



# CONTINUING EDUCATION

Summer  
2024

COLUMBIA-GREENE COMMUNITY COLLEGE



Mediterranean Lemon  
Cookie Decorating  
see page 14

## CAREER SKILLS & NEW HOBBIES

this summer with new  
courses in Career  
Development and  
Personal Enrichment



Basic Life  
Support Skills  
see page 6

# Welcome to C-GCC's Community Engagement and Professional Development



Columbia-Greene Community College's Office of Community Engagement and Professional Development (CEPD) provides educational opportunities, personal

enrichment, career development, and cultural programs for residents of Columbia and Greene counties.

Non-credit and continuing education courses, training programs, workshops, and community events will help fulfill lifelong-learning and personal development goals.

Questions? Contact Amanda Karch, Director of CEPD, at [amanda.karch@sunycgcc.edu](mailto:amanda.karch@sunycgcc.edu), or call **518.697.6370**.

**Amanda Karch**

Director of Community Engagement and Professional Development

» **LET'S GO!**

Follow us on Social Media for the latest news!

#CoGreene!



## Tuition Funding: Columbia-Greene Workforce New York

Columbia-Greene Workforce New York, located in the Professional Academic Center at C-GCC, provides a variety of employment-based services and offers grant-based tuition assistance for eligible people and programs that lead to industry-recognized credentials in high-demand fields. Eligible CEPD courses are noted in the course descriptions. For more information call **518.697.6510**.

💰 Look for this symbol to find courses eligible for Workforce NY support.



» The Office of Community Engagement and Professional Development is moving to **Suite 709** in the Professional Academic Center (PAC). Come visit us in our new space: [columbiagreene.edu/CEmap](http://columbiagreene.edu/CEmap).

## HOW TO REGISTER

Summer 2024

**BY PHONE: 518.697.6370** Mastercard, Visa, American Express, and Discover cards are accepted over the telephone for all non-credit course registrations. Please have all registration and card information on-hand when calling.

**IN-PERSON:** Registration and payment may be made in person at Suite 107 in the Main Building of the Columbia-Greene Community College campus at 4400 Route 23, Hudson, NY 12534.

### Accessibility

The College provides an inclusive campus for all students. Got questions? Contact the Office of Accessibility Services at [oasweb@sunycgcc.edu](mailto:oasweb@sunycgcc.edu).

### Materials

Some courses require additional books and supplies not covered by the course fee. These supply lists will either be provided upon registration, by the instructor prior to class, or within the course description.

### Refunds

Occasionally, courses must be canceled prior to their start because of low enrollment or unforeseen circumstances. If this occurs, students will be notified by telephone. If the College cancels a course, the registration will be refunded in full. Those wishing to withdraw from a course must request a refund before the class begins. No refunds will be made after the first class, unless otherwise noted.

### Want more information about Columbia-Greene?

Join a weekly virtual information session every Wednesday at 4:00 p.m.

Register at <http://go.sunycgcc.edu/admissionsweeklyinformationsessions> or call **518.697.6500**.

## CAREER DEVELOPMENT COURSES

Summer 2024

### CANNABIS EDUCATION

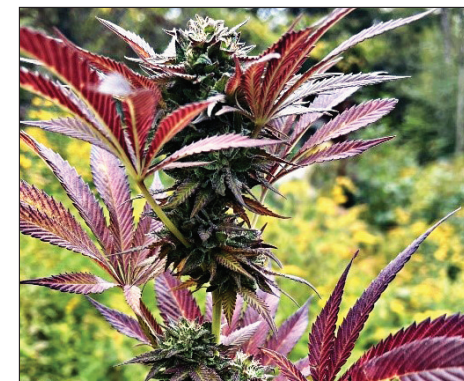
#### Cannabis Home Cultivation

Growing cannabis with higher yields and better aromas, flavors, and effects can take a bit of effort and knowledge. This self-paced asynchronous course gives home growers aged 21+ a foundation for growing their best cannabis. Students will have access to three hours' worth of video content and supplemental reading in the month leading up to the remote Q&A session with the instructor. The course material will also be available to students after the course ends.

The state of New York will begin permitting the home cultivation of cannabis for all adults 21+ beginning in June 2024.

**INSTRUCTOR:** Rich Koloszyk is a grower and breeder who focuses on outdoor growing in the northeast. He believes in regenerative agriculture, plant medicine, and the right to grow cannabis.

**SI 99378-1Z**  
Taught via Zoom 1 Wednesday  
May 29, 2024 7:00 p.m. – 8:00 p.m.  
Fee: \$125



### CAREER & BUSINESS SKILLS

#### Become a New York State Notary Signing Agent

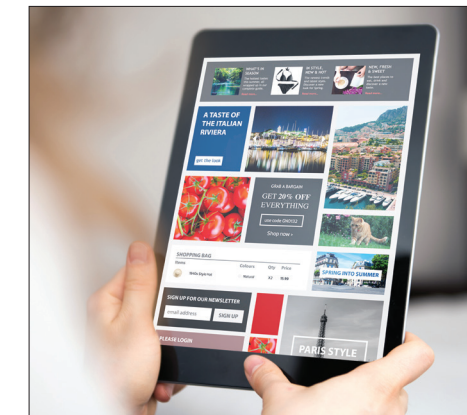
If you are currently a New York Notary Public and have always wanted to explore earning additional

income, this seminar is for you! After completing this introductory course, students will have the opportunity to work on a freelance basis with mortgage, title, and signing companies who hire employees to notarize and present mortgage loan documents. Please note: students must be a current Notary Public in order to become a Signing Agent.

**INSTRUCTOR:** Victor Bujanow is a NYS Notary Public, Certified Notary Signing Agent, statewide Notary Public college adjunct instructor, and a member of The American Society of Notaries.

**PR 72170-1Z**  
Taught via Zoom 1 Thursday  
August 8, 2024 5:30 p.m. – 9:30 p.m.  
Fee: \$85

💰 Workforce NY tuition funding available. Call **518.697.6510**.



#### Earn Extra Money Mystery Shopping

Students will learn how to sign up with many legitimate mystery shopping companies without fees, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. Participants will receive a list of 25 legitimate companies to which they can apply.

**PREREQUISITE:** How to Start Any Home Business: 250 Business Ideas

**INSTRUCTOR:** LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through ed2Go at some 2,000 facilities worldwide.

**PR 24243-1Z**  
Taught via Zoom 1 Wednesday  
July 10, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$25

#### Getting Paid to Talk

For students who have ever wondered how to work in voice-over, this workshop is a realistic first step. An easy-to-access remote learning system will take students behind the scenes at Voice Coaches' main studios in Albany, NY, where voice-over content is produced for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and others. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more, today's voice-over field has become a great way to leverage individual voice qualities and communication skills.

**INSTRUCTOR:** Members of the Creative Voice Development Group in Albany, NY

**PR 32184-1Z**  
Voice Coaches  
26 Vly Rd. 1 Tuesday  
Albany, NY 12205 6:30 p.m. – 9:00 p.m.  
July 16, 2024  
Fee: \$25

#### How to Start Any Home Business: 250 Business Ideas!

Taught by a Chamber of Commerce past President and award-winning business owner, this comprehensive course will offer workshop-style information on more than 250 legitimate home business ideas, mandatory legal documentation, ways to market products and services, how to take tax deductions (this workshop included), and more.

**INSTRUCTOR:** LeeAnne Krusemark

**PR 24103-1Z**  
Taught via Zoom 1 Wednesday  
July 10, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

#### How to Make Extra Cash Pet Sitting

Learn how to make extra money after school or work by watching dogs or other pets! Students will learn about feeding, watering, and exercising pets, as well as how to make a good impression and what questions to ask when interviewing for a pet sitting job. Students also will discover what to do when a dog has behavioral issues, and what other services they can offer to make more money, such as dog walking, grooming, and puppy training.

**INSTRUCTOR:** LeeAnne Krusemark

**PR 72168-1Z**  
Taught via Zoom 1 Friday  
July 12, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

To register, call **518.697.6370** or visit [columbiagreene.edu/continuingeducation](http://columbiagreene.edu/continuingeducation)

# CAREER DEVELOPMENT COURSES

## Make Money at Home with a Virtual Assistant or Word-Processing Business

Students will discover how and where to find clients, 50 ways to advertise and market services, effective home office equipment choices, and 100 ways to make money with a computer. These services are in demand, so learn to be your own boss, set your own hours, and make more money.

**PREREQUISITE:** Explore 250 Home-Based Business Ideas

**INSTRUCTOR:** LeeAnne Krusemark

**PR 24104-1Z**  
 Taught via Zoom 1 Wednesday  
 July 10, 2024 9:00 p.m. – 10:00 p.m.  
 Fee: \$25



## Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click, or lead. Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions, along with SEO (search engine optimization) secrets to increase a site's ranking and visibility on platforms like Google.

**INSTRUCTOR:** LeeAnne Krusemark

**PR 24246-1Z**  
 Taught via Zoom 1 Tuesday  
 July 16, 2024 5:00 p.m. – 7:00 p.m.  
 Fee: \$45

## Notary Public Seminar

This seminar provides preparation for the New York State Notary Public Test. Topics include situations that a Notary Public may encounter including conflicts of interest, professional ethics, proper fees, special situations, when to defer to an attorney, and minimizing legal liability. All materials included. The link to schedule an exam is at [exams@dos.ny.gov](mailto:exams@dos.ny.gov).

**INSTRUCTOR:** Steven E. Williams is a member of the American Society of Notaries as well as a practicing Mobile Notary, Mortgage Loan Signing Agent, and a New York State licensed Mortgage Loan Originator.

