



Concord Carlisle
Adult & Community Education

Fall 2019



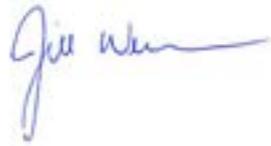
Welcome to our Fall 2019 offerings!

We are excited to have so many great classes this Fall, including many new ones.

This year, "Can We Talk" is presenting an exciting series entitled "Unconscious Bias: Interrupting the Cycle". This program will meet five times over the course of the school year for some tough and honest discussions. We hope you will join us. Read about the sessions and presenters on pages 18-19.

Do you have a skill or special knowledge to share with your community? We want to hear from you!

If you like learning, doing, exploring, creating, or moving, we have something for you. I look forward to seeing you soon!



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Table of Contents	
Armchair Travel.....	17
Can We Talk.....	18-19
College & Test Prep.....	4
Computers & Digital Life.....	5-6
Creative Arts.....	6-8
Driver Education.....	9
Fitness & Movement.....	10
Food & Drink.....	10-11
Health & Wellness.....	11
Home & Hearth.....	12
Instrumental Music School.....	13
Parent & Child.....	14
Personal Finance.....	14-16
Personal Growth.....	16,21-22
Recreation & Enrichment.....	22-23
Village University.....	20
World Languages.....	23-24
Writing.....	25
Youth Programs.....	25
Instructor Biographies.....	26-29
Registration is Easy!.....	31

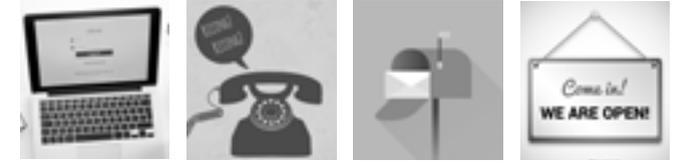
Unless otherwise noted, CCACE will not hold classes on the following dates:

October 14 (Columbus Day)

October 30 (No evening classes at CCHS)

November 11 (Veteran's Day)

November 27-29 (Thanksgiving)



How to Register

1. **Online** at www.concordcarlisle.org.
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to Concord-Carlisle Adult & Community Education, 500 Walden St, Concord, MA 01742.
4. **Visit** our office!

Scholarships

A grant from the Concord-Carlisle Community Chest makes lifelong learning a reality for many local citizens who require some financial assistance. Your application for assistance is confidential. Please contact the office. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit www.cccommunitychest.org.

Refunds & Course Changes

Refunds will be given if a student withdraws at least one week prior to the start of the course, less a processing fee of \$10. No other refunds will be granted - fees are committed to your class once it starts. Note: 3rd party providers noted in the catalog have their own refund policies that apply to students. Refunds will be granted for any course that is cancelled due to low enrollment or the fee may be transferred to another class.

New & Notable Classes

- Facebook for Businesses and Organizations
- Facebook: Beyond the Basics
- Facebook: The Basics
- Embossed Cinnamon Scented Christmas Ornaments
- Introduction to Modern Calligraphy Using Brush Pens
- Jewelry Making: (Not so) Flat Cellini Bracelet
- Jewelry Making: Holiday Earrings
- Jewelry Making: Princess Bracelet
- European Christmas Cookies (Springerle)
- Fresh Pasta 101
- Stuffed Pasta
- Connecting the Dots between Nutrition and your Health
- Planning For Financial Success After Divorce
- Tax- Free Investing: It's Not What You Make, It's What You Keep!
- What happens after the paychecks stop? A Retirement Income Primer Seminar
- What Happens to the Family Vacation Home?
- Speaking with Confidence
- Improving Your Bridge: Bidding
- Voice Over 101



Cover art: Collete Goodnow, Concord, CCHS 2019: I took this photo because of how perfect it looked with the grass changing color on each side and how bright the stairs are, showing how colorful fall can be.

Do you get frustrated when your class is cancelled due to low enrollment?

CANCELLED

So do we!

Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students! We encourage you to register at least one week prior to the class start date.

How to Navigate the College Admissions Testing: *The SAT, the ACT, and YOU*

Open Door Education

This seminar helps families to craft smart and effective testing plans by providing clear, straightforward information about college admissions testing. Attendees will gain an understanding of the differences between the SAT and ACT and how to decide which test to take, when to take it, and how to prepare. We'll also address the most recent trends in testing, including test optional policies, changes to the SAT and ACT, and the role of SAT Subject Tests.

Tues, Oct 1, 7-8:30 pm, CCHS

Fee: \$29/family

The PSAT is Coming. Be Ready!

Open Door Education

The PSAT is, for many students, the first standardized test that they will take as they begin their college admissions process. Many students don't have a clear sense of what to expect and, as a result, end up with results that don't reflect their true potential. This class will provide students with a clear understanding of the structure of the test and a toolbox of strategies that will help them to make the most of Test Day.

Save the date! "PSAT Results are Back. Now what?" is scheduled for Jan 14, 2020. Plan to come and learn how to interpret the results of your student's PSAT, how to decide which test to take, and how to build a smart and effective testing calendar that maximizes student success.

Thurs, Oct 10, 7-8:30 pm, CCHS

Fee: \$29/family



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Plan to come and learn how to interpret
the results of your student's PSAT,
how to decide which test to take,
and how to build a smart and
effective testing calendar that
maximizes student success.

ACT Practice Test

Open Door Education

This full-length practice test is being offered in order to afford students the opportunity to sit for a low-stakes test in a simulated environment. In addition to the valuable practice, students will receive score reports that will help them to make a well-informed decision as to whether the SAT or the ACT is a better fit for them.

Please note that this test is administered with standard timing. Any students who qualify for accommodations, including extended time, should contact Open Door Education directly to discuss options for a practice test.

Sat, Oct 5, 10 am-1:30 pm, CCHS

Fee: \$25

SAT Practice Test

Open Door Education

This full-length practice test is being offered in order to afford students the opportunity to sit for a low-stakes test in a simulated environment. In addition to the valuable practice, students will receive score reports that will help them to make a well-informed decision as to whether the SAT or the ACT is a better fit for them.

Please note that this test is administered with standard timing. Any students who qualify for accommodations, including extended time, should contact Open Door Education directly to discuss options for a practice test.

Sat, Nov 16, 10 am-1:30 pm, CCHS

Fee: \$25

Giving Your College Bound Student-Athlete a Competitive Advantage

Nicholas Michael

Getting into the right college remains the objective for all students seeking a college education. However, assisting the college bound student-athlete has become more complex and requires a unique process and its own timetable. Nonetheless, research shows that being a student-athlete increases the chances of being accepted into college.†

We will educate parents of 9th, 10th and 11th grade student-athletes to navigate the two related segments of the process: choosing a college and getting recruited to play a sport, regardless of gender or sport.

Relying on a proven strategy, you will learn how to determine the best options for leveraging your child's athletic ability to maximize their academic choices.

The key to this objective, fact-based approach is identifying a student's preferences and matching their preferences to colleges sharing the same attributes. This knowledge is then used to conduct an outreach email campaign targeting a narrow list of colleges and coaches, increasing the likelihood of success. † = New York Times, 9 January 2011

Wed, Nov 6, 6:30-9 pm, CCHS

Fee: \$29/family

Introduction to Photos on the iPhone

Howard Loewinger

In this introductory class you will learn how to use the iPhone camera and what to do with photos once you take them. We will look at how photos are organized on your phone, where photos are stored and how to create albums to share with other people. We will look at the settings that control these options. We will discuss how to bring in photos from texts and emails into your photo library, and how to send pictures already in your library in an email or text message. You will see a demo uploading photos to both Macintosh and Windows computers and briefly look at the tools on those platforms for managing photos. Bring your iPhone!

