEE KEEPING FOR FUN AND PRODUCT

Benjamin Potter

What's the buzz about Bee Keeping? Well, in this one night workshop, participants will learn all there is to know about hive functions and activities, the hierarchy of the queen bee, and the steps necessary to get started with this unique and fun hobby. The instructor will discuss the supplies and expense of getting set up; four season hive maintenance; multiple hive management; and the nuances of collecting the honey. In addition, the instructor will share amusing anecdotes from his vast years of experience in bee keeping and tips for enjoying this hobby.

Mon. – November 1 – 1 Night

Rm 311, 7:00 – 9:00pm – \$20



TAKING CHARGE OF YOUR TIME

Maggie McCauley

There's no time to waste and there's no time like the present to put time on your side! Are you a slave to the clock, always feeling behind, running to catch up and frustrated because there's no time left for you? You'll learn the secrets to overcoming procrastination, perfectionism and distractions and be able to implement practical and effective tools that will have your family in control. Isn't it time?

Thurs. – November 4 – 1 Night

Rm 311, 6:00 – 8:00pm – \$20

Craft & Cooking Workshops

KNITTING SOCKS

Jean Bitomski

Come learn how to knit a pair of socks! This wildly popular winter accessory makes a great gift or can keep you warm in the cold, snowy months ahead. A standard pattern for the socks will be available, but if you want to bring your own pattern please feel free to do so. In addition, students should come to class with: 100 gram sock yarn (sock or sport weight yarn), size 2 to 3 US double pointed needles, scissors and a yarn needle. Prerequisite: Basic Knitting course and/or ability to knit and purl.

Mon. – November 22 to December 13 – 4 Weeks

Rm 108, 6:00 – 8:00pm – \$64

CHRISTMAS COOKIES

Suzy Gagnon

Do you enjoy Christmas cookies but don't have time to buy ingredients and bake? Maybe you don't want to make a mess in your kitchen. If so, this is the class for you! Participants will work together in this hands on class to bake and sample a variety of cookies and treats, including such delights as chocolate cranberry biscotti, candy cane melt-a-ways, choco-peanut butter truffles, gingerbread reindeer and many more. Each participant will leave class with a tray of dozens of cookies to enjoy or share, and a packet of recipes. Bring a friend and an apron! A material fee of \$15 is included in price.

Mon. – December 13 – 1 Night

or Wed. – December 15 – 1 Night (please specify)

Rm 224, 6:00 – 9:00pm – \$40

A WATERCOLOR WORKSHOP: SEASCAPES

Marina Forbes

This introductory 3-hour watercolor class is a hands-on step-by-step workshop designed for adult learners who are either beginners or who have some experience with watercolor painting. Students will learn how to render seascape images using a variety of watercolor techniques which will allow them to interpret the simplicity and softness of the Seacoast. Students must bring watercolor materials and tools to class. A list of recommended items will be sent to all registered students one week prior to class.

Wed. – November 10 – 1 Night

Rm 124, 6:00 – 9:00pm – \$36

CERAMIC TILE PAINTING

Marina Forbes

This step-by-step course is designed for adult learners who are either painting beginners or have some experience working with acrylics. Participants will learn how to render delightful and whimsical art images (landscapes, floral or beautiful designs) on ceramic tiles, using a variety of techniques and brush strokes. The goal is to produce authentic pieces of art on tile, capturing the simplicity and softness of graceful art images on these unique ceramic surfaces. Students must bring watercolor materials and tools to class. A list of recommended items will be sent to all registered students one week prior to class.

Thurs. – November 18 – 1 Night

Rm 108, 6:00 – 9:00pm – \$36

A WATERCOLOR WORKSHOP: AUTUMN IN NEW ENGLAND

Marina Forbes

This hands-on workshop is for adult learners who are either beginners or who have some experience with watercolor painting. Students will learn how to render landscape and cityscape images using a variety of watercolor techniques which will allow them to interpret the simplicity and softness of autumn in New England. Students must bring watercolor materials and tools to class. A list of recommended items will be sent to all registered students one week prior to class.

Wed. – November 3 – 1 Night

Rm 124, 6:00 – 9:00pm – \$36

KNIT & CROCHET GREEN

Cindy Sauve

Have you ever thought about using your old plastic shopping bags to create something new? In this class you will learn how to make a tote bag by combining your knitting or crocheting skills with strands of "plarn" (plastic yarn) from your grocery bag. Students must know how to knit or crochet to participate in the class. Bring scissors, your knitting needles and/or crochet hooks and some yarn if you have it. There will be materials to borrow or purchase from the instructor. It's easy to get started for around \$5 if you have nothing. But, please don't forget to bring your plastic shopping bags that you don't know what to do with!