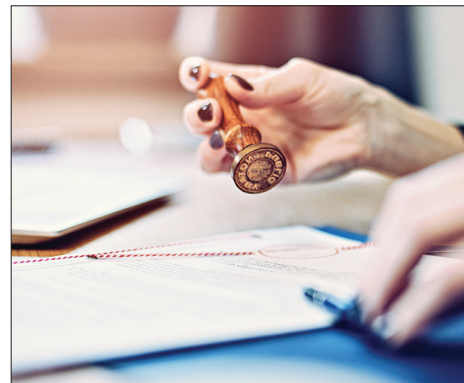
**BU 68142-1Z**  
 Taught via Zoom 1 Thursday

June 6, 2024 6:00 p.m. – 9:00 p.m.  
 Fee: \$69

**BU 68142-2Z**  
 Taught via Zoom 1 Thursday  
 July 18, 2024 6:00 p.m. – 9:00 p.m.  
 Fee: \$69

**BU 68142-3Z**  
 Taught via Zoom 1 Thursday  
 August 15, 2024 6:00 p.m. – 9:00 p.m.  
 Fee: \$69

**Workforce NY tuition funding available.**  
 Call 518.697.6510.



## COMMUNICATION SKILLS

### Introduction to GMRS 2-Way Radio Communication

Learn the basics of 2-way radio communication in this two-hour workshop. GMRS (General Mobile Radio Service) is easy to learn and great for recreational, professional, and emergency communication between family, friends, neighbors, personnel, and

one's community. Information about radios, antennas, cables, and other gear will be provided along with time for hands-on operation and instruction on licensing. Students who already own GMRS radios should plan to bring them to the workshop.

**INSTRUCTOR:** Alison Murphy, LAc., is a licensed acupuncturist, meditation coach, Chinese Medicine practitioner, tarot interpreter, palm analyst, sound healer, classical guitarist, and GMRS radio enthusiast.

**SI 99377-1A**  
 C-GCC – Room 612 1 Saturday  
 May 18, 2024 10:00 a.m. – Noon  
 Fee: \$15

## COMPUTER SKILLS

### Adobe Photoshop Level 1

This course is for new users of Adobe Photoshop who would like to edit and enhance photographs. Learn the essential concepts and get started in the workspace. With Photoshop, one can remove unwanted objects, correct poor lighting, and have fun by fixing messy hair and more. Students may turn photos into greeting cards and artwork by applying text, borders, and other decorations. Learn to scan old, damaged prints and restore them.

**PREREQUISITE:** Basic computer skills

**INSTRUCTOR:** Dan Zunitch, a seasoned IT professional, owns Business Point Systems, a career training company providing technology education and high-value career skills to businesses and individuals for more than a decade.

**CM 28368-1A**  
 C-GCC – Room 111 2 Saturdays  
 Begins: June 1, 2024 9:00 a.m. – Noon  
 Fee: \$120

### Adobe Photoshop Level 2

This course continues Adobe Photoshop Level I for users who would like to improve and enhance their skills. Students should bring old digital photos and/or a digital camera. Please note: a list of required skills will be emailed upon registration.

**INSTRUCTOR:** Dan Zunitch

**CM 28464-1A**  
 C-GCC – Room 111 2 Saturdays  
 Begins: July 27, 2024 9:00 a.m. – Noon  
 Fee: \$120



### Computer Basics for Seniors Level 1

This course provides an introduction to computers for senior citizens. Starting with the very basics, students will learn essential skills and terminology that will unmask the mystery of the computer. Topics include using the mouse and keyboard, booting and logging in, finding and running programs, using the Internet, reading email, viewing photos, and being introduced to folders and files. Please bring email addresses and passwords to class. Students may bring their own laptops if they have their login ID and password. Please note the instructor cannot fix individual computer problems or find lost passwords during class.

**INSTRUCTOR:** Dan Zunitch

**CM 28444-1A**  
 C-GCC – Room 111 4 Saturdays  
 Begins: May 18, 2024 12:30 p.m. – 2:30 p.m.  
 Fee: \$140

**Workforce NY tuition funding available.**  
 Call 518.697.6510.

### Create a Website with WordPress Level 1

In this course, students will build a live, working website using WordPress, one of the world's most popular platforms for web hosting and content management. Students will learn how WordPress works, how to use a hosting service, what tools are required to build and maintain a WordPress site, and more. Through a series of hands-on exercises, students will install and configure the WordPress software; choose and configure a theme; create pages, posts, and menus; and enhance sites with widgets and plug-ins.

**PREREQUISITE:** Basic computer skills

**INSTRUCTOR:** Dan Zunitch

**CM 28462-1A**  
 C-GCC – Room 111 2 Saturdays  
 Begins: May 18, 2024 9:00 a.m. – Noon  
 Fee: \$120

**Workforce NY tuition funding available.**  
 Call 518.697.6510.

# CAREER DEVELOPMENT COURSES

## Create a Website with WordPress Level 2

This course builds on WordPress Level 1 for those who would like to continue to improve and add to their skills. Students who currently have a hosting service and/or a domain name will be able to publish their website to their own locations; otherwise, a temporary hosting service and domain name will be provided. Please note: a list of required skills will be emailed upon registration.

**INSTRUCTOR:** Dan Zunitch

**CM 28465-1A**  
 C-GCC – Room 111 2 Saturdays  
 Begins: July 13, 2024 9:00 a.m. – Noon  
 Fee: \$120

**Workforce NY tuition funding available.**  
 Call 518.697.6510.

### Microsoft Excel Level 1

This class is an instructor-led training course for new users of Microsoft Excel who would like to create professional quality spreadsheets for business or personal applications. Participants will become familiar with the user interface and the ribbon; learn how to enter data and save a workbook; learn to create a basic spreadsheet; create and enter formulas to perform calculations, manipulate data, and apply formatting to modify a worksheet; print the contents of a workbook; and learn strategies for managing large workbooks.

**PREREQUISITE:** Basic computer skills

**INSTRUCTOR:** Dan Zunitch

**CM 28448-1A**  
 C-GCC – Room 111 2 Saturdays  
 Begins: June 15, 2024 9:00 a.m. – Noon  
 Fee: \$120

**Workforce NY tuition funding available.**  
 Call 518.697.6510.



## Microsoft Excel Level 2

This class is an instructor-led training course for intermediate level users of the Excel spreadsheet software application. Participants will learn how to streamline repetitive tasks and display spreadsheet data in a more visually effective way. Topics include using advanced formulas, techniques, and options to organize worksheets and table data, how to create and modify charts, the best way to analyze with Pivot Tables, Slicers, and Pivot Charts, how to add graphics to a spreadsheet, and more advanced ways to customize and enhance workbooks.

**INSTRUCTOR:** Dan Zunitch

**CM 28449-1A**  
 C-GCC – Room 111 2 Saturdays  
 Begins: August 10, 2024 9:00 a.m. – Noon  
 Fee: \$120

**Workforce NY tuition funding available.**  
 Call 518.697.6510.

### Personalized Computer Help

This is a unique opportunity to receive personal, one-on-one instruction and assistance with computer questions. Students will sign up for one, two-hour time slot, where they will be able to ask questions and receive help specific to their needs. Students may bring a laptop or use the computers available in the classroom. Topics include website building; general computer questions; email; using the internet; streaming; Excel; Photoshop; video editing; managing files; getting started with an application; and more. Students must have basic knowledge of their applications. Windows computers only; no Macs, Chromebooks, tablets, or cell phones.

**INSTRUCTOR:** Dan Zunitch

**CM 28480-1A**  
 C-GCC – Room 111 1 Saturday  
 June Saturdays (15, 22) 12:30 p.m. – 2:30 p.m.  
 June Saturdays (15, 22) 2:30 p.m. – 4:30 p.m.  
 July Saturdays (13, 20, 27) 12:30 p.m. – 2:30 p.m.  
 July Saturdays (13, 20, 27) 2:30 p.m. – 4:30 p.m.  
 August Saturdays (3, 10, 17) 12:30 p.m. – 2:30 p.m.  
 August Saturdays (3, 10, 17) 2:30 p.m. – 4:30 p.m.  
 Fee: \$85 (per two-hour time slot)

*\*Other times can be arranged – call 518.697.6370 to schedule\**

**Workforce NY tuition funding available.**  
 Call 518.697.6510.

To register, call 518.697.6370 or visit [columbiagreene.edu/continuingeducation](http://columbiagreene.edu/continuingeducation)

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# CAREER DEVELOPMENT COURSES

## HEALTH PROFESSIONAL DEVELOPMENT

### Basic Life Support for Healthcare Professionals

Receive or renew your Basic Life Support certification in one evening. This course is appropriate for healthcare professionals, nursing students, and anyone else in need of certification.

**INSTRUCTOR:** Stacy Collier-Deieso, MA, is an Adjunct Instructor at Columbia-Greene Community College.

**HE 36302-1A**  
C-GCC – Room 404  
August 6, 2024  
Fee: \$85

### Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field and also is a great way to understand your family's medical visits. No prior experience is necessary! This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. Students will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook that students receive in class, they will earn a Certificate of Completion.

**INSTRUCTOR:** LeeAnne Krusemark

**HE 36055-1Z**  
C-GCC – Room 404  
August 6, 2024  
Fee: \$85

Workforce NY tuition funding available.  
Call 518.697.6510.

Workforce NY tuition funding available.  
Call 518.697.6510.



### Standard First Aid/CPR/AED Course

This American Heart Association Standard First Aid Course provides individuals with the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until medical personnel arrive. The course covers all required topics such as recognizing emergencies, prioritizing care, rescue breathing, Adult CPR, and wounds. The instructor will administer the American Heart Association First Aid/CPR certificate exam at the end of the class. The certification earned for this course is valid for two years. This class is not for professional recertification for EMT First Responders.