2 Tues, Sep 24 & Oct 1, 4:30-6:30 pm, CCHS

Fee: \$65

Advanced Photo Management on Apple Devices

Howard Loewinger

This class is for those who know how to take photos on an iPhone or iPad and want to learn more about how to manage and organize them. We will cover a wide variety of topics including: how the iPhone and iPad organize photos and how you can organize them yourself; how to share photos; storing photos on your device vs. the "cloud"; deleting photos from multiple devices; and editing tools. In the second class we will use the Photo app on the Mac to see what further options are available including making books, calendars, cards and ordering prints. Bring your iPhone and/or iPad to the first class. Bring a MacBook to the second class if you have one; if not, what you learn will apply to your desktop Mac.

2 Tues, Oct 22 & 29, 4:30-6:30 pm, CCHS

Fee: \$65

Facebook: The Basics

Jennifer Ferrari

Come learn about one of the largest social networking sites out there! This course is designed for people who have never created a Facebook account, or have created a Facebook account but have barely begun to utilize it. If privacy issues are what concern you most, this class will discuss those concerns at length and how to deal with them.

We'll walk step-by-step through the following:

1. Your privacy and security on Facebook
2. Getting started (signing up)
3. Creating a profile
4. Finding friends
5. Sending private messages
6. Posting a "status update" (pictures, text, websites, & more)
7. Other Facebook basics

To maximize learning, you will need to have an email address in order to create a Facebook account and know the password to your email address when you come to class. If you already have a Facebook account, please know your username and password before arriving.

Wed, Oct 16, 7-9 pm, CCHS

Fee: \$29



Facebook: Beyond the Basics

Jennifer Ferrari

Are you comfortable navigating the basic applications of Facebook, but would like to delve deeper into the advanced features the site offers? This course is designed for those people who are comfortable using Facebook and want to know more about the in-depth features that it offers.

This course is split into two class meetings. The first night is reserved for teacher-led lecture, exploration, and discussion; the second night is devoted to answering students' questions, and additional student-led exploration and discussion.

We'll explore the following topics:

1. "Liking" pages, products, websites, and more
2. Saving videos and links
3. Advanced privacy applications
4. Creating friends lists
5. Creating or joining a group
6. Creating photo albums and "tagging"
7. Creating events

To maximize learning, please have your username and password for Facebook with you before arriving. You should be comfortable navigating the basics of Facebook (friending people, posting a status update, etc.) before arriving to class.

2 Wed, Oct 23 & Nov 6, 7-9 pm, CCHS

Fee: \$49



Facebook for Businesses and Organizations

Jennifer Ferrari

Facebook isn't just for personal use. Many people (from small independent businesses to major corporations) utilize the networking capabilities provided by Facebook for their businesses. Charitable, religious, non-profit, government, school, parent, and other community organizations are just a few of the groups that can benefit from creating an online presence.

Some of the topics we'll cover are:

1. Creating a page
2. Adding information to your page
3. Personalizing your page's look
4. Adjusting your page's "Settings"
5. Monitoring your page's "Insights"
6. Creating events, liking other pages, and sharing links
7. Advanced applications

To maximize learning, you must have a Facebook account. Please have your username and password for Facebook with you before arriving. This course is designed solely to create a page for businesses or organizations and to discuss privacy and other concerns related to it. We will not cover personal profiles or any other basic Facebook applications.

Wed, Nov 13, 7-9 pm, CCHS

Fee: \$35

Selling on eBay!**Debbie Toppan**

Wondering what to do with those things you don't need, but can't just throw away? eBay, the world's largest online auction, could solve this dilemma! It's an easy way to recycle your treasures and make some money at the same time! Before you come to class, set up an account on www.eBay.com and www.paypal.com. Bring an item you want to sell, along with a smartphone (recommended) or camera, to take pictures of your item. Bring your laptop also. The first week we will list the item you bring to class on eBay. The second class will be a chance to solve problems, discuss eBay success stories and answer any questions from your eBay experience! Debbie has a long history of selling on eBay, as well as extensive sales history with major corporations. "One man/woman's trash is another one's treasure!"

2 Mon, Oct 7 & 21, 7-8:30 pm, CCHS

Fee: \$65



Online learning. Anytime. Anywhere.

Microsoft Excel 2016 Series

A total of 2,712,362 job posts within the last year have listed knowledge of Microsoft Excel as a critical skill for the role, and it's not just within the finance and accounting industries. Everyone from Human Resources professionals to Retail Salespersons are using Excel in their day-to-day functions.

This Series combines three Microsoft Excel 2016 courses, to give you a thorough understanding of how to use this software to supplement your career. Courses include: Introduction to Microsoft Excel 2016, Intermediate Microsoft Excel 2016, Advanced Microsoft Excel 2016. Fee: \$324

SQL Series

SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses. Fee: \$199

Classes start every month. Lessons are posted 2x/week.

Upcoming starts: Sep 11, Oct 16, Nov 13.

Some classes can also be taken as self-paced tutorials.

Visit www.ed2go.com/concord to register!

Sew Fun!**Therese Quinn**

Whether you have been sewing for years or are new to it, this is a class for you! We will go over adjusting patterns for a personal fit, tips on achieving a perfect set-in sleeve, and alterations such as hemming slacks, skirts, tapering legs on slacks and shortening sleeves on women's and men's clothing. You will receive instruction on your own projects. Please bring to class a pattern, material, thread, pins, needles, tape measure, chalk, and scissors. One machine is available, and you may bring your own machine to class.

8 Mon, Sep 23 - Nov 25, 6-8:30 pm, CCHS

Fee: \$105

Quilting with Friends for All Levels**Debby Fink**

Whether you're new to quilting or have experience, all are welcome! We'll start with a charm pack (5" squares) to learn all the basics and make a "charming" baby quilt. If you prefer a T-shirt quilt, gather 12-15 t-shirts and we will turn them into a lap quilt. You also have the option to bring your own project and enjoy some expert advice, as well as fun companionship. Basic sewing skills are required (thread a machine, sew a simple seam). Bring a sewing machine, thread, scissors, rotary cutter and mat. Contact Debby for a detailed supply list for a baby quilt or a T-shirt quilt: debbycreates@gmail.com

Classes will meet for two-hour sessions. If you want to stay for a third hour to work on your project, you may do so and Debby will be available during this time.

6 Thurs, Oct 3 - Nov 7, 4-6 pm, CCHS

Fee: \$95

**Jewelry Making: It's a Wrap!****Christine Evans**

Create a contemporary bracelet you'll get all wrapped up in! If you've seen the high fashion "Chan Luu" bracelets selling for \$190 or more, you'll be excited to learn that you can make your own – with your own designer touch. Learn basic laddering techniques to combine leather cording, glass beads, crystals or semi-precious stones, and a button closure to make a stunning statement piece. We will discuss bead selection, material sizing, and thread extension methods. No experience required. **A \$15 materials fee is due to Christine at the class.**

Mon, Oct 28, 6:30-8:30 pm, CCHS

Fee: \$35

Jewelry Making: Princess Bracelet**Christine Evans**

Create a sparkling addition to your jewelry box with a simple but elegant princess-style bracelet made with gemstones or crystals – several bead combinations will be available to choose from. Class discussion will include bead and color selection, material sizing, and tool & basic supply options. **A \$10 materials fee is due to Christine at the class.**

Wed, Nov 13, 6:30-8:30 pm, CCHS

Fee: \$35

**Jewelry Making: (Not so) Flat Cellini Bracelet****Christine Evans**

By simply patterning a variety of bead sizes, you can turn a flat peyote stitch bracelet into a 3D Cellini spiral work of art. Create a silky light-weight bracelet with delicate curves that maintain their shape and add interest and dimension. Several color combinations will be available. Class discussion will include seed bead sizing, color selection and patterning, needle & thread choices, and clasp options. Bracelet will require more than 2 hours to complete, but you will have all the supplies, techniques, and resources need to finish the piece at home. **A \$15 materials fee is due to Christine at the class.**

Thurs, Nov 21, 6:30-8:30 pm, CCHS

Fee: \$35

**Jewelry Making: Holiday Earrings****Christine Evans**

Get into the holiday spirit making handmade gifts to give or keep for yourself. Create two pairs of earrings: a dangling Christmas tree featuring recycled/sea glass, and a festive poinsettia design. Learn bead weaving and wiring techniques. **A \$10 materials fee is due to Christine at the class.**

Tues, Dec 3, 6:30-8:30 pm, CCHS

Fee: \$35



Would you like to teach for CCACE or do you have an idea for a new class?

