

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

PRSR STD  
US POSTAGE  
PAID  
MAILFORCE

## Portsmouth Community Education

Spring 2010  
February 15 to April 22  
603-431-5080 x444



### New Programs:

- French I
- 3-Dimensional Perspective Drawing
- Stories of Ernest Hemmingway
- Fundraising on E-Bay
- Boating Skills and Seamanship
- Irish Set Dancing
- Numerology
- Professional Business Savvy

Not School Sponsored

## Where Would I Find?

Directions to Middle School	Page 2
GED and ESL Information	Page 2
Health and Well-Being	Page 3, 4
Business & Financial Workshops	Page 4
Computer Courses	Page 4,5
Language Courses	Page 5
Special Interest Classes	Page 5, 6
Growth and Enrichment	Pages 6, 7
Craft & Cooking Workshops	Pages 7, 8
Registration Information	Page 8

## 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 Spring 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

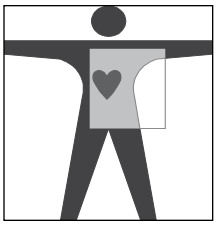
Classroom instruction for learners 16 years and older (formally withdrawn from high school) in need of adult basic education (ABE) literacy skills in reading, writing and math; pre-GED and GED preparation; or English for speakers of other languages (ESOL) is offered by Rockingham Community Action.

**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 [adulteducation@rcaction.org](mailto:adulteducation@rcaction.org).



## Health, Fitness and Well Being

### FEEL, WANT, WILLING

**Ginger Bisplinghoff**

Experience a simple, powerful, self-help technique called FEEL, WANT, WILLING. Using the Behavioral Barometer, a unique tool for identifying emotional patterns, as well as muscle testing, students will discover a technique for solving problems when they feel there is no choice or options.

*Tues – March 23 – 1 Night*

*Rm 307, 6:00 – 8:30pm – \$25*

### 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.

*Thurs. – March 11 – 1 Night*

*Rm 307, 6:00 – 8:30pm – \$25*

### QI GONG (CHEE KONG) CLASSES

**Georgiana Nelson**

Qi Gong is the ancient Chinese healing art of movement, breath and intention. These gentle slow movements can be learned standing, sitting, and even lying down. Qi Gong will increase energy, strength, flexibility, reduce stress and assist you in creating wellness in body, mind and spirit. Come join Georgi Nelson, CPT, and certified Qi Gong Instructor, to learn and listen to your body's signals for health, happiness and well-being.

*Thurs. – March 4 to April 8 – 6 weeks*

*Chorus Room, 6:00 – 7:00pm – \$42*

### DNA HEALING

**Georgiana Nelson**

Physical DNA is only half of our inheritance. Emotional DNA is also handed down each generation. Our ancestors' beliefs and patterns affect our present successes and failures. You do not need to be a prisoner of your genetic inheritance. DNA healing offers the gift of resetting the genetic code back to its original blueprint of perfection, wellness and abundance. Come join Georgi Nelson, CPT and DNA Healer, to activate all 12 strands of DNA, helping to change your stories and open up to a world of infinite possibilities. A material fee of \$15 is included in the registration fee.

*Thurs. – April 15 – 1 Night*

*Rm 307, 6:00 – 8:00pm – \$30*

### THREE DIFFERENT ADD/ADHD CLASSES

**Robin Bellantone**

**(Sessions may be taken as a series or individually)  
COLLEGE BOUND AND ADD/ADHD:  
AN EVENING FOR HIGH SCHOOL  
SENIORS, YOUNG ADULTS AND  
PARENTS**

Are you creative, smart and have ADD/ADHD or other learning disabilities? Already accepted to college, or just starting the process of deciding you're ready?

Learn from real life examples of situations and strategies that can help you balance your academic, extracurricular and social life expectations, while still having fun and avoiding (or reducing) meltdowns! Practical tips for both students and parents, from perspective of someone who really "gets it" and is happy to share her knowledge of tools and strategies to help nontraditional learners balance independence with getting the support they need and deserve. Bring your questions!