**INSTRUCTOR:** Stacy Collier-Deieso

**HE 36239-1A**  
C-GCC – Room 404  
August 7, 2024  
Fee: \$85

Workforce NY tuition funding available.  
Call 518.697.6510.

## SECURITY GUARD TRAINING

### 8-Hour Pre-Assignment Training Course for Security Guards

Prior to obtaining a security officer's license in New York State, students must attend and pass this course. Topics covered include the role of the security

guard, legal powers and limitations, emergency situations, access control and identification, public relations and communication, ethics, and conduct.

**INSTRUCTOR:** William DeLuca served as a police officer for 21 years and is certified as a Master and General Topics Instructor by the New York State Bureau for Municipal Police. He also is a retired Assistant Professor of Criminal Justice at Columbia-Greene Community College.

**PR 68333-1A**  
C-GCC – Room 134  
August 10, 2024  
Fee: \$90

Workforce NY tuition funding available.  
Call 518.697.6510.

### Annual In-Service Training Course for Security Guards

This eight-hour mandated in-service training course is for all security guards in New York State and must be completed on a calendar-year basis for each year succeeding the completion of the mandated 16-hour On-the-Job Training Course for Security Guards. Topics covered include the role of a security guard, legal powers and limitations, emergency situations, communications and public relations, access control, report writing, ethics and conduct, and elective topics.

**INSTRUCTOR:** William DeLuca

**PR 68424-1A**  
C-GCC – Room 134  
July 27, 2024  
Fee: \$90

Workforce NY tuition funding available.  
Call 518.697.6510.



To register, call 518.697.6370 or visit [columbiagreene.edu/continuingeducation](https://columbiagreene.edu/continuingeducation)

# PERSONAL ENRICHMENT COURSES

Summer 2024

## FIBER ARTS

### Beginner Basic Quilt Class

Students construct basic quilt blocks and create a sampler quilt. By making a variety of blocks, students learn different piecing techniques and the important steps necessary to construct a beautiful quilt. A sewing machine with manual and instructions are required.

**INSTRUCTOR:** Mary Ann Peters is an experienced quilter.

**AR 08616-1A**  
C-GCC – Room 105  
Begins: May 13, 2024  
Fee: \$60

### Indigo Dyeing: Shibori & More

In this class, students will learn a variety of dyeing techniques including Shibori, the Japanese resist-dyeing technique that involves twisting cloth and binding it to create a vast array of patterns on fabric. The class fee includes three items for students to take home. Things may get messy, so wear okay-to-mess clothes or bring an apron or smock!

**INSTRUCTOR:** Make Workshop founder Diana Rupp, author of Sew Everything Workshop

**AR 44358-1A**  
C-GCC – Room 509  
June 16, 2024  
Fee: \$100 (includes supplies)

### Introduction to Embroidery

By mastering just a few easy stitches, students will gain the skills to create original works of art using a variety of hand embroidery methods. Perk-up your jeans and tee-shirts, and/or be able to complete a design by your favorite needlework artist. No experience necessary!

**INSTRUCTOR:** Diana Rupp

**AR 44354-1A**  
C-GCC – Room 105  
June 22, 2024  
Fee: \$65 (includes supplies)



### Introduction to Sewing Machines

If you have never touched a sewing machine, or the last time you did was in a junior high school home economics class, this is the perfect workshop to develop basic machine sewing skills! In addition to teaching students how to successfully thread a machine, the instructor will teach the basics of sewing by making a simple fabric wallet.

**INSTRUCTOR:** Diana Rupp

**AR 44371-1A**  
C-GCC – Staff Cafeteria  
June 1, 2024  
Fee: \$75

### Zip-o-riffic Pillow

The pièce de résistance: a pillow cover with an invisible zipper and tidy French seams that would rival any similar style found at high-end home furnishing boutiques! This workshop will teach a number of valuable sewing skills with an emphasis on invisible zipper installation and professional looking results.

**INSTRUCTOR:** Diana Rupp

**AR 44372-1A**  
C-GCC – Staff Cafeteria  
June 1, 2024  
Fee: \$65

## DRAWING & PAINTING

### Drawing from Life

In this class, students will develop their hand-eye coordination, focusing on really seeing what's in front of them. Line, mass, light source, and the use of negative space will be explored in a variety of exercises. Students will work with a range of mediums to enable the development of a full complement of techniques. (Model fee included.)

**INSTRUCTOR:** Luis Macia is an accomplished artist originally from New York City. He was an apprentice to the noted watercolorist Irwin Greenberg, as well as the social realist, Max Ginsburg, and his work has appeared in solo and group shows in New York City and the Hudson Valley.

**AR 16164-1A**  
C-GCC – Room 509  
Begins: May 21, 2024  
Fee: \$150

**AR 16164-2A**  
C-GCC – Room 509  
Begins: July 9, 2024  
Fee: \$150



### Hudson Valley Plein Air

Let the great outdoors be your studio! In this class, students will use pastels, watercolors, or oils to capture the beauty of the Hudson Valley. Instruction will begin with surface preparation, broadly blocking in the scene through creating a fully realized composition. A strong emphasis will be placed on color, structure, composition, and capturing the ever-changing natural light. The first class will meet at the Hudson Riverfront Park, at the Gazebo. Locations are selected for a two-week period; students who wish to enroll in both the Sunday and Wednesday class will have four classes at each location.

**INSTRUCTOR:** Luis Macia

**AR 44367-1Z**  
Offsite  
Begins: May 19, 2024  
Fee: \$85

**AR 44367-2Z**  
Offsite  
Begins: May 22, 2024  
Fee: \$85

**AR 44367-3Z**  
Offsite  
Begins: July 10, 2024  
Fee: \$85

**AR 44367-4Z**  
Offsite  
Begins: July 14, 2024  
Fee: \$85

To register, call 518.697.6370 or visit [columbiagreene.edu/continuingeducation](https://columbiagreene.edu/continuingeducation)

## PERSONAL ENRICHMENT COURSES

### Joyful Watercolor in Collage \*New!\*

Free your inner studio artist and create lively collage still lifes! Basic drawing and watercolor skills are helpful, but not required. Emphasis will be on seeing and exploring shapes, color, and composition. Students will also use a mixed media transfer technique to augment the process. A list of extracurricular resources for a basic watercolor skills practice will be included, and access to a black and white copier is encouraged.

**INSTRUCTOR:** Kelly Kynion, a graduate of the Cooper Union School of Art; a textile designer; and the founder of Columbia County Sketchers.

**AR 44376-1A**  
C-GCC – Room 509 4 Thursdays  
Begins: May 23, 2024 9:30 a.m. – Noon  
Fee: \$85



### Master the Techniques of Drawing

From the beginner to advanced student, this drawing course, through lectures, demonstrations, assignments, and individual instruction, will help build the confidence and skills needed to become a proficient draftsman. If students are interested in casual drawing, improving their fundamental designs for painting, or enhancing their visual communication at the workplace, they will find these time-tested methods invaluable. The materials list will be sent upon registration.

**INSTRUCTOR:** Robert A. Lahm is a graduate of the Newark School of Fine and Industrial Arts (Advertising Design and Illustration) and Montclair Art Museum School.

**AR 16466-1A**  
C-GCC – Room 509 6 Sundays  
Begins: May 19, 2024 9:00 a.m. – Noon  
Fee: \$139

**AR 16466-2A**  
C-GCC – Room 509 6 Sundays  
Begins: July 14, 2024 9:00 a.m. – Noon  
Fee: \$139

### Painting Animals in Oils and Acrylics \*New!\*

Beginner and advanced artists can create beautiful paintings of their favorite pets, wildlife, and farm animals in oil or acrylic paints. Students will learn the keys to catching realistic likenesses of their chosen subjects. Topics include composition, perspective, basic shapes, values, transitions of shadows, and central focal points. Students will also learn how to master fur, feathers, eyes, ears, noses, paws, talons, beaks, antlers, horns, bills, and muzzles. The course will include lectures and individual instructions. Some homework will be assigned and the materials list will be sent upon registration.

**INSTRUCTOR:** Robert A. Lahm

**AR 44377-1A**  
C-GCC – Room 509 6 Saturdays  
Begins: May 18, 2024 1:00 p.m. – 4:00 p.m.  
Fee: \$139

**AR 44377-2A**  
C-GCC – Room 509 6 Saturdays  
Begins: July 13, 2024 1:00 p.m. – 4:00 p.m.  
Fee: \$139

### Resonant Watercolor \*New!\*

Using the gouache resist technique, students will be introduced to bold marks and contrast using a resist technique, combing watercolor, inks, pastels, and gouache for a truly outstanding result. Take your watercolor and water media work to another level!

**INSTRUCTOR:** Celia Buchanan is an Artist, Designer, Educator, and Materials Specialist with more than 35 years of industry and educational experience in fine and applied arts. She has extensive technical knowledge in the application and products associated with paints, printing inks, fibers, dyes, craft and mixed media, and encaustic techniques.

**AR 44380-1Z**  
Cairo Public Library  
15 Railroad Ave  
Cairo, NY 12413 1 Saturday  
June 8, 2024 10:00 a.m. – 2:00 p.m.  
Fee: \$65

### Studio Painting – Oil/Acrylic/ Watercolor

This class is for the beginner and intermediate painter alike. In addition to painting a still life, students should bring multiple photographs to class from which they will create a unique painting. Combine landscape photos with structures, wildlife, people, vehicles, and the like. Meld great photos of pets and/or people into



a group portrait – only one's imagination will limit the creation. A finished painting, suitable for framing, is the goal of this class. The materials list will be sent upon registration. Students should be ready to start painting at the first class.