We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us!

Fill out the course proposal form at concordcarlisleace.org/teaching-opportunities/

**Introduction to Modern Calligraphy Using Brush Pens****Jennifer Wayne**

Have you been intrigued by the influx of beautiful hand lettering seen at special events, on restaurant chalkboards, or online? Curious to give it a try but think that you can't because your regular handwriting is lacking? Then this class is for you! You do NOT have to have perfect handwriting in order to learn modern brush lettering. Brush lettering is more about drawing letters rather than writing them. In this 2.5 hour workshop, you will learn the basics of brush lettering including:

- How to do faux calligraphy with any type of writing tool
- How to hold a brush pen in order to get contrasting thick/thin lines
- Differences between brush pens
- Practice drills
- Letter formation
- How to connect letters into words and phrases
- Use your newfound skills on several calligraphy projects

A \$15 materials fee is due to Jennifer at class - all materials provided.

Thurs, Nov 14, 6-8:30 pm, CCHS

Fee: \$35

**Crochet: Create a Unique Handmade Handbag****Tatyana Yatsunov**

We will use a new type of yarn made out of recycled T-shirt materials that is easy to use and flexible in the design of any type of bag. This class will cover all the stages of the process of making a bag from start to finish: the basics of crochet stitches, reading patterns, having fun crocheting your new bag, and accessorizing it to make it unique and special. Although it will require lots of effort and patience, through learning and perseverance, your end result will be an elegant and stylish handbag, personalized to your liking. All levels welcome. **A \$15 materials fee is due to Tatyana at class.** Please register 2 weeks in advance of the start of class to ensure time to order supplies.

6 Thurs, Oct 3 - Nov 7, 7-8 pm, Bedford Rec

Fee: \$70



Embossed Cinnamon Scented Christmas Ornaments

Heather Wright

Cinnamon Applesauce Ornaments fill your tree with a festive scent. They make a lasting personal gift and look lovely on wrapped presents. In this class you will learn to use European cookie presses to make unique and beautiful hand painted, embossed Christmas ornaments. During week 1 you will craft the cinnamon clay into ornaments. In week 2 you will add decorative accents with acrylic paints and ribbon. On average each student will complete 15 ornaments.



Topics Covered in Class

- Brief History of European cookie molds
- Making the dough
- Using dough guides
- Pressing (embossing) with molds
- Cutting out ornaments
- How to dry ornaments, which will then be brought back to class the next week for painting.
- Painting ornaments with acrylic paints
- Stringing and finishing

A \$14 materials fee is due to Heather on the first night.

2 Tues, Dec 3 & 10, 6-9 pm, CCHS

Fee: \$35



Punch Needle Rug

Marcy Young

Come to learn how to make a Punch Needle Rug. This class will introduce punch needle by learning to punch a small framed art piece 8x8 using rug wool and the Oxford Punch Needle. Designs to choose for your art piece include: mariners compass, sheep, flower, fish, geometric, heart, clover and others. **A \$15 materials fee is due to Marcy at class.** Equipment needed for class will be provided for use during class.(frame/hoop, punch needle, scissors)



2 Tues, Oct 22 & 29, 7-9 pm, Bedford Rec

Fee: \$46



Quilly Mat Ornaments

Marcy Young

Come learn to make a Quilly rug/mat by making Holiday Mat Ornaments for the holidays. We will learn how to prep the wool, roll and secure the quillies into the completed projects. Ornaments include tree, star, stocking, Santa, snowflake, candy cane, angel, wreaths, snowman and others to choose from. **A \$10 materials fee is due to Marcy at class.** Equipment needed for class will be provided for use during class.



Section A: 2 Tues, Nov 5 & 12, 7-9 pm

Section B: 2 Wed, Nov 13 & 20, 10 am-12 pm

Bedford Rec Fee: \$46



Chinese Traditional Brush Painting

Son-Mey Chiu

Students will practice basic brush methods of traditional Chinese painting by learning how to paint the Bamboo, the Orchid, and the Plum, objects of nature which symbolize various Confucian values. Son-Mey will elucidate the lessons with Chinese art theories, philosophies and history. Chinese ink and watercolors will be used. Chinese calligraphy brush strokes, the basis of Chinese painting, will be introduced in the beginning of the class. Please bring 1 yard of felt, 3 cups for holding water, palette or dishes for mixing colors. **A materials fee of approximately \$50 is due to Son-Mey on the first day of class.**

3 Thurs, Sep 26-Oct 10, 10 am - 12 pm, Bedford Rec

Fee: \$53

Chinese Traditional Brush Painting II

Son-Mey Chiu

This is a continuing class in Chinese painting that follows previous introductory classes. Based on the fundamental techniques acquired, you will expand your repertory in the genre of Chinese Bird-and-Flower Painting. Objects of nature especially in the fall season will be introduced: the Sunflower/Chrysanthemum/Aster family of flowers; fall foliage; fruits and vegetables such as: peach, corn; the Chickadee; and the dragonfly. Students who have experience with Chinese painting are also encouraged to join. Please bring 1 yard of felt, 3 cups for holding water, palette or dishes for mixing colors.

4 Thurs, Oct 17 - Nov 7, 10 am - 12 pm, Bedford Rec

Fee: \$70

Wondering where your class meets?

Check page 30 for addresses for all of our class locations. Room numbers for classes at CCHS will be sent in your email reminder, the day before the class begins and signs will be posted in the building.

Earning your drivers license is a huge milestone.

Drive with us!

Driver education promotes and teaches safe driving attitudes, develops defensive driving skills, and respect for the rules of the road. It prepares students for the RMV license exam and it strives to prevent or reduce accidents and fatalities that involve young drivers.



Driver Education age requirements

- 15 years, 9 months: Students can begin classroom instruction.
- 16 years: Legal age to operate with a Learner's Permit.
- 16 1/2 years: Legal age (to the day) to be licensed with a Driver Education Certificate.
- 18 years: Legal age (to the day) to be licensed without a Driver Education Certificate

How do I complete Driver Education?

- 30 classroom hours,
- 12 hours of behind-the-wheel instruction and 6 hours of on-the-road observation,
- 2 hour parent/guardian class, attended by at least one parent (certificate valid for 5 years).
- Once all of the above is completed, we send a certificate to the RMV (\$15 fee, included in your tuition).

Recommended: RMV Driver's Manual

Download at <https://www.mass.gov/lists/drivers-manuals>.

Purchase for \$4 at CCCAE office or \$5 at the RMV

Elective Credit: CCHS students may earn one elective credit for completion of the classroom program.