*Wed. – March 3 – 1 Night*

*Rm 311, 6:00 – 8:30pm – \$25*

### WOMEN AND ADD/ADHD

There are many reasons why, until recently, so few girls and women were recognized as having ADD/ADHD. Explore the cultural and political background of ADD/ADHD research, and what we know now! Learn how ADD/ADHD affects women's lives and why undiagnosed ADD/ADHD is particularly harmful for girls and women. Consider the multiple roles society asks women, and how ADD impacts parenting, relationships, career choices, and activities of daily life. Join the discussion of different types of ADD/ADHD and the link with anxiety and depression, memory, and hormonal changes. Share stories and acquire tools for knowledge and successful strategies at home and work. This session has been very popular. It is being offered in a two night format so that women who can attend can continue the conversation the following week.

*Wed. – March 24 & 31 – 2 Nights*

*Rm 311, 6:00 – 8:30pm – \$50*

### ADD COACHING – WHAT IT IS, AND HOW TO GET THE MOST BANG FOR THE BUCK!

Because ADD people are different, ADD coaching is different from regular life coaching or counseling. This session covers what ADD coaching is and is not, and what you can expect to accomplish within a successful coaching relationship. There will be plenty of examples of the kind of issues (following through on plans, goals and dreams, time management, communication challenges, career and academic concerns, etc.) that people bring to coaching, and examples of how coaches and clients work together to problem solve and move forward. Find out if ADD coaching is right for you, and what questions you should ask of a prospective coach to be sure you are a good match.

*Wed. – March 10 – 1 Night*

*Rm 311, 6:00 – 8:30pm – \$25*

### LEARN TO QUIT SMOKING

**Christine Hill**

Explore strategies that have been proven to help smokers "kick the smoking habit." Each group session will include hands – on activities designed for individual needs. Week 1 will be dedicated to understanding why people smoke and making a commitment to end the habit. Week 2 focuses on developing a "quit plan", with Week 3 giving you the skills to master the barriers to "staying" quit. By Week 4 the program will examine where we go from here as non-smokers. CO2 monitoring and lung function tests will be conducted. A PowerPoint presentation is included. Please specify which session you are signing up for when you register.

*Session 1: Thurs. – March 4 to 25 – 4 Weeks*

*Session 2: Thurs. – April 1 to 22 – 4 Weeks*

*Room 306, 6:00 – 8:30pm – \$75*

### 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. Course fees include a book with accompanying CD for each student. First Aid cards will be issued following successful completion of the program. A material fee of \$10 has been included in registration costs.

*Thurs. – February 18 – 1 Night*

*Room 307, 6:00 – 9:00pm – \$30*

### THE KEY TO SUCCESS, PART 2

**Ginger Bisplinghoff**

This course continues to address stress reduction and optimum brain functioning. Energy exercises that can be done in 2 minutes or less are practiced. Anyone who wants less stress, more fun and more creativity can benefit. Material fee: \$5 included in registration. (Students may sign up for Part 2 without taking Part 1. Anyone wishing to purchase the Part 1 booklet must bring \$5 to class to cover the printing.)

*Thurs. – April 1 – 1 Night*

*Rm 307, 6:00 – 8:30pm – \$25*

### 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 \$14 has been included in the registration fee.

*Tues. – March 9 – 1 Night*

*Room 307, 6:00 – 9:00pm – \$35*

### REIKI I CERTIFICATION

**Erica Rock**

In this workshop you will learn one of the simplest yet most powerful forms of hands on healing. Reiki, pronounced "ray-key", is a Japanese form of stress reduction that utilizes Universal Life Force Energy to bring the body into a state of balance and harmony. You will learn the traditional and non-traditional uses of Reiki, Reiki history, Chakra basics, and how to perform a self-healing, as well as, administer sessions on another. You will be "attuned" to this energy which is the source of Reiki and upon completing this workshop you will receive a certificate qualifying you as an Independent Reiki I Practitioner. A materials fee of \$36 has been included in the registration fee.