**INSTRUCTOR:** Robert A. Lahm

**AR 16257-1A**  
C-GCC – Room 509 6 Saturdays  
Begins: May 18, 2024 9:00 a.m. – Noon  
Fee: \$139

**AR 16257-2A**  
C-GCC – Room 509 6 Saturdays  
Begins: July 13, 2024 9:00 a.m. – Noon  
Fee: \$139

### The Figure in Color

To bring the figure to life, students will use pastels and/or watercolors to study and capture line, form, mass, light, and negative space. Instruction will begin with surface preparation, broadly blocking in the figure to create a fully realized composition. Techniques for watercolor and pastel will include blending, layering, color mixing, lifting, working wet on wet, and brush and paper selection and use. Teaching methods will cover instruction, demonstration, and individualized attention and support through the process. (Model fee included.)

**INSTRUCTOR:** Luis Macia

**AR 16422-1A**  
C-GCC – Room 509 Thursdays  
Begins: May 23, 2024 6:00 p.m. – 8:30 p.m.  
Fee: \$125

**AR 16422-2A**  
C-GCC – Room 509 6 Thursdays  
Begins: July 11, 2024 6:00 p.m. – 8:30 p.m.  
Fee: \$150

### The Figure in Extended Pose

This course is for students who wish to work on a single pose for the entire class to explore the figure in greater depth. Pastels, watercolors, and/or oil will be used to study and capture line, form, mass, light, and negative space to create a fully realized picture. Students will develop control and confidence as they become more aware of the potential of these mediums. Teaching methods include instruction, demonstration, individualized attention, and support through the process. Students will use time-honored techniques to foster individual growth and artistic vision. (Model fee included.)

**INSTRUCTOR:** Luis Macia

**AR 44366-1A**  
C-GCC – Room 509 5 Wednesdays  
Begins: July 10, 2024 6:00 p.m. – 8:30 p.m.  
Fee: \$150

## ARTS & CRAFTS

### Collagraph Printing \*New!\*

Learn this simple relief-style printing technique where texture and form are created by applying various materials including card, paper, plastic, glue, and string to a rigid substrate! This is the opposite of Lino or woodcut printing, where material is carved or removed from the block. Found objects can also be incorporated into the process, as well as paper cut shapes.

**INSTRUCTOR:** Celia Buchanan

**AR 44379-1A**  
C-GCC – Room 509 1 Sunday  
July 21, 2024 12:30 p.m. – 5:30 p.m.  
Fee: \$65

### Intaglio Printing \*New!\*

Generate subtle and bold form, shading, and texture using dry point and abrasion techniques! This style is etching without the hazardous chemicals using plexiglass plates. In this class, water mixable oil paint is used as an ink, removing the need for harsh solvents.

**INSTRUCTOR:** Celia Buchanan

**AR 44378-1A**  
C-GCC – Room 509 1 Sunday  
June 23, 2024 1:00 p.m. – 5:00 p.m.  
Fee: \$65



### Landscape Photography in the Catskills

In this class, students will receive hands-on instruction with camera settings, lenses, filters, exposures, and more, while hiking to a waterfall and/or a panoramic overlook. Following the hike, students will review and discuss their images at the Mountain Top Library in Tannersville. The class will meet at 8:00 a.m. at the Mountain Top Library. Please bring a bagged lunch. Students should feel comfortable with Manual Exposure. An SLR or Mirrorless Camera, and a tripod, are recommended but not required.

**INSTRUCTOR:** Francis X. Driscoll is an award-winning nature photographer and mountaintop resident whose work has appeared in many publications.

**AR 16454-1Z**  
Mountain Top Library  
6093 Main St.  
Tannersville, NY 12485 1 Saturday  
June 29, 2024 8:00 a.m. – 4:00 p.m.  
Fee: \$90

### Mixed Media Collage \*New!\*

This is the perfect opportunity to explore various applications and techniques, such as GelPlate mono printing, embossing with textured plates, acrylic mediums, and drawing materials. Whether you are a painter, photographer, or just a creative person, this workshop will help merge all different artistic skills into one harmonious masterpiece. Students can incorporate color, texture, photography, abstract and bold designs, and even ethereal elements. Don't miss this chance to create something magnificent!

**INSTRUCTOR:** Celia Buchanan

**AR 16028-1Z**  
Mountain Top Library  
6093 Main St.  
Tannersville, NY 12485 1 Saturday  
July 20, 2024 10:00 a.m. – 2:00 p.m.  
Fee: \$65

### Mono Printing Using Gel Plates

Learn to create one-of-a-kind monoprints using gelli plates and acrylic paints. Spontaneity is the beauty of this medium – a combination of printmaking, mixed media, painting, and drawing all rolled into one. Techniques such as pickup and transfer printing will be covered. Suitable for all levels, including beginners.

**INSTRUCTOR:** Celia Buchanan

**AR 44370-1A**  
C-GCC – Room 509 1 Sunday  
August 18, 2024 1:00 p.m. – 4:00 p.m.  
Fee: \$65

### Zentangle 101

Join us as we explore mindful meditation through simple line drawing techniques. Each class will leave students feeling calm, focused, and creatively accomplished. A basic Zentangle kit is included.

**INSTRUCTOR:** Andrea Porrazzo became a Certified Zentangle Teacher in 2013 and has been teaching it ever since. She also has practiced meditation since 1982.

**HE 72185-1A**  
C-GCC – Room 134 1 Wednesday  
June 19, 2024 6:00 p.m. – 8:00 p.m.  
Fee: \$50

### Zentangle 102

Continue to explore the wonderful and meditative world of Zentangle. Students will learn more tangles and shading techniques that will give a sense of depth to their work of art. All supplies included.

**INSTRUCTOR:** Andrea Porrazzo

**HE 72199-1A**  
C-GCC – Room 134 1 Wednesday  
August 14, 2024 6:00 p.m. – 8:00 p.m.  
Fee: \$50



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## PERSONAL ENRICHMENT COURSES

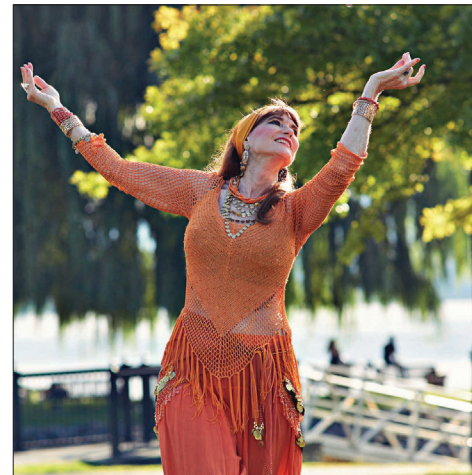
### DANCE

#### Belly Dance Spirit

Traditional belly dance for beginners and experienced dancers. Students will learn variations of torso, arm and hand movements, travel steps, and short choreographies. The class will then improvise so students can develop their own dance personality. All are welcome! Please wear stretchy exercise clothing or belly dance clothes if you have them; no jeans, please. Dance shoes or socks are required.

**INSTRUCTOR:** Donna Barrett is an experienced and regionally recognized belly dance instructor. She has recently performed locally with the Hudson Festival Orchestra and at Hudson Hall for Winter Walk.

**DA 57001-1A**  
C-GCC – Room 500 Art Center Theater  
4 Mondays Begins: June 3, 2024  
6:00 p.m. – 7:30 p.m.  
Fee: \$50



### DEFENSIVE DRIVING

#### Defensive Driving

Students who complete this course will qualify for a reduction of up to four points from their driving record for violations received during the 18 months prior to completing the course and will become eligible for a minimum insurance reduction of 10%. Students may repeat this course every 18 months for point reduction only. Offered in cooperation with the NYS Department of Motor Vehicles, the NYS Department of Insurance, and the Empire Safety Council. Class begins promptly at 9 a.m.

**INSTRUCTORS:** Victor Bujanow and Deborah Harpine are certified by the Empire Safety Council.

**DD 68057-1A**  
C-GCC – Room 612 1 Saturday  
June 15, 2024 9:00 a.m. – 3:15 p.m.  
Fee: \$45

**DD 68057-2A**  
C-GCC – Room 612 1 Saturday  
July 20, 2024 9:00 a.m. – 3:15 p.m.  
Fee: \$45

**DD 68057-3A**  
C-GCC – Room 612 1 Saturday  
August 17, 2024 9:00 a.m. – 3:15 p.m.  
Fee: \$45

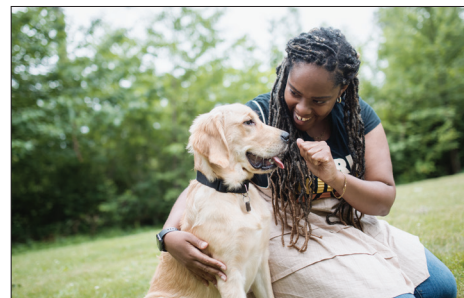
### DOG TRAINING

#### Obedience Level 1

This course provides an introduction to obedience training. Topics and commands covered include leash manners (informal heel), formal heel, sit and sit stay, down and down stay, place, recall, climb, and leave it/okay. Advanced challenges will be provided for dogs who may already have familiarity with some of the commands. Please note: anyone wishing to view the facility or speak with the instructors in person must make an appointment with Specter K9. Please do not visit the facility without an appointment.

**INSTRUCTORS:** Danyelle and Jerry of Specter K9 have been training dogs for nearly a decade and are dedicated to helping owners build better relationships with their dogs. They offer clients their expertise in puppy rearing, basic obedience, advanced obedience, behavior modification/aggression management, personal protection, and service dog training.