Parent Session: A new RMV regulation in affect May 1, 2019: Parents must attend the RMV-mandated Parent Class *before* their child will be allowed to participate in driving lessons with an instructor. We will cover your responsibilities, your child's responsibilities, as we will review our program's policies. Also, you will hear tips and hints on how to teach a new driver and a review of laws that have changed in the last 10-20 years. While we welcome both parents to come and speak with us, only one parent is required to complete the class. Parent meetings are FREE for parents of students in the CCHS Driver Education Program.

Classroom Options:

Afterschool:	Mon, Wed, Thurs: Sep 16 - Oct 21, 2:45-4:45 pm
Weekend:	Sat, Sun, Sat, Sun, Mon: Nov 2, 3, 9, 10, 11, 9 am-4 pm
Winter Break:	Thurs - Mon: Dec 26-30, 9 am-4 pm
Afterschool:	Mon, Wed, Thurs: Jan 22 - Mar 2, 2:45-4:45 pm
February Break:	Tues-Sat, Feb 18 - 22, 9 am-4 pm
Afterschool:	Mon, Wed, Thurs: Mar 16 - Apr 16, 2:45-4:45 pm
April Break:	Tues-Sat, Apr 21 - 25, 9 am-4 pm
June Week:	Mon-Fri, Jun 22 - 26, 9 am-4 pm

Fee: \$800*

**Tuition includes \$15 fee for RMV certificate and \$10 fee for Schedule2Drive where all driving lessons are scheduled.*

Parent Class:

Tues, Sep 10, 7-9 pm, CCHS
 Tues, Oct 15, 7-9 pm, CCHS
 Wed, Nov 6, 7-9 pm, CCHS
 Thurs, Dec 12, 7-9 pm, CCHS
 Tues, Jan 14, 7-9 pm, CCHS

Wed, Feb 12, 7-9 pm, CCHS
 Thurs, Mar 12, 7-9 pm, CCHS
 Tues, Apr 14, 7-9 pm, CCHS
 Wed, May 13, 7-9 pm, CCHS
 Tues, Jun 9, 7-9 pm, CCHS

Fee: Free if your son or daughter is taking Driver Education with us

Fee: \$25 If your child is attending another Driver Education program

Fitness Walks

Stefanie Cloutier

Take your exercise outside and take advantage of fall in New England! Explore local trails (and maybe learn some new ones) while getting a decent workout. You'll combine strength, balance and cardio training as you trek through the trails at a good clip. Come prepared to break a sweat and get your heart rate up. Light hiking boots recommended. Directions to the starting place will be available after registration.

6 Wed, Sep 25 - Oct 30, 9:30-11:30 am Fee: \$89

Peaceful Mindful Yoga

John Calabria

Yoga is one of the best ways to increase health, happiness, and overall wellbeing. This is not hard-fast-workout yoga, but rather unhurried movement through peaceful postures with lots of breathing. Modifications are taught; some do more, some do less. So truly, *all* are welcome. If you can breathe, you can do this Yoga. For answers to frequently asked questions please visit www.YogaWithJohn.com/CAE

Section A: 8 Sun, Sep 22 - Nov 10, 9-10:30 am

Section B: 8 Mon, Sep 23 - Nov 11, 4-5:15 pm

Section C: 8 Mon, Sep 23 - Nov 11, 6-7:15 pm

Section D: 8 Tues, Sep 24 - Nov 12, 10:15-11:30 am

Section E: 8 Thurs, Sep 26 - Nov 14, 4-5:15 pm

Section F: 8 Sat, Sep 28 - Nov 16, 8-9:30 am

Classes meet at Starfish Dance & Yoga Fee: \$125

barre3

barre3 Instructors

Barre3 is a full-body workout designed with our signature approach of sustained holds, micro-movements, and cardio bursts that will leave you feeling balanced in body and empowered from within. From the elite athlete to someone just getting back in the game, barre3 workouts are designed to equally challenge people of all fitness levels and life stages, connecting where they are with where they want to be.

All you will need is a water bottle -- we have everything else here for you! Wear comfortable clothing. We will work bare-foot or with sticky socks (which can be purchased at the studio). Please arrive 15 minutes early to the first class to fill out a waiver and get all setup. We can't wait to see you!

Section A: 8 Mon, Sep 23 - Nov 11, 8:30-9:30 am, barre3 Bedford

Section B: 8 Tues, Sep 24 - Nov 12, 10:15-11:15 am, barre3 Sudbury

Section C: 8 Thurs, Sep 26 - Nov 14, 4:30-5:30 pm, barre3 Sudbury

Section D: 8 Thurs, Sep 26 - Nov 14, 7-8 pm, barre3 Bedford

Fee: \$115

The Art of Cheese

Peter Lovis

Join us for a fun evening featuring cheese! Come hear 40 year turophile Peter Lovis from Concord's own Cheese Shop demystify the intricacies of the art of cheese. Learn how cheese is made, and how cheeses are typically classified. Included is a tasting of exquisitely made cheeses from around the world, and plenty of time for questions and answers. All of this while learning key cheese tasting skills and a mental framework to help you think about cheeses that will stay with you for the rest of your life!

Wed, Oct 9, 7-9 pm, The Cheese Shop Fee: \$50



Fresh Pasta 101
Jeremy Pietropaolo

Join us to learn the essentials of fresh pasta making! We will practice making three different pasta shapes and discuss the origins of the various types of pasta shapes and pasta dough. Then take your fresh pasta home to prepare with your favorite sauce! Food fees are included in tuition. **Please bring a wooden cutting board and container in which to bring your fresh pasta home.**

Section A: Thurs, Oct 17, 4-6 pm, CCHS Fee: \$35

Section B: Thurs, Oct 24, 6:30-8:30 pm, CCHS Fee: \$35

Stuffed Pasta
Jeremy Pietropaolo

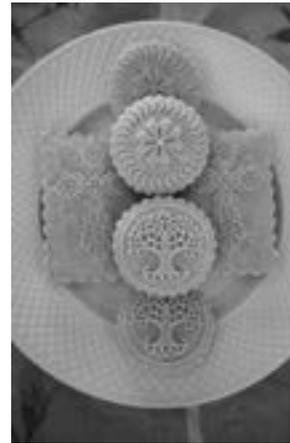
Now that we learned the basics, we will learn to make stuffed pasta like ravioli! Food fees are included in tuition. **Please bring a wooden cutting board and container in which to bring your fresh pasta home.**

Thurs, Nov 7, 6:30-8:30 pm, CCHS Fee: \$39

European Christmas Cookies (Springerle)

Heather Wright

A springerle is a traditional German cookie with an embossed design made by pressing a mold into rolled dough. Dating back to the 14th century, this form of edible art produces a stunning cookie that is often described as "too pretty to eat!" In this class you will learn to make beautiful and unique Christmas cookies to enjoy or give as gifts.



Topics covered in class include:

- History of springerle cookies
- Making the dough
- Using dough guides and springerle molds
- Cutting out cookies
- Baking off cookies
- Tricks and tips; avoiding common pitfalls

A \$12 materials fee is due to Heather on the first night.

2 Thurs, Dec 5 & 12, 6-9 pm, CCHS Fee: \$35

Connecting the Dots between Nutrition and your Health

Maureen Barr

Low energy? Indigestion? Brain fog? Challenges with weight, mood, hormones? Are you frustrated because you have made positive changes to your diet and lifestyle and did not get the results you were hoping for?

This class is designed to take the mystery out of why our health declines and what we need to do to restore optimal health. You will:

- Learn how your symptoms reflect gut issues and inflammation, the #1 cause of chronic illnesses and autoimmune conditions.
- Learn why good nutrition means healthy eating and proper digestion.
- Shed light on your health status by completing questionnaires that will reveal where you fall on the spectrums of gut issues, blood sugar stress and inflammation.
- Be introduced to an approach effective at improving health.

Get enlightened about the connection between your health and nutrition and encouraged that you have the ability to restore vibrant health.