*Wed. – March 3 to March 24 – 4 weeks*

*Rm 223, 6:30 – 9pm – \$115*

### 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. – March 3 to April 21 – 8 weeks*

*Chorus Room, 6:30 – 7:30pm – \$60*

**SCHOOL CLOSED:  
FEBRUARY 22 – 26**

**REGISTRATION REMINDER:**

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

## YOGALATES

Deborah Levine

This multi-level class combines the core strengthening moves and warm-ups from Pilates with the graceful flow of traditional Yoga postures. Breath work, posture variations to accommodate all levels and guided visualization will be included in each session. Please bring a yoga mat, small pillow and a towel or light blanket. Beginners and experienced students are welcome. Get into shape in a relaxed way!

*Mon. – Mon. February 15 to March 29 – 6 weeks  
Library, 7:00 – 8:15pm – \$53*

## KRIPALU CORE YOGA

Deborah Levine

This multi-level class is appropriate for anyone seeking a gentle, restorative experience. Variations of postures will be offered, as needed. Props will be available, such as blocks and straps. The wall and chairs will be used for additional support. Please bring a yoga mat, flat pillow and a light blanket/towel to the first class. All ages and ability are welcome. The instructor is certified in Kripalu and Adaptive Yoga.

*Mon. – Mon. February 15 to March 29 – 6 weeks  
Library, 5:30 – 6:45pm – \$53*

## Business & Financial Workshops

### PROFESSIONAL BUSINESS SAVVY

Lynn Jacobs

What will set you apart from your competition when looking for employment? This course will provide you with the power tools and soft skills that go beyond your resume and credentials. We will discuss the new three “R’s”, how to make an entrance, remembering names, working the room and how to dine with your employer. This course will give you essential social knowledge that will set you apart from your competition in the professional arena as well as in your everyday life. Course materials are presented in a fun and interactive manner.

*Tues. – March 9 & 16 – 2 Nights  
Rm 311, 7:00 – 8:30pm – \$25*



## FUNDRAISING ON e-BAY FOR NON-PROFITS

Bobbi Miller

Are you tired of the bake sales, 50/50 raffles, and spaghetti suppers? Reach a new audience, strengthen ties with your existing donor base, and take your fundraising to the next level. E-Bay Giving Works can support your non-profit every step of the way, by giving you the tools to tap into a new course of unrestricted funding – the E-Bay community. In this workshop, you will learn how E-Bay can bring money into your organization, how to register so E-Bay sellers can donate to your non-profit, introduction to E-Bay Giving Works, how to get started and how your non-profit can do direct selling on E-Bay.

*Tues. – March 9 – 1 Night  
Rm 216, 6:00 – 9:00pm – \$55*

## PROTECTING & UTILIZING RETIREMENT ASSETS

John Spita

If you are near retirement or already retired, learn how to maximize payouts from pension plans and lump sum accumulations. Overcome retirement anxieties: inflation that increases faster than one’s retirement investments, a diminished lifestyle due to declining investment markets and outliving one’s retirement income. At the end of this class you will know how to prevent these adverse situations from occurring.

*Wed. – March 24 – 1 Night  
Rm 108, 6:30 – 9:00pm – \$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.

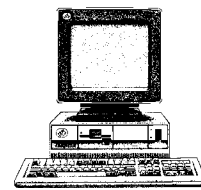
*Mon. – March 1 & 8 – 2 Nights  
Rm 307, 7:00 – 8:30pm – \$25*

## EFFECTIVE RESUME WRITING

Andrea St. Jean

To succeed in today’s competitive job market a candidate needs every advantage possible. Yet, if you are like most people, your resume does not reflect your true worth. This workshop offers the knowledge you need to turn your resume into a dynamic marketing tool that makes the difference between getting an interview and a lost opportunity. Come learn how to define your “big picture” strategy and refine the details of your work history to develop a compelling resume that ends up on the top of the pile. Please note that the second class will include a brief critique of each class member’s current resume.