**SI 99061-1A**  
Specter K9 Germantown, NY  
6 Thursdays Begins: May 16, 2024  
5:00 p.m. – 6:30 p.m.  
Fee: \$465



### GARDENING

#### Ecological Garden Care Basics

Interested in designing, building, and maintaining landscapes that consider the ecology of the site, and creating gardens that enhance the surrounding environment for the benefit of humans and other life in the ecosystem? Whether you care for a small urban yard or many acres, your property can be part of the ecological solution. In this class, students will learn best practices; tools and methods; native plant additions; invasive plant management; layout and design changes; and much more.

**INSTRUCTOR:** Shanti Nagel is the founder of Design Wild and a graduate of the School of Professional Horticulture at the New York Botanic Garden. She has been an industry professional for more than 15 years and is a current instructor at the Brooklyn Botanical Garden.

**SI 99379-1A**  
C-GCC – Room 136 3 Thursdays  
Begins: June 6, 2024 5:30 p.m. – 7:30 p.m.  
Fee: \$110



#### Native Plants for Everyone

This course will provide an introduction to a variety of native plants that are easy, hearty, and great additions to any landscape. Students will begin by gaining a better understanding of why planting natives is essential to a healthy ecosystem and why their individual plant choices can have a great impact on the life cycle of pollinators, songbirds, and the greater ecology of the region. Students will then learn about a terrific selection of native trees, shrubs, and perennials. Other topics covered include container gardens for decks and patios, mixed border plantings, and sourcing options.

**INSTRUCTOR:** Shanti Nagel  
**SI 99380-1A**  
C-GCC – Room 136 1 Saturday  
July 27, 2024 1:00 p.m. – 4:00 p.m.  
Fee: \$70

### GENEALOGY

#### Genealogy Workshop: Guidance on Researching Your Ancestors Online

Get professional guidance on conducting online genealogy research through this two-hour workshop! The computer-based training will provide students with the tools they need to find web resources available for documenting their ancestors, on both free and subscription websites. This workshop is recommended for those who have basic to moderate online research skills and have accounts with FamilySearch and/or Ancestry.com.

**INSTRUCTOR:** Holly MacCammon is a professional genealogist and archivist. She has a master's degree in library science from St. John's University and a professional learning certificate in genealogical research from Boston University. She has been researching her own family history for 30 years.

**SI 99150-1A**  
C-GCC – Room 508 1 Thursday  
June 6, 2024 5:00 p.m. – 7:00 p.m.  
Fee: \$60



#### Personalized Genealogy Research Assistance

This is an opportunity to receive personal, one-on-one instruction and assistance with genealogy research questions. Students will sign up for one time slot where they will be able to ask questions and receive help specific to their research needs. Topics include general questions about genealogy, online genealogy websites, the best genealogy resources, and collections and records to utilize during research. Students must have basic knowledge of genealogy. Windows computers only; no Macs, Chromebooks, tablets or cell phones.

**INSTRUCTOR:** Holly MacCammon  
**SI 99381-1A**  
C-GCC – Room 508 1 Thursday  
June 13, 2024 5:00 p.m. – 6:30 p.m.  
June 27, 2024 5:00 p.m. – 6:30 p.m.  
Fee: \$75 (per time slot)

## PERSONAL ENRICHMENT COURSES

### GENERAL INTEREST

#### Audio Recording Oral History

Learn how to interview family, friends, and neighbors, and capture archival-quality audio recordings of their life stories. In this course, students will learn interview techniques, including how to put their interviewee at ease, and how to choose a microphone, from cell phones through professional quality devices. Using recordings from class, students will learn how to remove extraneous content and format files for easy sharing and archival storage.

**INSTRUCTOR:** Brett Barry is an audio producer and owner of Silver Hollow Audio that specializes in spoken-word recordings. He teaches digital media production at SUNY New Paltz and is the producer and host of the award-winning Catskills podcast, Kaatscast.

**SI 99374-1A**  
Mountain Top Library  
6093 Main St. 1 Wednesday  
Tannersville, NY 12485 July 24, 2024 10:00 a.m. – 1:00 p.m.  
Fee: \$45

#### Create a Personal Mandala: Based on Your Birthday & Numerology

In this workshop, students will explore the mystery of numerology to create their own mandala, according to their birth date, using the Vedic square. Students will learn how to calculate their two prominent numbers, their psychic and destiny numbers, and the qualities and archetypes connected with each number. Discover the colors and shapes associated with each number and see yourself in color and light!

**INSTRUCTOR:** Melissa Forbes has a BFA in Textile Design from Moore College of Art, and also has attended the National Academy of Design, Parsons School of Design, and the Pennsylvania Academy of Fine Arts.

**SI 99384-1A**  
C-GCC – Room 706 3 Wednesdays  
Begins: July 17, 2024 10:00 a.m. – Noon  
Fee: \$85

#### Full Moon Women's Circle \*New!\*

Women's circles offer a safe, empathic, and powerful environment for women-identified people to gather, hold space, and share experience. Through facilitated discussion and intentional

activity, participants can find clarity and connection. Participants should bring a cushion to sit on, a shawl or blanket, and a journal and pen.

**INSTRUCTORS:** Professor Maya Greene has been teaching human communication at Columbia-Greene Community College for nearly 20 years and facilitating women's circles and retreats with Tanya Hamm since 2017.

**SI 99392-1A**  
C-GCC – Room 505 1 Thursday  
May 23, 2024 6:00 p.m. – 8:30 p.m.  
Fee: \$35

#### Hudson-Athens Lighthouse Tour

The Hudson-Athens Lighthouse Preservation Society takes participants on a guided tour of the beloved Hudson-Athens Lighthouse, built in 1874. The tour offers an opportunity to learn about the important role that the Hudson River played in the development of towns and the role that the lighthouse plays in the safe navigation of river transportation. Go back in time and see how the lightkeepers and their families lived in the middle of the Hudson River and how they weathered the toughest winters! Participants will have the opportunity to climb to the top of the Beacon and enjoy a 360-degree view of the Hudson River. Please note: the ferry boat is covered, and tours will run rain or shine.

**SI 99383-1Z**  
Departing from Hudson  
23 Ferry St. 1 Saturday  
Hudson, NY 12534 June 22, 2024 10:00 a.m. – 11:30 a.m.  
June 22, 2024 Noon – 1:30 p.m.  
Fee: \$30

**SI 99383-2Z**  
Departing from Athens  
4 N. Water St. 10:00 a.m. – 11:30 a.m.  
August 10, 2024 Noon – 1:30 p.m.  
August 10, 2024  
Fee: \$30



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## PERSONAL ENRICHMENT COURSES



### Introduction to Astrology

This course introduces beginners to the complex study of astrology using the birth chart. Students will begin by orienting themselves with the birth chart and introducing the concept of archetypes and their importance in the study of astrology. Classes will cover all the basic building blocks of a birth chart, and the instructor will use astrologically inspired art to create a more immersive experience as students learn about the different elements and energies in astrology.

**INSTRUCTOR:** Isabel Romero is a self-taught student of astrology for five years and currently offers astrological consultations professionally. She also has taught American History, Ancient Roman History, Arabic, and Drawing.

**SI 99268-1Z**  
Taught via Zoom 8 Wednesdays  
Begins: May 15, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$160

### Introduction to Dreams & Dream Journaling \*New!\*

This course will guide students through the process of self-exploration through dream work. It introduces creative tools to enable students to extract the creative essence from their dreams, teaches students how to remember dreams and maintain a dream diary, and teaches students to unravel the profound messages embedded within their dreams. Whether you're new to dream exploration or seeking to deepen your understanding, this course offers a rich exploration of the art of dreaming and its potential for profound personal insight and transformation.

**INSTRUCTOR:** Anecy Baez is an educator, psychotherapist, writer, and author, and winner of

the 2007 Marmol Prize for first Latinx fiction. She trained in Robert Moss' innovative Dream Teacher Training Level 1 in 2008 and has been studying dreams since childhood.

**SI 99393-1A**  
C-GCC – Room 132 3 Wednesdays  
Begins: June 12, 2024 6:00 p.m. – 8:00 p.m.  
Fee: \$100

### Learn to Play Mah Jongg

Learn the exciting game of Mah Jongg in four lessons! The course fee includes everything needed to play the game, including a thorough instruction booklet and the 2024 National Mah Jongg League card.

**INSTRUCTOR:** Ann Israel is a noted Mah Jongg teacher, author, blogger, and lecturer. Her book, Mah Jongg – The Art of the Game, has been reviewed by multiple sources, including the New York Times. She has taught Mah Jongg around the country to hundreds of students.

**SI 99386-1A**  
C-GCC – Staff Cafeteria 4 Mondays  
Begins: July 8, 2024 5:00 p.m. – 7:00 p.m.  
Fee: \$100

### Reading Astrological Birth Charts 101 \*New!\*

This course is designed for beginners and lovers of astrology who have some grasp of basic components such as planets and signs, and who are seeking guidance and instruction on how to put all the pieces together to be able to read a birth chart. In this class, students will go step by step through the process and order of how to read a birth chart using their own birth charts, as well as celebrity birth chart examples.

**INSTRUCTOR:** Isabel Romero

**SI 99395-1Z**  
Taught via Zoom 5 Thursdays  
Begins: July 11, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$110

### Save Money with Extreme Couponing

Learn how to save money every day with extreme couponing. Coupons are not just for groceries; the savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach students where to find all different types of coupons, even for high-ticket items; how to find

the best coupon apps and websites; and how to match coupons with sales for maximum savings. The workshop is taught by someone who has used many couponing secrets to save thousands.