Section A: Tues, Sep 24, 7-8:30 pm, CCHS Fee: \$35

Section B: Thurs, Oct 24, 7-8:30 pm, CCHS Fee: \$35

Stress-Proof Yourself: Emotional First Aid and Beyond
Louisa Mattson

Looking for some on-the-spot ways to relieve stress? To shift yourself out of a bad mood or the blahs, and feel more energized and motivated? Energy Medicine empowers you to stop your stress reaction in its tracks. In this class you will learn quick and powerful techniques to calm anxiety and overwhelm. Not only can you feel better in the moment, but using these exercises consistently over time reprograms your nervous system for greater ease and resilience. You will learn the WHY and HOW of eight empowering techniques, and leave with a handout to put into action right away.

Thurs, Nov 7, 7-9 pm, CCHS Fee: \$29

Scholarships

A grant from the Concord-Carlisle Community Chest makes lifelong learning a reality for many local citizens who require some financial assistance. Your application for assistance is confidential. Please contact the office. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit www.cccommunitychest.org.



Preparing Your House for Sale

Peggy Yalman

The right preparation can make a big difference in marketing and selling your home. With a targeted approach to show your house in its best light, you can reduce marketing time and get a better price. Find out what matters most before spending a lot of time, labor, and money.

Tues, Oct 15, 6:30-8:30 pm, CCHS Fee: \$25; \$40/couple

Aging in Place: How to make your home safe & convenient

William Dickinson

When most people consider the possibility of aging in their home they think of wheel chair ramps, stair lifts, elevators, and single level living. However, modifying your house for aging is much more than just adding ramps, it is also about enhancing your house's convenience and safety. We will discuss kitchens, bathrooms, bedrooms, entries, interior and exterior circulation, material choices, and planning concepts.

Tues, Oct 22, 7-8:30 pm, CCHS Fee: \$29; \$49/couple



A Homeowners Guide to Additions & Renovations

William Dickinson

Are you dreaming of a master bedroom suite? Does a kitchen/family room addition sound ideal? How about an in-law apartment or a home office over your garage? Are you trying to decide between renovating or moving? If you are considering a house addition or a renovation, this is the course for you. Bill will guide you through the process of design and construction for residential additions and renovations. The class will review zoning, designer selection, budgeting & estimating, construction drawings, contractor selection, permitting, and the construction process. In short, everything you need to know to make informed decisions that ensure that your money is well spent.

Tues, Oct 29, 6:30-9 pm, CCHS Fee: \$39; \$65/couple

Certificate in Healing Environments for Body, Mind, and Spirit

In this innovative certificate program, you'll examine how Optimal Healing Environments (OHEs) impact the health of individuals and communities on a physical, social, psychological, and spiritual level. Fee: \$96

Certificate in Energy Medicine

Explore the use of healing energy medicine techniques in health care, including meditation, acupuncture, qigong, sound and music therapy, and gentle hand techniques such as Reiki and reflexology. Fee: \$60

Classes start every month. Lessons are posted 2x/week. Upcoming starts: Sep 11, Oct 16, Nov 13.

Some classes can also be taken as self-paced tutorials.

Visit www.ed2go.com/concord to register!

Instrumental Music School of Concord and Carlisle

Individual instruction for new & continuing students



Established in 1980
Debbie Levine, Program Coordinator

The Carlisle, Concord, and Concord-Carlisle Schools offer individual instrumental and vocal instruction all year long. Private study through IMSCC ensures real progress and results for our student musicians of all ages, including adults.

Fall and Winter/Spring sessions are 16 weeks, while the Summer semester is designed with flexibility in mind, customizing your lesson schedule to fit with your vacation plans. IMSCC is a fee-based service provided by the schools, enabling convenient and reasonably priced one-on-one music lessons with highly qualified professional musician-teachers.



We have teachers for: violin, viola, cello, string bass, flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone horn, euphonium, tuba, voice, piano, electric and acoustic guitar, ukulele, electric bass, and percussion (includes snare drum, tympani, mallet instruments, and drum set).

We will work with you to accommodate requests for individual teachers and times. Parents are responsible for obtaining instruments.

We offer 30-, 45-, or 60-minute lessons
30 minutes lessons: \$33.00 per lesson
45 minutes lessons: \$49.25 per lesson
60 minutes lessons: \$65.00 per lesson

There is an annual registration fee (per school year) of \$30
Additional siblings are \$20 each

For more information and questions, contact:

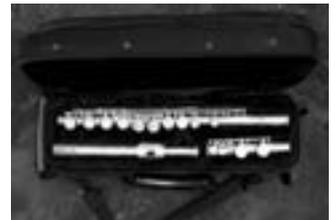
Debbie Levine: 978-318-1400 x7653, dlevine@concordcarlisle.org

Music Directors:

David Gresko (Concord): 978-341-2490 x7657, dgresko@concordcarlisle.org

Kevin Maier (Carlisle): 978-369-6550 x5109, kmaier@carlisle.k12.ma.us

www.concordcarlisleace.org/instrumental-music-school/



~ IMSCC FACULTY ~

Jon Amon: saxophone
Andrew Arceci: string bass
Jane Bailey: clarinet & bass clarinet
Scott Chamberlin: saxophone
Sissie Siu Cohen: saxophone
Tony D'Aveni: trumpet
George Darrah: percussion
Brian Diehl: trombone & low brass
Alexei Doohovskoy: trombone & low brass
Laura Doohovskoy: voice
Nune Hakobyan: accompanist
Chip Halt: tuba & low brass

Zarina Irkaeva: cello
Susan Jackson: flute
Laura Jeon: piano
Deanna Johnson: flute & piano
Rachel Juszczak: bassoon
Yerim Kang: piano
Sargis Karapetyan: violin & viola
Tobi-Ann Kocher: flute
Debbie Levine: clarinet & bass clarinet
Ryan Noe: trumpet
Andy Papas: voice
Jean Pulsifer: piano

Jeremy Ronkin: French horn
Timur Rubinshteyn: percussion
Matthew Small: trumpet
Andrei Sobchenko: saxophone
Andrew Sorg: trumpet
Louis Stamas: saxophone
Henry Tervo: oboe
Kenneth Toland: clarinet & bass clarinet
Jessica Trainor: voice
Jason Yost: guitar, bass guitar & ukulele

toddler time

Parent-Toddler Program (Ages 1-2*)

Ingrid Wheeler

This program for parents and their children, ages 12-24 months*, is a fun-filled play group experience. Children enjoy cooking in the play kitchen, rolling cars down the ramp of the car garage, putting babies to bed in the doll area, or exploring many other toddler toys. While the children play in the same room, parents participate in a discussion about parenting one-year-olds. The class includes a snack time, outdoor or gym play, and a fun interactive singing time.

*Ages are as of September 2019.

12 Thurs, Sep 12 - Dec 5, 9:30-11 am, Ripley Fee: \$175

Parent Pre-School Program (Ages 2-3*)

Ingrid Wheeler & Julie Doherty

This program is two classes in one: It's a preschool class for the child, and a discussion group for Moms and Dads in another room.

The preschool morning is filled with fun activities including sand and water play, painting at the easel, cooking in the play kitchen, and playing with play dough. There is a special project each morning and a snack time when the teacher reads stories, followed by outside or gym play. The morning ends with an interactive parent and child singing time.

The parent group is facilitated by the other teacher and parents enjoy coffee and refreshments while discussing issues relating to the joys and challenges of raising a two-year-old. Parents take turns helping in the classroom and sharing their child's first school experience.

*Ages are as of September 2019.

12 Fri, Sep 13 - Dec 6, 9:30-11:30 am, Ripley Fee: \$365



You Can Afford College If...