*Mon. – March 22 & 29 – 2 Nights  
Rm 307, 7:00 – 8:30pm – \$25*



## Computer Courses

### MICROSOFT WORD LEVEL II

Lisa Horn

This course picks up where “Learning Microsoft Word” left off, covering more advanced features of Word including: working with paragraphs – spacing, lists, indents, and tables; documents – views, breaks, columns, headers and footers; graphics – adding clip art, pictures and AutoShapes; timesavers and shortcuts. Prerequisite: Intro. to Word class or equivalent knowledge. 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 and work on it instead of the PC. \*\*NOTE: Office 2007 (2008 for Mac) is NOT covered. Class is most suitable for users of Office 2000, XP or 2003 or their Mac equivalents.\*\* Students should bring a floppy disk or USB flash drive to class. A materials fee of \$10 has been included in the registration.

*Wed. – April 14 & 21 – 2 Nights  
Rm 216, 6:00 – 9:00pm – \$60*

### INTRO. TO MICROSOFT WINDOWS

Lisa Horn

In this workshop, students will learn to handle the basic features of the Windows XP/2000 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. \*\*NOTE: This is a Windows 2000/XP environment. Windows VISTA is NOT covered\*\* Prerequisite: Basic mouse and keyboard skills. A material fee of \$10 has been included. Students need to bring a floppy disk or a USB flash drive to class.

*Mon. – February 15 & Wed. – February 17 – 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 & printing files
- Document navigation and text selection techniques
- Formatting text & paragraphs
- Creating a new document – from scratch & using a template
- Plenty of Timesavers & Shortcuts

**Prerequisite:** Students must take 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 and work on it instead of the PC. \*\*NOTE: Office 2007 is NOT covered. Class is most suitable for users of Office 2000, XP or 2003 or their Mac equivalents\*\* Students need to bring a floppy disk or a USB flash drive to class.

*Wed. – March 3 & 10 – 2 Nights  
Rm 216, 6:00 – 9:00pm – \$60*

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

Visit us at [www.cityofportsmouth.com](http://www.cityofportsmouth.com), and select School Department.  
All registration fees include materials costs. No need to bring your checkbook to class!

## GETTING CONTROL OF YOUR PC \*UPDATED\*

Lisa Horn

This newly updated 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 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 spam and not fall prey to Phishing schemes
- Q&A: Opportunities for you to get your Windows/PC/Internet questions answered

**\*\*NOTE:** This is a Windows 2000/XP environment. Windows VISTA is NOT covered\*\* **Prerequisite:** Intro. to Windows class or equivalent knowledge. A material fee of \$10 has been included. Students need to bring a floppy disk or a USB flash drive to class.

*Wed. – March 24 & 31 – 2 Nights*  
*Rm 216, 6:00 – 9:00pm – \$60*



## Languages

### 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 \$55 has been included in the registration fee.

*Tues. – March 2 to April 19 – 8 Weeks*  
*Rm 312, 6:00 – 8:00pm – \$167*

### 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 \$55 has been included in the registration fee.

*Thurs. – March 4 to April 22 – 8 Weeks*  
*Rm 312, 6:00 – 8:00pm – \$167*

### 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. – March 3 to April 7 – 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. – February 15 to April 19 – 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. – February 15 to April 19 – 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. – February 16 to April 20 – 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. – February 16 to April 20 – 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. – February 17 to April 21 – 9 Weeks*  
*Rm 308, 5:30 – 7:30pm – \$135*

### ITALIAN FOR THE BEGINNER

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. – February 17 to April 21 – 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. – March 1 to April 19 – 8 weeks*  
*Rm 312, 7:00 – 9:00pm – \$125*



## Special Interests

### 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. A materials fee of \$25 has been included in the registration.

*Mon. – February 15 to April 12 – 8 Weeks*  
*Rm 101, 7:00 – 9:00pm – \$65*



**SCHOOL CLOSED:  
FEBRUARY 22 –26**

**REGISTRATION REMINDER:**

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

## IRISH SET DANCING

Rae O'Brien

Irish set dancing is a fun way to exercise your body and your mind. Not to be confused with "step dancing", set dancing is done in groups of eight or in half – sets of four. This beginning class will start you dancing right away, going through the simpler movements initially and then moving to the more challenging steps as the students become more confident. If you already have dance shoes, bring them. Otherwise wear comfortable shoes which allow you to move your feet and have lots of fun. Check set dancing out on U – Tube and then come join us for fun!