**INSTRUCTOR:** LeeAnne Krusemark  
**SI 99333-1Z**  
Taught via Zoom 1 Friday  
July 12, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$25

### Tarot in Your Life

Throughout this class, students will explore the fascinating world of the Tarot. Various Tarot decks will be examined to discover the many interpretations of characters and symbols. A short history of the Tarot also will be discussed. The class will culminate in students completing sample readings for each other to further develop their relationship with the Tarot cards. Please note that a Rider Waite Tarot Deck is required for the class and must be purchased ahead of time. Students also should bring pen and paper for note taking.

**INSTRUCTOR:** Prudence Mohr, Certified Tarot Master/ Instructor (Certified by the Tarot Certification Board)

**SI 99365-1A**  
C-GCC – Room 132 4 Tuesdays

Begins: May 14, 2024 6:00 p.m. – 8:00 p.m.  
Fee: \$90

### Wildlife Tracking: A Window to the Wild \*New!\*

Learn basic and advanced techniques for identifying wildlife through the tracks and signs they leave behind! Students will gain a great understanding of local ecology, while developing practices that can be applied to their home, personal, and professional lives; bring deeper connection, harmony, and inspiration into all that you do!

**INSTRUCTOR:** Dan Yacobellis has been teaching tracking and outdoor skills for 18 years. He runs Tamakoce Wilderness Programs, and is certified by Tracker Certification North America as a Level 3 Track & Sign.

**SI 99391-1A**  
C-GCC – Room 105 4 Saturdays  
Begins: May 18, 2024 9:30 a.m. - Noon  
Fee: \$160

## HEALTH & MOVEMENT

### Awareness Through Movement®: The Feldenkrais Method®

Verbally guided movement lessons using gravity, breath, and imagination. Sessions are novel, gentle, and slow-paced, fostering self-discovery, ease, articulation, coordination, and are helpful for most everyone including artists, athletes, and those recovering from injury. Lessons take place lying down, but may incorporate sitting, kneeling, and standing.

**INSTRUCTOR:** Debra Wanner is a performing artist and a Certified Feldenkrais Practitioner in Catskill, NY. She has been helping people move with enhanced awareness and skill since 2003.

**HE 72193-1A**  
C-GCC – Room 612 6 Thursdays  
Begins: May 16, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$90

### FUNDamentals of Golf

This introductory course covers the basics from tee to green. Learn the fundamentals of the golf swing and gain an understanding of the various clubs. The class starts with how and when to hit with a driver, fairway woods, and irons, followed by pitching and chipping usage, and technique. The final session will offer guidance on putting technique, alignment, and green reading. This class will benefit golfers of any skill level.

**INSTRUCTOR:** Gerard Ecker, United States Golf Teachers Federation (USGTF), has been a Level 3 Golf Instructor since 2010 and an instructor at Thunderhart Golf Course and Sunnyside Golf Course for 12 years.

**PH 62051-1A**  
Thunderhart Golf Course  
2740 County Rd 67  
Freehold, NY 12434 4 Thursdays  
Begins: July 11, 2024 5:30 p.m. – 7:30 p.m.  
Fee: \$120



### Intro to Golf

Learn the basics of golf and feel comfortable on the course this summer! Intro to Golf will focus on mastering the basics and learning proper grip, posture, alignment, and ball position with each club. Students will understand the rules, history, and etiquette of the game. Content will focus on full swing fundamentals, understanding the positions of the swing, when to use the right club, and driving with authority. The class will include a short game session and an open forum to review any segment of the game.

**INSTRUCTOR:** Lucas Cohen, PGA Professional, has been teaching for more than 20 years.

**PH 62249-1Z**  
NY Golf Park 4 Thursdays  
5490 Route 9H  
Hudson, NY 12534 5:30 p.m. – 7:00 p.m.  
Begins: June 6, 2024  
Fee: \$185



### Introduction to Jiu-Jitsu

This exciting new offering will focus on the basics of Jiu-Jitsu. Students will learn from both Brazilian Jiu-Jitsu and 10th Planet Jiu-Jitsu. The major topics covered will be takedowns from a kneeling position, proper falling and rolling, positions, and submissions. All techniques will be taught with progressions and all submissions will be practiced on the instructor first. Open to ages 13 and up.

**INSTRUCTOR:** Ramon Correa is a third-degree Black Belt with over a decade of learning and teaching experience. He trained in Karate for 13 years, Jiu-Jitsu for five years, and Judo for two. He also teaches at his martial arts school, Pathway Martial Arts Academy.

**HE 72196-1A**  
C-GCC – Gymnasium 4 Wednesdays  
Begins: July 10, 2024 6:15 p.m. – 7:15 p.m.  
Fee: \$125

### Introduction to Self-Defense

Come train with us and learn the art and philosophy of self-defense! In this course, students will learn techniques from situational awareness through basic striking and grappling. The instructor will also cover the New York State Penal Code, which is a must to understand if students truly want to protect themselves. This course is great for students of all experience levels; there is something to learn for everyone! Topics include, but are not limited to, pad work, bear hug escape, choke escapes, and more. Open to ages 18 and up.

**INSTRUCTOR:** Ramon Correa

**HE 72197-1A**  
C-GCC – Gymnasium 4 Wednesdays  
Begins: July 10, 2024 5:00 p.m. – 6:00 p.m.  
Fee: \$125

### It's Time to Meditate! \*New!\*

This class is for all who are interested in developing a regular meditation practice. From beginners who have only heard about meditation's benefits, to those looking to reinvigorate their practice, students will learn three different types of seated meditations in a supportive, fun environment! Class meets May 23, June 6, and June 20.

**INSTRUCTOR:** Geoff Gloak has been meditating for almost thirty years. He is a certified health coach, life coach, and core energetics practitioner, and he is very enthusiastic about helping his fellow humans thrive joyfully.

**HE 36268-1A**  
C-GCC – Room 130 3 Thursdays  
Begins: May 23, 2024 6:30 p.m. – 7:30 p.m.  
Fee: \$40



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## PERSONAL ENRICHMENT COURSES

### Pilates Mat Class

When it comes to Pilates, mat work is a great place to begin and learn the basics. All of the fundamental movements and Pilates exercise principles are incorporated in the mat exercises that accommodate any fitness level. These exercises will help build strength and confidence in the Pilates method. Improve strength, flexibility, balance, and posture by incorporating floor-based Pilates movements that stimulate the deep “core” muscles of hips, abdomen, lower back, and spine. Focus will be on breathing and improving mental clarity.

**INSTRUCTOR:** Suzanne Hazelton is a Certified Instructor for Body Be Well Pilates in Catskill, NY.

**HE 62310-1A**  
C-GCC – Room 612 or Zoom 6 Mondays  
Begins: May 13, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$90  
No class May 27



### Tai Chi and Qigong

Qigong, an ancient Chinese discipline, emphasizes breathing, meditation, and movement to enhance the flow of energy, or chi, throughout the body, helping to develop dynamic health and wellness. Its advance form, known as Tai Chi, involves moving from one posture to the next resembling swimming through air. Both help to reduce stress, improve posture and flexibility, and increase the emotional and physical balance as well.

**INSTRUCTOR:** David Haines has been a teacher of Qigong and Tai Chi for 40 years. He has also been a practitioner of the Trager® Approach to Movement for 35 years.

**HE 62293-1A**  
C-GCC – Room 612 6 Wednesdays  
Begins: May 15, 2024 5:00 p.m. – 6:00 p.m.  
Fee: \$85

## HOME LIVING

### Intermediate Cookie Decorating \*New!\*

Designed for students who have already taken Beginner Cookie Decorating, this exciting new offering will teach the next stage of cookie decorating. Learn new techniques and uses of royal icing, including the use of tools, products, and equipment that will bring your cookies up a notch! Students will try airbrushing, stenciling, painting, candy/fondant details using silicone molds, icing transfers, hand lettering/writing with a projector and/or brush embroidery, and more. Let's start learning some new techniques and further your love for the art of cookie decorating! Open to ages 12 and up.

**INSTRUCTOR:** Cindy Burek has been teaching cookie decorating classes for seven years at local businesses and hotels, in addition to other local community colleges. She owns Buttercup Cookie ([www.buttercupcookie.com](http://www.buttercupcookie.com)).

**SI 99396-1A**  
Mediterranean Lemon Theme  
C-GCC – Staff Cafeteria 1 Tuesday  
July 23, 2024 5:30 p.m. – 8:00 p.m.  
Fee: \$119



### Cooking with Botanicals: Fresh Spring Rolls \*New!\*

Food is your canvas and flowers are your medium! In this class, students will use a variety of fresh herbs and blooms to create edible works of art on spring roll wrapper canvas. Then, they'll whip together two quick and easy dipping sauces and enjoy their spring rolls in class!

**INSTRUCTOR:** Tamara Christians is a 25-year veteran of hospitality, serving both as chef, and food and beverage management. She has instructed culinary

art and food science since 2013 and is a resident culinary instructor for Burlington County.

**CK 40165-1A**  
C-GCC – Staff Cafeteria 1 Tuesday  
June 11, 2024 6:00 p.m. – 7:30 p.m.  
Fee: \$65

### Focaccia Art and Butter Boards \*New!\*

In this class, students will be making art with their food! Learn how to use vegetables, flowers, and herbs to make highly decorative focaccia bread to bake at home. Students will use a variety of sweet and savory ingredients to create butter boards to enjoy in class.