Don Anderson

...you PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful.

Financial aid goes to the families who plan and act in advance - before December of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. REMEMBER: Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, please visit our website at www.collegefundingadvisors.com.

Wed, Oct 16, 6:30-8:30 pm, CCHS Fee: \$25; \$45/couple

College: Getting There From Here

Alex Winkelmann

Whether your children or grandchildren are learning to crawl or learning to drive, you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal and the features and benefits of various education savings plans.

Thurs, Oct 10, 6:30-8 pm, CCHS Fee: \$25; \$40/couple

NEW Tax- Free Investing: It's Not What You Make, It's What You Keep!

Alex Winkelmann

You may have planned what to do in retirement, but will you have an income stream to fund it? This seminar examines how to budget for retirement expenses, potential sources of retirement income and potential risks such as LTC and health care costs. Join us to plan ahead for your proverbial Golden Years.

Mon, Nov 4, 6:30-8 pm, CCHS Fee: \$25; \$40/couple

NEW What happens after the paychecks stop? A Retirement Income Primer

Alex Winkelmann

Long-term investing is like a journey. Whether you're traveling or investing, you want to prepare for the trip and avoid wasting time and money along the way. We'll examine: The economy, interest rates and our outlook, current market trends, ways to prepare for volatility, and opportunities in today's market.

Tues, Oct 1, 6:30-8 pm, CCHS Fee: \$25; \$40/couple



NEW Planning For Financial Success After Divorce

Chris Chen

Many people start their post-divorce life not fully understanding the financial impact of their settlement. It can be challenging adapting to a new life, but even harder to adjust to a new standard of living, new asset level, and new financial goals. This course will help you focus on the key issues that will allow you to be financially successful in your post-divorce life. It is usually more effective to start the planning process as soon as possible, ideally before the agreement is final. You will begin developing the architecture of your financial plan for the rest of your life. This includes managing your spending plan, your debt (including your mortgage) and your assets (including QDRO). You will come out more confident about the future with a clear roadmap of what you need to do to get back on track for your future.

Thurs, Oct 17, 7-8:30 pm, CCHS Fee: \$29

Estate Planning: Everything You Always Wanted to Know But Are Afraid To Ask

Margaret Hoag

Many people put off estate planning for fear of the time involved, the cost, and being sold documents they don't need. In this workshop, you will learn the basics of estate planning so you can set your goals, know the documents you need, and prepare the questions you need to ask. We will cover how to: avoid probate, protect minor children, minimize taxes, plan for children with special needs, among other issues. We will review the purpose of wills, trusts, durable powers of attorney, health care proxies and other end of life documents, and homesteads. We will also discuss working efficiently with attorneys and what to expect during the process.

Tues, Oct 29, 7-8:30 pm, CCHS Fee: \$35; \$60/couple



NEW What Happens to the Family Vacation Home? Margaret Hoag

Many families have a beloved vacation home that they want to preserve for future generations. The process of transferring the house to the next generation can lead to significant family conflict. We will discuss various methods of passing a vacation home onto your children and review the issues that arise. Topics will include the pros and cons of joint ownership, trusts, and LLCs including tax consequences. We will also discuss methods of decision making, paying for repairs and upkeep, and renting a property. Bring your personal experiences and questions to share.

Wed, Nov 13, 7-8:30 pm, CCHS Fee: \$35; \$60/couple

Understanding Medicare

Daniel Williams

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+.

- How are parts A, B, C and D integrated?
- What is Medicare Advantage?
- What are the pros and cons of HMO's, PPO's, and Medigap plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

Mon, Oct 28, 7-9 pm, CCHS Fee: \$25; \$45/couple

The Latest Long-Term Care Strategies

Daniel Williams

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques:

- How can I protect my home?
- What is the penalty for giving assets away?
- Are my assets protected if I put them in a trust?
- When is long-term care insurance worthwhile to consider?
- What if my loved one is already in a nursing home, can they still protect their assets?

All of these questions and more will be clearly answered in this very important class.

Wed, Nov 6, 7-9 pm, CCHS

Fee: \$25; \$45/couple



Demystifying Social Security

Daniel Williams

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security you could leave thousands of dollars on the table. When should I file for benefits? What are the advantages and disadvantages of filing at age 62 or deferring to age 70? How does the November 2015 change in the rules affect me? How can I make sure I am taking advantage of available spousal, survivor or divorced benefits? How much of my Social Security will be subject to income tax? What potential changes are in store for Social Security and how might they affect my claiming decision? These questions and many more will be answered in this very important class.

Mon, Dec 9, 7-9 pm, CCHS

Fee: \$25; \$45/couple

Visual Journaling: A Modern-Day Memoir

Debra Rosenblum

Our lives are full of memories, some can be written easily but many are pictures in our mind. This expressive art class emphasizes the artistic process as a way to express and release stress. As we examine the images, we will reflect on how our experiences impact us, for a deeply satisfying, energizing and healing experience. We will use a three-step process called ART. First, we will access our inner feelings by visualizing them as images. Then we will release feelings through our artwork and use a transformational image to empower us to change. The drawing is a lens allowing us to delve into the inner wisdom hidden in the images. You do not need any special artistic skill or previous art experience. Please bring a 9x12 or 11x14 drawing pad to each class session along with colored pencils, crayons or pastels. *There is no class on 10/8.*

5 Tues, Sep 24 - Oct 29, 4-6 pm, CCHS

Fee: \$125



The Grace in Aging

Annie Gray

This seminar is about waking up fully to ourselves. The best preparation for death is a life fully lived, and there is NO time like the present to prepare. The compelling lessons shared in *The Five Invitations* are valuable to people at any phase of life, but especially if you are facing your own imminent death or that of a loved one, navigating a crisis, or looking to embrace and enjoy living your life more fully.

You are encouraged to read *The Five Invitations* by Frank Ostaseski at least in part prior to the workshop. Through conversation and written, conversational, and movement exercises we will explore:

- How facing death can be our secret teacher
- Ways to more fully accept all of who we are, the good, the bad, and the ugly
- Death as a stage of growth and experiencing how self-acceptance moves us to inner peace
- Ways to meet our necessary and inevitable losses as doorways or thresholds to growth

5 Wed, Sep 25 - Oct 23, 3:30-5:30 pm, Fowler Library

Fee: \$85



The CCACE Advisory Committee invites you to attend the popular, long-running Armchair Travel Series on Monday nights.

All programs begin at 7 pm at CCHS.

There is no charge for the Armchair Travel programs, however we recommend you register ahead of time so we can alert you of any date changes or cancellations.

Marshall Islands with Ralph Shaner on Mon, Sep 23

In 2010, Ralph and Kari traveled to the Marshall Islands to visit a friend who was there doing a year of World Teach. She introduced them to the culture and people of these beautiful islands. These remote islands are a third world tropical paradise.

Mexico and Mango Trees with Devik Wyman on Mon, Oct 7

Festivals, artisans, natural beauty, and delicious food are highlights of Oaxaca, Mexico, where Devik has been traveling regularly since 2003. Learn about the local artisans who create carved and intricately painted wooden animals, weavers who make hand-spun and hand-woven textiles, and ceramic artists who make charming folk art figures. See the fabulous Carnival costumes of San Martin Tilcajete, the local folk dances, and learn about the food and traditions of this special part of Mexico.