Mon. – February 15 to April 19 – 9 Weeks

Caf. – 6:00 – 7:30pm – \$95

## 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. – April 6 – 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.

Tues. – March 2 – 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!

Thurs. – April 8 – 1 Night

Rm 108, 6:30 – 8:30pm – \$30

## BALLROOM & SWING DANCING

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. Learn the very basic steps to each of these three dances: the Waltz, the Foxtrot, and the Swing. These classes will give you the courage to get out on the dance floor and enjoy yourself!

Thurs. – February 18 to March 18 – 4 Weeks

or Thurs. – April 1 to 22 – 4 Weeks

Cafeteria, 6:00 – 7:00 pm – \$45 (per person)



## LATIN DANCING

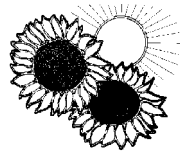
Just Dance

Come learn the latest Latin dance moves, straight from the Caribbean. It is called the "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!!!

Thurs. – February 18 to March 18 – 4 Weeks

or Thurs. – April 1 to 22 – 4 Weeks

Cafeteria, 7:00 – 8:00pm – \$45 (per person)



## Personal Growth and Enrichment

### THE MAGIC OF DREAMS

Barbara Stamm and Lesley Zaret

Do you have recurring dreams? Do you want to be able to remember your dreams better? Do you wish that you could understand the hidden messages that your dreams hold? Unlock the secrets and mysteries of your subconscious mind through hypnosis and dream interpretations. Learn valuable techniques to help you recall the details of your dreams, understand their hidden meanings, and add clarity and inspiration to your life. Dream interpretation and hypnosis session included. Be certain to bring a comfortable beach or lawn chair with neck support in order to insure a quality hypnotic experience.

Tues. – March 2 – 1 Night

Rm 311, 6:00 – 8:00pm – \$20

### 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.

Mon. – March 22 – 1 Night

Chorus Room, 6:30 – 8:30pm – FREE

(Students must pre – register for class)

### WHAT IS SACRED GEOMETRY? HOW CAN IT HELP YOU?

Darlene Chadbourne

(No math skills required) This course will be an informational session on the subject of Sacred Geometry. Learn more about working with the energy of patterns and symbols as visuals. Sacred Geometry draws our attention to the symbolism that speaks to our soul in a way that bypasses our linear thinking mind. It also allows us to live in harmony with the earth. This will be a hands-on class, using tools for creating geometric shapes and to speak to our soul. In this class you will learn your personal shapes and symbols that help you connect to the universe in a deep and meaningful way. How can the simplest forms of Sacred Geometry help us to view our relationships with one another in a whole new way? You will learn simple exercises to stay centered and to retain more of your energy, in order to be productive and focused on your goals. We will touch on the universal places that Sacred Geometry show up in our world. What does Sacred Geometry have to do with Labyrinths? If you are a visual person this class is for you. Come

and learn how these shapes and forms can help you connect with yourself and others in a deeper and more meaningful way. A materials fee of \$6 has been included in your registration.

Thurs. – April 15 – 1 Night

Rm 308, 6:00 – 8:00pm – \$20

### DISCOVER YOUR STAR POWER THROUGH NUMEROLOGY

Darlene Chadbourne

Numerology is the study of the energy vibration of numbers and letters for a person, place, words, or things. This is a class to learn the practice of numerology, self-discovery through charting your name. Learn more about yourself then you could believe possible. Are you determined, forceful, daring, original, creative or inventive? Each number has its own personal vibration. Find the vibration you came in on that holds all the information on your character and desires. Stand strong in who you are; with full confidence that you are here to make a difference. Find your Native Path that you are here to walk; your Soul Number, or your Heart's Desire; your Destiny; maturity; Success or Career Number. A material fee of \$5 has been included in your registration.