**INSTRUCTOR:** Tamara Christians

**CK 40164-1A**  
C-GCC – Staff Cafeteria 1 Wednesday  
May 15, 2024 6:00 p.m. – 7:30 p.m.  
Fee: \$65

### From Scratch: Making Your Own Condiments \*New!\*

This class is all about picnic supplies! Students will learn how to make their own mayonnaise, aioli (mayonnaise's better-dressed cousin!), zucchini relish, and ketchup!

**INSTRUCTOR:** Tamara Christians

**CK 40162-1A**  
C-GCC – Staff Cafeteria 1 Wednesday  
July 10, 2024 6:00 p.m. – 7:30 p.m.  
Fee: \$65

### Lacto-Fermentation: Kimchi and Hot Sauce \*New!\*

Learn to use the science of lacto-fermentation to make this classic Korean condiment. Students will chop and shred the vegetables, then assemble a Portuguese-style hot sauce while waiting for the cabbage to sweat. Students will return to their vegetables to finish their kimchi, then package to age and enjoy at home!

**INSTRUCTOR:** Tamara Christians

**CK 40163-1A**  
C-GCC – Staff Cafeteria 1 Tuesday  
July 30, 2024 6:00 p.m. – 8:00 p.m.  
Fee: \$65

### Livestock Lessons: Sound Herd Management & Sustainability

Raising and working with livestock requires a high degree of planning, flexibility, and organization. If you are currently raising a herd of any size, hoping to start raising farm animals, or would like to take your farm to the next level, then this is the course for you. Course content will include large animal management, handling and care, fencing and containment solutions, equipment options, safety guidelines, pasture and crop rotation, sustainability, animal nutrition, agronomics, and other region-specific considerations.

**INSTRUCTOR:** Nicole Childrose, PhD, has owned, operated, and consulted for small farms, horse boarding facilities, and animal rescues, and has diversified operations with livestock, poultry, and ultra-niche crops. She is also an Associate Professor of History and Division Co-Chair of the Technical Professions at Columbia-Greene Community College.

**SI 99370-1Z**  
Taught via Zoom 1 Thursday  
June 6, 2024 6:00 p.m. – 8:30 p.m.  
Fee: \$55

**\$ Workforce NY tuition funding available.**  
Call 518.697.6510.



## LANGUAGES

### Bonjour, Ça Va?

Based on the attraction for all things French, students will be virtually transported to the country where they will learn, according to their level, the customs and way of life of the French people, and how to speak with the locals. This dynamic course is filled with practical tips and fun facts!



**INSTRUCTOR:** Henri Montali has been tutoring English speakers of all ages in the French language for many years. He also has taught academic English to French children at the middle and high school levels, as well as daily life English to adult professionals wanting to enhance their language skills.

**LA 44271-1Z**  
Taught via Zoom 10 Mondays  
Begins: June 3, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$120

### Conversing in Spanish

This offering is an introduction to Spanish and will emphasize how a person initiates language and responds to information and questions in a variety of social situations. Participants also will learn when cultural differences require use of specific Spanish expressions. Speaking and listening will be emphasized, but some reading may be included. The paperback book, Easy Spanish Phrase Book by Dover Publications (ISBN number is 0-486-28086-1) is required and available online.

**INSTRUCTOR:** Russell Kratz, PhD, is a teacher of English and Spanish who studied Spanish in Costa Rica and has traveled in Spain, Argentina, Costa Rica, El Salvador, and Puerto Rico. He is a published author and a former educational administrator.

**LA 44457-1A**  
C-GCC – Room 136 4 Tuesdays  
Begins: July 9, 2024 6:30 p.m. – 8:00 p.m.  
Fee: \$75

## MUSIC

### Beginner Ukulele

Join us for this hands-on ukulele class for beginners! Students will be introduced to ukulele basics: holding the instrument, scales, chords, and basic music theory. Time during each class will be devoted to playing exercises and songs, but students will get more from the class if they can devote time each week to practice on their own. Students must bring their own ukulele to class.

**INSTRUCTOR:** Carmen Borgia, a professional musician and sound mixer, has taught at The School of Visual Arts in New York City and Seton Hall University in New Jersey. He also hosts live, weekly ukulele jams in Catskill.

**MU 62347-1A**  
C-GCC – Room 136 6 Wednesdays  
Begins: May 15, 2024 6:30 p.m. – 8:00 p.m.  
Fee: \$110

### Flute Lessons

Private flute lessons can be for anyone who wants to learn how to play the flute and have fun with it, as well as students preparing for solo performances or auditions. These one-on-one private lessons are for beginners or intermediate-advanced students, and topics covered include how to read music, intonation, sight reading, and basic musical principles. Beginner lessons are half an hour and intermediate-advanced lessons are one hour.

**INSTRUCTOR:** Barbara Rizek-McGuckin has over 30 years of experience teaching private lessons and flute ensembles.

**MU 62349-1A**  
Clinton Corners, NY

Beginner lessons  
Fee: \$30 per lesson

Intermediate-Advanced lessons  
Fee: \$50 per lesson

*\*Lessons can be scheduled on Tuesdays and/or Thursdays between June 4 and July 9. Please call 518.697.6370 to schedule\**



To register, call 518.697.6370 or visit [columbiagreene.edu/continuingeducation](http://columbiagreene.edu/continuingeducation)

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## PERSONAL ENRICHMENT COURSES

### Instant Piano for Hopelessly Busy People

In just a few hours, students will learn enough secrets of the trade to give them years of musical enjoyment! Using their at-home pianos or keyboards, students will learn to play piano the way professionals do, using chords. The course includes an online book, online follow-up videos, and a recording of the class.

**INSTRUCTOR:** Craig Coffman has taught this class to some 30,000 students nationally since 1993 at colleges and community education and recreation programs.

**MU 62295-1Z**  
Taught via Zoom 1 Tuesday  
June 18, 2024 6:30 p.m. – 9:30 p.m.  
Fee: \$65

### Instant Guitar for Hopelessly Busy People

This crash course in guitar will teach students basic chords, allowing them to play their favorite songs right away! The course includes an online book, online follow-up videos, and a recording of the class.

**INSTRUCTOR:** Craig Coffman

**MU 62326-1Z**  
Taught via Zoom 1 Wednesday  
June 19, 2024 6:30 p.m. – 9:00 p.m.  
Fee: \$65

## PARENTING \*NEW!\*

### Parenting: Using FLIP-IT to Address Challenging Behaviors \*New!\*

In this six-week parenting course, students will learn the strategy FLIP-IT: Transforming Challenging Behavior, from the Devereux Center for Resilient Children. This four-step strategy helps parents maintain strong relationships with their children, understand the root of behaviors, and teach positive coping skills. This course is best for parents with young children ages three to eight, but parents with children of all ages are encouraged to attend.

**INSTRUCTOR:** Kimberly Polstein LMSW has worked with children and families in various settings for 15 years. She has served as a Mental Health Consultant and trainer in the Capital District for the past seven years and is beginning her transition to parent coaching.

**SI 99390-1Z**  
Taught via Zoom 6 Tuesdays  
Begins: June 4, 2024 6:00 p.m. – 7:00 p.m.  
Fee: \$110

## PERSONAL FINANCE

### Navigating the Medicare Maze

This educational seminar will enable those over the age of 65 to understand their Medicare Health Insurance options. When the time comes to take advantage of this benefit, the process can be complex and time consuming. Seminar participants will receive an overview of the major features of Medicare including original Medicare, hospital insurance, medical insurance, Medicare Advantage, and prescription drug coverage. Medicare supplements and the relative benefits of national versus local networks also will be discussed.

**INSTRUCTOR:** Erik Lehtinen is an independent financial consultant based in Columbia County known for his expertise in advanced Medicare planning and review.

**FI 24244-1A**  
C-GCC - Room 105 1 Thursday  
May 30, 2024 10:00 a.m. – Noon  
Free



### Wills, Trusts, and Estate Planning

This informative course will offer students the chance to learn about estate planning using a Last Will and Testament and a Revocable Living Trust. There also will be a discussion about Probate; costs, expenses, and attorney's fees associated with Probate; and additional recommended documents such as a Living Will and a Durable Medical Power of Attorney.

**INSTRUCTOR:** Daniel F. Carbone is a practicing lawyer who has been teaching this course for over 30 years.

**FI 68398-1A**  
C-GCC – Room 105 1 Wednesday  
August 14, 2024 6:30 p.m. – 8:30 p.m.  
Free

## WRITING

### A Journal Workshop: A Journey of Self-Discovery and Spiritual Growth \*New!\*

This course will explore the practice of journal writing as a means of self-discovery, personal growth, and spiritual development. It will emphasize the importance of using journal writing as a tool for reflection, understanding, and transformation, to explore inner thoughts, emotions, and experiences.

**INSTRUCTOR:** Annecy Baez

**SI 99394-1A**  
C-GCC – Room 132 4 Wednesdays  
Begins: July 10 6:00 p.m. – 8:00 p.m.  
Fee: \$130

### A Beginner's Guide to Getting Published

Students interested in publishing freelance writing by selling a magazine article, short story, poem, or even a novel to a traditional publisher should enroll in this comprehensive workshop. Topics include becoming a "published" writer overnight, submitting manuscripts correctly, writing irresistible query letters, and more.