Tues. – November 30 – 1 Night

Rm 101, 6:00 – 9:00pm – \$24

CHAIR CANING

Cindy Sauve

Here's an opportunity to work on that chair that's been sitting in your attic or finish the chair that's half done. If your chair has a series of holes drilled around the top edge of the seat, then the seven-step method of hand caning is what you need. If your chair has a groove running around the top edge of the seat, then you need machine cane and spline. If your chair has dowels but no top seat, you can finish it with porch weave, rush or shaker tape with a 9" x 12" footstool. Bring a bucket for water, a sponge, a spray bottle for water if you have one, and scissors. The materials for any of these projects should run you between \$15 and \$20 and will be available through the instructor in class.

Wed. – December 1, 8 and 15 – 3 Nights

Rm 108, 6:00 – 9:00pm – \$72

**SCHOOL CLOSED:
NOVEMBER 11, NOVEMBER 24 & 25**

REGISTRATION REMINDER:

Once you have sent in your registration and payment you will not hear from us unless a class is cancelled or full

JEWELRY – BEADED COLLAGE

Cindy Sauve

This is an awesome way to put together odds and ends of beads. You can choose to make a bangle bracelet or a pendant or brooch. Maybe you want to make a beaded headband. A materials fee of \$10 includes what you will need to finish your project. The materials cost has been included in the registration fee.

Mon. – December 6 – 1 Night

Rm 124, 6:00 – 9:00pm – \$34

TATTING

Cindy Sauve

Tatting is the art of making lace knots by knotting thread using a shuttle or needle. It is identified by its graceful rings and loops. You may even have something tatted from your grandmother or great-grandmother stored away in an old trunk. If you like knitting or crocheting, you will really enjoy tatting. We'll be learning to tat with a needle. The materials fee of \$10 will provide you with a tatting needle, the appropriate thread and instructions.

Tues. – December 7 & 14 – 2 Nights

Rm 108, 6:00 – 9:00pm – \$58

FOOTSTOOLS – PORCH WEAVE, SHAKER TAPE OR RUSH

Cindy Sauve

Don't you just love those beautiful country rockers we often see sitting on the front porch. Or perhaps it's the traditional ladder-back chairs that catch your eye. Or maybe it's the Shaker Tape seats woven with cloth tape or rush seats that intrigue you. You can choose one of these and learn on a small 9"x12" footstool. Bring wood glue to class (Elmer's is fine), a small bucket and scissors. A materials fee of \$15 will cover the cost of the stool kit and other materials. This fee has been included in the registration costs.

Wed. – December 8 – 1 Night

Rm 108, 6:00 – 9:00pm – \$39

CHOCOLATE TASTING EXPERIENCE: AN INTRODUCTORY WORKSHOP

Suzy Gagnon

In this workshop, participants will explore the many different chocolates on the market today. What makes a "good" chocolate? What percentage cacao is your favorite? Where your favorite chocolate is made? Are there health benefits to eating the "right" chocolate? During the evening, participants will sample and rate approximately 30 different chocolates. Suggestions for further exploration and study will be provided. A material fee of \$15 has been included in the registration fee.

Wed. – November 3 – 1 Night

Rm 224, 6:30 – 9:00pm – \$40

LEARN THE BASICS OF KNITTING

Jean Bitomski

Knitting is both creatively fulfilling as well as a physically relaxing experience. And, the resulting products are enjoyed by all who receive them. If you have ever wanted to learn how to knit, or if you already know how but would like to brush up on your skills, now is your opportunity. This workshop is designed to teach the basic skills of knitting such as: casting on, knitting, purling, increasing, decreasing, and binding off. Students should be able to complete a couple scarves during the course of this workshop. The instructor will provide a variety of patterns for several projects. A materials fee of \$15 for knitting needles and practice yarn, is included in the registration.

Mon. – October 25 to November 15 – 4 Weeks

Rm 108, 6:00 – 8:00pm – \$75



SCRAPBOOKING

Doke Collins

Complete a photo album in just a few evenings! Make a keepsake for yourself or give it as a gift. This course is designed for beginner and advanced scrapbookers. All you need to bring is 20 to 25 photos. Choose any topic: family, vacations, holidays, weddings, birthdays, pets, etc. In this workshop, led by a Creative Memory professional, you will work on journaling, editing, and enhancing in a creative and relaxed atmosphere. There will be a lot of fun punches, trimmers and cutters available for your use. The materials fee of \$50 (included in registration) includes the following: an album, decorative paper and adhesive. If you always wanted to make an album but never thought you had the time, tools or creativity then come and join us for some fun getting it done!

Wed. – October 20 to November 3 – 3 Nights

Rm 108, 6:30 – 9:00pm – \$110

SCHOOL CLOSED:
NOVEMBER 11, NOVEMBER 24 & 25
REGISTRATION REMINDER:
Once you have sent in your registration and payment you will not hear from us unless a class is cancelled or full

REGISTRATION FORM:

fill in this form, clip it off and send it with your check to:

Portsmouth Community Education, 155 Parrott Ave., Portsmouth, NH 03801 • 603-431-5080 X444

Fall 2010 Session

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