Thurs. – March 25 – 1 Night

Rm 308, 6:00 – 8:00pm – \$20

### 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. – March 2 to April 20 – 8 Weeks

Library, 5:30 – 7:00pm – \$84

### FROM CHAOS TO PEACE – ORGANIZING YOUR WORKSPACE

Maggie McCauley

Your workspace is the hub of productivity and creativity. Your bulging file cabinets, cluttered desk and inefficient systems drain your energy and cost you time and money. Learn how to set up an efficient workspace and create systems to manage your paper, email, finances, and projects that will leave you feeling confident and accomplished!

Thurs. – April 15 – 1 Night

Rm 311, 6:00 – 8:00pm – \$15

### FIVE SIMPLE STEPS TO INCREASE PROSPERITY

Maggie McCauley

Prosperity is a way of being in the world that encompasses health, wealth, relationships, career and unlimited possibilities. Are you blocking the prosperity you deserve? This is the year it could change for you. There are five simple, but powerful steps that when implemented will raise your consciousness and open you to receiving what you truly desire.

Tues. – March 30 – 1 Night

Rm 311, 6:00 – 8:00pm – \$15

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

Visit us at [www.cityofportsmouth.com](http://www.cityofportsmouth.com), and select School Department.

All registration fees include materials costs. No need to bring your checkbook to class!

## 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?

*Tues. – April 20 – 1 Night*

*Rm 311, 6:00 – 8:30pm – \$15*

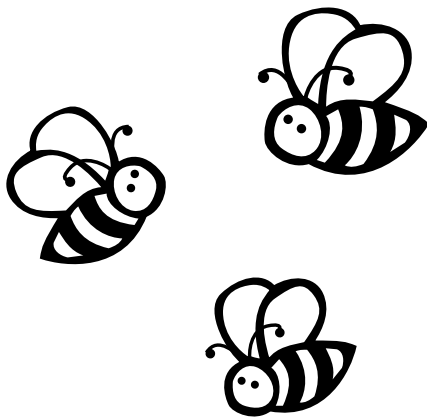
## RECREATIONAL HONEY BEE KEEPING: THE ABC'S OF STARTING A GREAT HOBBY IN ONE'S OWN BACKYARD

**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. – March 1 – 1 Night*

*Rm 311, 7:00 – 9:00pm – \$20*



## IF YOU FEEL LIKE YOU'VE PASSED THIS WAY BEFORE, MAYBE YOU'RE RIGHT

**Barbara Stamm**

Do you have a powerful interest in another historical era? Have you met someone to whom you have an instant magnetic attraction? Do you feel mysteriously drawn to a special place, as if you have lived there before? Join in an in-depth discussion about the possibility of re-incarnation and past lives. Hypnosis session included. Be certain to bring a comfortable beach or lawn chair with neck support in order to insure a quality hypnotic experience.

*Tues. – February 16 – 1 Night*

*Room 311, 6:00 – 8:00pm – \$20*

## THE TRUTH ABOUT DATING: UNDERSTANDING THE OPPOSITE SEX

**Steve Penner**

“Portsmouth Herald” columnist Steve Penner translates his informative and humorous “The Truth about Dating” column into an interesting two-night workshop. Do you wonder what members of the opposite sex are really looking for in a partner or mate? Are you having difficulty meeting the right person ... or, once you meet someone, do you have problems sustaining that relationship? If so, you are definitely not alone. Discover how you can recognize and raise your “Dating Quotient.” Learn the keys to having a successful long-term relationship. Penner was founder and co-owner of the Boston-based dating service LunchDates for 23 years before moving to the Seacoast. A \$10 materials fee is included in the cost of this course.

*Wed. – March 17 to 31 – 3 Weeks*

*Rm 306, 6:30 – 8:30pm – \$52*

## Craft & Cooking Workshops

### CABLE KNIT SCARF

**Jean Bitomski**

Instruction will be provided as students learn how to knit a winter scarf, with cables on both sides. This course is for students who have either taken the Basics of Knitting, or who have basic skills who want to learn the cable stitch. Come have fun and learn something new. Students will need to bring the following items to the first class: size 10.5 or 11 needles, cable needle, yarn needle, scissors, and 4 – ply yarn (of your choice).