**INSTRUCTOR:** LeeAnne Krusemark

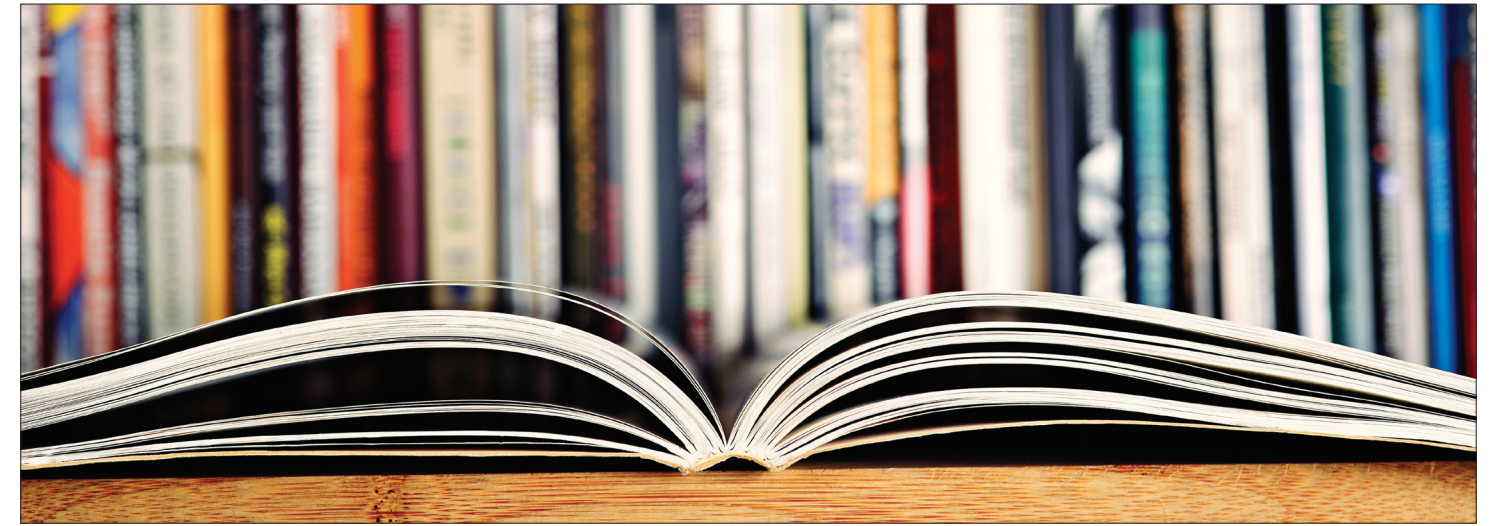
**HU 24211-1Z**  
Taught via Zoom 1 Tuesday  
July 9, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

### Be a Better Writer: 10 Easy Tips to Improve Your Writing Now!

Writing is part of everyday life, whether through emails, social media posts, work projects, or even recording creative thoughts and ideas. Improving is just a matter of knowing simple tricks to make writing more impactful and readable. Good writing may even help obtain a promotion at work or avoid rejection from a publisher! In this hands-on session, students will use examples and exercises in real time to learn how to make sentences flow properly while still maintaining reader interest. Students will leave with a workbook full of writing tips and tricks.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99082-1Z**  
Taught via Zoom 1 Saturday  
July 13, 2024 4:00 p.m. – 7:00 p.m.  
Fee: \$50



### Beginner's Guide to Using FREE ChatGPT (AI) for Writers

ChatGPT (AI) is here to stay and it is the future for writers and content creators. Don't be left behind! No prior AI experience required. Students will learn how to incorporate this cutting-edge technology to gain ideas and inspiration, and write web content, articles, novels, and scripts. Students will also learn how to register for a free ChatGPT account, input effective writing prompts, build creative content, determine ChatGPT's capabilities and limitations, and understand the ethical and legal considerations of ChatGPT.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99085-1Z**  
Taught via Zoom 1 Thursday  
July 18, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

### Comedy Writing: How to Be Funny on Paper and Stage

Whether making a dull work presentation more lively, mixing laughter with learning in the classroom, or ultimately wanting to write for print/production or a stand-up routine, this fast-paced session will show how to apply humor to all aspects of life. Students will learn the anatomy of a joke, how to use their powers of observation to sharpen their wit, write different types of jokes, and use humor to entertain and influence people.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99081-1Z**  
Taught via Zoom 1 Thursday  
July 11, 2024 5:00 p.m. – 7:00 p.m.  
Fee: \$45

### Explore 50 Different Self-Publishing Options

Self-publishing is all the rage, but is it the best option? In this class, students will discover the pros and cons of many self-publishing options, including print-on-demand and e-book publishing, as well as Amazon option, to see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies, will be included in the class.

**PRE-REQUISITE:** A Beginner's Guide to Getting Published

**INSTRUCTOR:** LeeAnne Krusemark

**HU 44448-1Z**  
Taught via Zoom 1 Tuesday  
July 9, 2024 9:00 p.m. – 10:00 p.m.  
Fee: \$25

### Explore the World as a Travel Writer

For those who love to travel and love to write, this is the ideal course! Students will discover how to use all the senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not to include photos with their work. Students also will learn how to find and submit their finished products to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing cliches.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99080-1Z**  
Taught via Zoom 1 Monday  
July 15, 2024 5:00 p.m. – 7:00 p.m.  
Fee: \$45

### How to Outline and Write an Irresistible Romance

Romance is the number one selling fiction genre. Whether a new or experienced writer, students will sharpen their skills with practical, step-by-step advice, discover the different romance sub-genres, and also will learn to create a unique setting, introduce their protagonist (lead character), percolate friction, and write relatable dialogue as well as intimate scenes. Publishing options also will be discussed.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99078-1Z**  
Taught via Zoom 1 Tuesday  
July 16, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

### How to Write Your Life Story

Students don't need to be famous to have a legacy to leave behind! Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people who shaped their lives, and bring their story to life. The handout, included in the class fee, will have an outline to help students organize and write their memoirs step-by-step. Printing and publishing options also will be discussed.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99077-1Z**  
Taught via Zoom 1 Saturday  
July 13, 2024 11:00 a.m. – 2:00 p.m.  
Fee: \$50

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# PERSONAL ENRICHMENT COURSES



## Introduction to Screenwriting for Television or Movies

In this comprehensive session, students will learn about special screenwriting terms and formats for television and the big screen as well as how to plot a story, develop characters, and execute work in the proper screenwriting format. Discover the difference between a Treatment, a Spec Script, and a Shooting Script, and when to do each. Students also will get an inside look into the business of selling scripts to agents and producers.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 44456-1Z**

Taught via Zoom 1 Saturday  
July 13, 2024 2:00 p.m. – 4:00 p.m.  
Fee: \$45

## Meet the Publisher Q&A – Get Your Manuscript Critiqued

Ever wanted to talk to a real agent or publisher? Tired of having manuscripts critiqued by non-professionals or paying an editor too much money to change what's written to their voice? Email one page of an in-progress manuscript for an in-class critique of one page of poetry, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: Students can send their manuscript to the instructor after the class for a professional critique, for an added fee).

**INSTRUCTOR:** LeeAnne Krusemark

**HU 44417-1Z**

Taught via Zoom 1 Thursday  
July 18, 2024 5:30 p.m. – 7:00 p.m.  
Fee: \$35

## Start a Free Blog!

Online blogging is a great way to get the word out about a service, product, or other information. In this class, students will learn how to start a free blog with WordPress, choose a blog template, emphasize blog

content with a creative name, use a unique voice to share expertise, and more. Students also will learn how to earn an income with their blog, including links to other websites and blog advertising, as well as how to increase internet rankings.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 44474-1Z**

Taught via Zoom 1 Wednesday  
July 17, 2024 5:00 p.m. – 7:00 p.m.  
Fee: \$45

## Using Amazon's Kindle Direct to Self-Publish Your Book for FREE!

For students looking to publish a paperback novel or short eBook now or in the future, this class will provide a step-by-step introduction on how to create an Amazon KDP account, format and upload a manuscript to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for an Amazon page, and write an Amazon author bio.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 44477-1Z**

Taught via Zoom 1 Wednesday  
July 10, 2024 5:00 p.m. – 6:00 p.m.  
Fee: \$25



## Write a Riveting Mystery, Suspense, or Crime Story

Become a mystery writer for fun or profit! Students will discover the different sub-genres and the three-act story structure of mystery writing and create an intriguing cast of characters. Students also will learn how to research and pick their setting, make sure their opening grabs readers' attention, and use "red herrings" to misdirect their readers and create suspense until the final reveal. Publishing options also will be discussed.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99079-1Z**

Taught via Zoom 1 Thursday  
July 11, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

## Write Your First Novel (in 90 Days!)

This intensive course provides a schedule of crafting a novel from start to finish, which students can finish in as little as 90 days! This class will also help students stay motivated throughout the journey. Topics covered include genre selection and developing compelling premises, creating character and plot outlines, time management, self-editing, and how to receive constructive criticism.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 99084-1Z**

Taught via Zoom 1 Wednesday  
July 17, 2024 7:00 p.m. – 9:00 p.m.  
Fee: \$45

## Writing for Online Blogs, Magazines, and Websites

In this fast-paced session, students will learn how to find ideas, sources, and more than 1,000 opportunities that pay. Students will be taught how to conduct interviews and create interesting content, protect a copyright, write query letters, and then use this credibility to sell other articles or even a self-published novel.

**INSTRUCTOR:** LeeAnne Krusemark

**HU 44463-1Z**

Taught via Zoom 1 Tuesday  
July 9, 2024 5:00 p.m. – 7:00 p.m.  
Fee: \$45

If any non-credit course or class is canceled because of inclement weather or emergency closings, or a satellite location is closed, classes will automatically be extended an additional week.

C-GCC's policy is to take affirmative action to provide equal opportunity in all of its activities for all qualified persons, to prohibit discrimination, and to promote the full realization of equal opportunity. This policy of non-discrimination applies to all persons without regard to an individual's race, color, national origin, religion, creed, age, disability, sex, gender identity, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction. Employees, students, or applicants may not be subjected to harassment that is prohibited by law, or treated adversely or retaliated against based upon a protected characteristic.

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