Cruising the Balkan Peninsula from Bottom to Top with Mark Hopkins on Mon, Oct 21

Mark documents a two-week trip that begins in Athens, Greece, and proceeds by small ship through the Gulf of Corinth and up the spectacular east coast of the Adriatic Sea, with stopovers in Greece, Albania, Montenegro, and Croatia. After 8 days at sea, the tour continues overland to the Croatian capital of Zagreb. A final visit to the Julian Alps of Slovenia completes the adventure. Mark's photographs will bring you to the famed Acropolis in Athens, the site of the oracle at Delphi, the majestic mountains of Montenegro, and the historic port cities and islands of Croatia. Along the way they capture Albania's struggles to right itself after years of stifling repression and they end with some delightful discoveries in Zagreb, capped by scenes of the beautiful valleys of Slovenia. The talk includes discussion of the region's recent history of political upheaval.



The Northern Triangle with Peter Alden on Mon, Oct 28

(Why would residents wish to leave Guatemala and northern Central America?)

What is the Northern Triangle? This new term refers to Guatemala, El Salvador and Honduras in northern Central America. These are picturesque paradises with volcano-rimmed lakes, colonial cities, Mayan ruins and talented people.

From the Desert to the Sea with Ron Reynolds on Mon, Nov 4

Join us as we travel to three of our national parks that you may never heard of. We'll walk among nesting sea birds in the Channel Islands NP off the coast of California, explore the talus caves of Pinnacles NP in central California and hike to some of the oldest living trees on earth in the Great Basin NP in northern Nevada.

Spain and Portugal with Anita Tekle on Mon, Nov 18

Anita and her husband, Hagos, enjoyed a 10-day tour of these rich sea-faring countries in May. The tour started and ended in Madrid, traveling to Toledo, Granada (where they visited the exquisite Alhambra Palace), on to Seville and Córdoba, before crossing over into Portugal, where they visited Lisbon and Fátima. Coming back into Spain, they visited Salamanca, the walled city of Avila, and Segovia. Enjoy the highlights of these wonderful cities through their photos.



We Are Where We Eat: Traveling the World Through Cuisine with Neil Lynch on Mon, Dec 9

No matter where we travel, good food, well prepared, is an important, even passionate, part of the experience. Join us for an evening of recipes and reminiscing over cuisines, ingredients, and cultural traditions. You might even want to share a few memories of your own! Bon appétit!

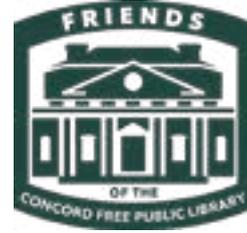


Morocco: Nighttime Photography with Marsha Wilcox and Charla Trusheim on Mon, Dec 16

Marsh and Charla spent 2 weeks in Morocco with a night photography group. Their trip included an adventure camping in the Sahara desert... complete with overnight camels and a torrential rain-storm! The journey took them to many parts of this colorful country. They're looking forward to sharing their stories and photographs with you!



Concord Carlisle
Adult & Community Education



CCACE and Friends of the Concord Free Public Library present **Unconscious Bias: Interrupting the Cycle**

How do we begin to recognize and acknowledge that we all have biases, that we are part of the problem? In this groundbreaking series of five discussions, we will examine our unconscious biases, understand how to have conversations with others around this topic, and learn tools to use in our daily lives to counteract this.

The series begins with an overview of unconscious bias and how to perceive the topic as a whole. Each subsequent presentation will build on that topic, covering race, gender, and class/culture issues, and ending with a discussion on how to take what we've learned and apply it. We hope you will join us, and our five knowledgeable presenters, in better understanding this important topic.



The first session will meet all together on Wednesday, October 2nd from 7-9 pm.
After the first session, we will meet in two different sections, morning or evening:
Section A: 4 Tues from 10 am - 12 pm, Dec 3, Feb 4, Mar 31, Jun 2
Section B: 4 Wed from 7-9 pm, Dec 4, Feb 5, Apr 1, Jun 3
Fee: \$150

October: Unconscious Bias - what's in your backpack? Presented by Dr. Paula Martin.

A focused discussion on the messages "caught and taught" about bias and how we bring those messages into our lived experience. Ultimately, how do we transfer those biases to others? We will begin to unpack our backpacks through presentation and conversation, answering the question, "What do I do now that I know I have biases?"

Dr. Paula Martin is an Adjunct Professor, Quinsigamond Community College, Consultant, IDEAS (Initiatives for Developing Equity and Achievement for Students) Instructor, Retired Middle School Administrator, Academic Coach and Scholar Practitioner with over 25 years of experience in Education and Professional Development. Her dissertation focus was White Privilege Awareness. Additionally, she has delivered courses and workshops on Difficult Conversations about Race, Mentoring Students of Color, Anti-Racist Practices in the Classroom and Diversity in the Workplace. Currently, Dr. Martin teaches a Valuing Diversity Class with a focus on Unconscious Bias, Stereotypes, Culture and Gender at Quinsigamond Community College.

Our "Can We Talk" series is designed to engender productive and respectful discourse here in Concord. The goal is to create opportunities for the community to come together to discuss and learn from what is happening around us. Since 2017, the CCACE Advisory Committee has promoted and hosted three community forums: News: The Changing Landscape of Journalism in the 21st Century, Conversations in a Civil Society-Agreeing to Disagree, and The Defamation Experience.

**In case of snow day, session will occur the following week.*

December: Class/Culture: Morning presented by Leslie Smart; evening presented by Claudia Fox-Tree.

We will explore the intersectionality of culture and class as it relates to exploring our own individual cultures and classes and how that might play out in our daily interactions with historically marginalized populations (i.e. race, class religion, ethnicities, etc.). We will seek to do some introspection of ourselves and then talk about how these messages that we "caught and taught" affect us and how we can change our lens in moving forward in interacting with diverse populations.

Leslie Smart, BA, Emmanuel College and MA, UMass Boston. Leslie is currently the Needham METCO Middle Schools Coordinator. She has been an IDEAS (Initiatives for Developing Equity and Achievement for Students) (EMI) Instructor for 12 years and also helps develop professional development programs focused on cultural proficiency for her district. She taught English for 13 years at Boston Latin Academy and has worked in programs in Brookline, at the Dept of Elementary and Secondary Education, and at Framingham's McKinney-Vento Program.

Claudia A. Fox-Tree, M.Ed. in Educational Research, Northeastern University; Elementary and Secondary Special Education Certification, Fitchburg State College; B.A. in Psychology and Anthropology, University of Massachusetts (Boston). She has been an IDEAS Instructor for over 25 years and Middle School Special Education Teacher for over 30 years in Lincoln Public Schools. Claudia has presented keynote addresses, courses, panels, and workshops on First Nation people, microaggressions, transforming curriculum, growth mindset, culturally responsive teaching, white privilege, and social justice. Additionally, Claudia was the first speaker at the Boston Women's March in January, 2017 and contributed a chapter, "Aren't They All Dead? Covert Racism and Native Americans" in Covert Racism: Theories, Institutions, and Experiences, edited by R.D. Coates and published by Koninklijke Brill: Leiden, The Netherlands. In the past two years, she has been in the lead for 5 protest marches in the Boston area. Claudia is the proud mother to five adult children (born only 5 ½ years apart) and four affectionate cats (Mesa, Luna, Salem, and Bagheera).

February: Race, Racism, Racialized Structures, and Privilege. Presented by Edward Walker.

Race is a broad topic that can go in many directions. During this presentation, we will examine how our understanding and experience with race impacts our lived experiences and informs our decision-making, socialization, and parenting.

Edward Walker is a Boston native and a Boston Public School graduate, who went on to earn a Bachelor's degree in African American Studies with a concentration in English and then a Masters degree in School Psychology and Counseling (Bates College and Cambridge College). Combined, Ed has worked in higher education and secondary education for 16 years. He is the Founder and President of Independent Consultants of Education, currently serves as Inspirational Speaker, IDEAS (Initiatives for Developing Equity and Achievement for Students) Instructor, and Guidance Counselor at the Cambridge Rindge and Latin School.