*Mon. – March 29 to April 19 – 4 Weeks*

*Rm 108, 6:00 – 8:00pm – \$60*

### 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 \$25 (included in your registration fee) 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! Please specify which session you are interested in when registering:

*Tues. – March 9, 16 & 23 – 3 Weeks*

*or Wed. – March 31, April 7 & 14 – 3 Weeks*

*Rm 124, 6:30 – 8:30pm – \$67*

### WEAVING RAG RUGS

**Cindy Sauve**

Twining is a form of weaving that has been around for centuries. It is surprisingly easy to learn, requiring only homemade equipment and scrap fabric to produce a sturdy rug. A materials fee of \$10 includes a piece of foam board to make a simple loom and enough fabric to complete a placemat size project.

*Tues. – March 2 & 9 – 2 Nights*

*Rm 108, 6:00 – 9:00pm – \$52*

## MOSAIC BIRDBATH

**Cindy Sauve**

Time to start thinking about your garden! Learn how to create your own mosaic birdbath. We'll work on a small scale using clay pots and tumbled stained glass pieces. A materials fee of \$12 covers all of the necessary materials to complete a 10 inch birdbath you design yourself.

*Wed. – March 31 – 1 Night*

*Rm 108, 6:00 – 9:00pm – \$33*

## A WATERCOLOR WORKSHOP: GETTING STARTED WITH WATERCOLORS

**Marina Forbes**

This introductory 3 – hour class is a hands-on step by step workshop designed for both adult learners who are either beginners or who have some experience with watercolor painting. Students will learn how to render beautiful floral and landscape images using a variety of watercolor techniques, which allow them to interpret the simplicity and softness of nature. (Students should bring watercolor materials and tools to class. A list of recommended items will be sent to everyone who signs up for the class one week prior to the start of class.)

*Tues. – April 13 – 1 Night*

*Rm 108, 6:00 – 9:00pm – \$36*

## A WATERCOLOR WORKSHOP: A SPRING BOUQUET

**Marina Forbes**

In this course, students will learn how to render floral images using a variety of watercolor techniques which will allow them to interpret the simplicity and softness of floral images. This introductory 3 – hour watercolor class is a hands on workshop designed for both adult learners who are either beginners or who have some experience with watercolor painting. (Students should bring watercolor materials and tools to class. A list of recommended items will be sent to everyone who signs up for the class one week prior to the start of class.)

*Thurs. – April 15 – 1 Night*

*Rm 108, 6:00 – 9:00pm – \$36*

## THE ART OF EGG PAINTING ON WOOD

**Marina Forbes**

This unique program combines a beautifully illustrated presentation of the remarkable work of Russian master jeweled egg artist, Peter Carl Faberge, with a hands – on workshop. Participants will learn how to render a variety of delightful and whimsical art images (landscapes, florals, or beautiful designs) on wooden eggs, using a variety of techniques and brushstrokes. Inspired by a spectacular photo – tour of the Faberge collection at the Constantine Palace in St. Petersburg, program participants will have a unique opportunity to use their creativity and imagination to produce their own authentic pieces of collectible folk art on these wooden forms. This workshop is designed for both adult learners who are either painting beginners or have some experience working with acrylics. (Students should bring materials and tools to class. A list of recommended items will be sent to everyone who signs up for the class one week prior to the start of class.)

*Tues. – March 16 – 1 Night*

*Rm 101, 6:00 – 9:00pm – \$36*

## SCHOOL CLOSED: FEBRUARY 22 –26

### REGISTRATION REMINDER:

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

**3 – DIMENSIONAL PERSPECTIVE DRAWING**

**Diane Platt**

Learn 3-Dimensional Perspective drawing, including one and two point perspective drawings using architectural tools. Students will be able to construct 3D drawings of a house, room interiors, or a cityscape. With these basic skills, you will learn how to freehand draw straight lines and angles in perspective...a vital skill for all drawing. Bring to class; any 18"x24" smooth drawing paper or larger, at least a 24" straight edge, a T-Square, drafting tape (masking tape is fine), pencils, and a white eraser. A \$5 material fee is included in the registration fee. Please specify which session you are interested in when registering:

*Tues. – March 2 to 23 – 4 Weeks*  
*or Wed. – March 31 – April 21 – 4 Weeks*  
*Rm TBA, 6:30 – 9:00pm – \$75*

**APPETIZERS**

**Suzy Gagnon**

Have you ever been invited to dinner and asked to bring an appetizer? Are you having friends or family to your house for a special occasion or the holidays? Or are you looking for an interesting way to jazz up a weeknight dinner at home? During this hands on workshop, participants will create and sample a variety of interesting appetizers suitable for home or entertaining including such things as hot artichoke bake, easy shrimp fondue and more. Bring an apron and containers for leftovers to enjoy at home. A \$15 material fee has been included in the price.

*Tues. – March 9 – 1 Night*  
*Rm 224, 6:00 – 9:00pm – \$40*

**FABULOUS FONDUE**

**Suzy Gagnon**

Warm up your winter nights with Fondue! You will find that fondue is not only fun, but easy and frees up your night to spend time with your guests or even relax on a cozy, quiet, wintry night. Students will learn how to "make tried and true" cheese fondues, as well as several other main dish selections. In addition, the class will learn how to make appetizers and even a few desserts. We will talk about the history of this

unique cooking form and discuss options for fondue equipment. Bring an apron and a leftover container. A materials fee of \$15 is included in the registration.  
*Tues. – March 30 – 1 Night*  
*Rm 224, 6:00 – 9:00pm – \$40*

**PAPER BAG SCRAPBOOK CLASS**

**Nancy Behan**

Make an eco-friendly, 10 page scrap book using lunch bags. It's a fun and easy way to showcase your odds and ends into a one of a kind book. No prior scrap booking experience is needed. Each page measures 4-1/2 inches by 5 inches. Some suggested themes for your book are: mementos and pictures from a vacation or trip, favorite family recipes, your favorite pictures from magazines, gardening or even a day at the beach – the possibilities are endless. Lunch bags, fabric, lace, ribbons, craft papers, buttons and other embellishments will be provided at the class. You only need to bring your pictures, magazines, recipes, ticket stubs, a pair of scissors and your imagination. A materials fee of \$7 has been included in the registration fee.

*Thurs. – March 25 – 1 Night*  
*Rm 108, 6:00 – 8:30pm – \$25*

**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 is included in price.

*Tues. – March 16 – 1 Night*  
*Rm 108, 6:30 – 9:00pm – \$40*

**JEWELRY WORKSHOP**

**Cindy Sauve**

You won't believe how easily you can come up with your own original jewelry designs using sterling silver wire and beads. With round nose pliers we will twist shape wire into amazing jewelry. We will not be stringing beads. Tools will be available for your use during class and some available for purchase. Materials fee of \$10 includes what you need to complete a bracelet size project. An additional fee is payable to the instructor if you purchase additional materials during class. There will be many choices available.

*Wed. – April 21 – 1 Night*  
*Rm 108, 6:00 – 9:00 pm – \$35*

**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. – March 1 to 22 – 4 Weeks*  
*Rm 108, 6:00 – 8:00pm – \$75*



**SCHOOL CLOSED:  
 FEBRUARY 22 –26**

**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**

**Spring 2010 Session**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Course \_\_\_\_\_ Start Date \_\_\_\_\_ Course \_\_\_\_\_ Start Date \_\_\_\_\_

Course \_\_\_\_\_ Start Date \_\_\_\_\_ Course \_\_\_\_\_ Start Date \_\_\_\_\_

Course \_\_\_\_\_ Start Date \_\_\_\_\_ Course \_\_\_\_\_ Start Date \_\_\_\_\_

How did you receive this brochure? (circle one) Phone request Received in Herald Mailed directly to home From school with child  
 Other: \_\_\_\_\_

For office use only					
Payment	Cancelled Class	Contact	Refund/Alternate class	Balance/Refund due	Date Sent