March/April: Gender, Gender Identity and Gender Expression. Presented by Jennifer Dirga, MSW, LICSW.

Get ready to explore:

- What is gender and the meaning of gender within society?
- Key issues and questions around gender and power, while reflecting on key historical events and life experiences.
- How gender expectations and gender roles impact behavior, dress and appearance.
- What is gender identity: the gender binary and the gender spectrum.
- The intersections of gender, race, ethnicity and sexuality.

Jennifer Dirga, MSW, LICSW, is the Director of Social and Emotional Learning (SEL) at Project Adventure. She joined Project Adventure after 15 years as a SEL trainer, consultant and program manager through the Wellesley Centers for Women at Wellesley College. For many years, Jennifer was a school counselor in Attleboro and Boston. She continues to provide school based counseling services and consultation to districts. She has published articles and spoken at numerous conferences on SEL and trauma responsive practices. In addition, she has been a guest lecturer and instructor for both graduate and undergraduate courses on SEL. Jennifer practices and teaches mindfulness and is also an IDEAS (Initiatives for Developing Equity and Achievement for Students) instructor. Back in the 1990's, Jen was active in the initial stages of the Governor's Commission for Creating Safe Schools for LGBTQ students.

June: Tying it together! Having Courageous Conversations about Difficult Topics. Presented by Dr. Paula Martin.

During this presentation we will talk about barriers that keep us from facing and having courageous conversations and acquire concrete strategies to help us have the conversations we need to, not only about race but all the other "isms" we are faced with. These strategies will be universal in that anyone can use them. We will also have the opportunity to practice the scripts that help us to engage in these various conversations. Having the conversation is the beginning - not the end.



Registration will open August 21st at 9 am

Village University, established in 2003, was inspired by Elliot and Alma Ring, and offers courses for mature learners who are seeking stimulating study and conversation about interesting topics. The courses are taught by academics, scholars, and educational leaders who volunteer to share their knowledge and inspire others. Our volunteer instructors bring the best university-level learning experiences to our community.

Magical Mystery Vibrations: The Beatles and the Beach Boys with Keith Daniel

In the early 1960s, when it seemed like rock 'n' roll was destined to be a flash in the pan, two groups emerged, nearly 6000 miles apart. In the unlikely locales of Liverpool, England and Hawthorne, California, the Beatles and the Beach Boys were forming, cutting their teeth on sources as diverse as rhythm and blues, Motown, British music hall dance bands, and the Four Freshmen. This course will trace the creation of these two seminal "guitar bands" and follow them through the great rock decade of the sixties, including the vibrant years of 1965-68, when they interacted constantly and produced some of the greatest music of the rock era, from "A Day In the Life" to "Good Vibrations." This is a listening course, and no materials are required.



6 Mon, Oct 7 - Nov 25, 10-11:30 am, Newbury Court

Requested donation: \$60

High Impact Issues in the Supreme Court -- 2019 Cases with Bill Cotter

President Trump has added two Justices to the Court and the confirmation process has become ever more political. We will discuss the impact of those Justices on the Court as well as the President's legal disputes with the House of Representatives and other Court challenges to the Executive. We will then analyze eight leading cases decided in the spring of 2019. These cases concern: the citizenship question in the 2020 census; separation of church and state; excessive fines by states; double jeopardy; racial gerrymandering; political gerrymandering; capital punishment; and immoral copyrights. There are required readings and vigorous and respectful discussion is encouraged. All the cases are new and prior participants are most welcome.

4 Tues, Oct 1 - 22, 9:30-11:30 am, Newbury Court

Requested donation: \$60

Key Words of the Bible with Dale Landis

Biblical words and concepts fill our world. They have shaped our history, and strongly influenced our greatest writers such as Shakespeare, Milton, and Austen. But do we know what the original authors intended when they used them? This course will bring together two exciting fields of study, semantics (the meaning of words) and the literary study of the Bible (Hebrew and Christian). We will employ a list of biblical words of deep meaning (for example faith, holiness, justice, freedom) and some everyday words that form the rich imagery of the Bible. For each English word, we will be exposed to the corresponding original Hebrew and Greek words. Then we will discuss the meaning of the word in the context of various biblical passages, as well as some non-biblical literary texts and common modern usage. It is expected that students of varying background, religious or not, will help to widen our understanding. Text: An English Bible such as King James, New Revised Standard, or New International Version.



5 Wed, Oct 2 - Nov 6, 10-11:30 am, Location TBD

No class Oct 9

Requested donation: \$60

Game Changers: The 14th, 15th, and 19th Amendments with Janet Beyer

Were women the last group to be allowed to vote? Not quite – it's complicated. Guest speakers will address the 14th amendment, plus the more straightforward 15th and 19th amendments. One group of US citizens was not allowed to vote until 1924. Learn more that you may not have known at the 11th session of this series on government. Not many of us have read the Constitution thoroughly and there is a lot to it that bears examination and thought. The 14th amendment was enacted to make federal law applicable to the states, and in the process, one group of people were back-benched. The 14th amendment is worth a study on its own, but for this course we will just take a look at how one group of citizens was disenfranchised until after freed men (15th amendment) and women (19th amendment) were allowed to vote. This topic is particularly timely as the enactment of the 19th amendment was submitted to Congress for ratification 100 years ago.

6 Thurs, Oct 3 - Nov 7, 10-11:30 am, Location TBD

Requested donation: \$60

Photographers Talking Photography with Joyce Saler and Lawrence S. Brink

In this five week course, you will meet four local photographers who will project their work on a large screen and discuss that work with the class. All of these photographers show their work at art exhibitions so their images can be defined as "art" photography. But since all of us take photos in one form or another, learning distinctions between an 'art' photograph and a snapshot may prove useful. At the last class, members of the group can show their own photographs and discuss their choice of image to share.



5 Thurs, Oct 24 - Nov 21, 2-3:30 pm, The Commons in Lincoln

Requested donation: \$60

We are thrilled to able to offer Village University programs to our community members. We request a donation of \$60 for the first course and \$30 for each additional Village University course. CCACE is made possible through student fees. The Village University is supported entirely by voluntary donations which help us maintain, promote, and provide scholarship opportunities for the CCACE programs.



Planning an Interfaith Wedding

Debra Rosenblum

When you imagine your interfaith wedding ceremony do you ask yourself where do you start? You might be feeling overwhelmed by input from family, friends and the media. You might ask yourself how I can include elements from my family traditions and that of my future partner. In these two sessions, Debra will help you clarify and create your personal outline for your interfaith wedding ceremony that speaks to your heart, honors family tradition and gives you a chance to define your relationship and publicly express your love. Besides saying a version of "I do" there are many elements that can come together to honor you and your partner as individuals, a couple and members of an extended family that dates back generations. Debra will give you a framework for the ceremony and guide you in selecting elements that will make your wedding a day a joyful and memorable experience.

2 Tues, Sep 24 & Oct 1, 6:30-9 pm, CCHS

Fee: \$49/couple

The Road to Calm and Confidence for Women with Narcissistic Mothers

Stephanie Kriesberg

Many women with narcissistic mothers struggle with anxiety, self-doubt, guilt, and setting boundaries. They feel alone with their problem. In this class, you will learn why you feel this way, based on the latest research on narcissism. Although this is not a therapy group, you will learn strategies to feel more calm, confident, and in control based on the instructor's years of working with women with narcissistic mothers. You will learn about the power of listening to your inner voice and turning down the volume on the critical one that plays in your head through guided imagery, written exercises, and discussion.

Mon, Nov 4, 7-9 pm, CCHS

Fee: \$35

Recharge U

Molly Delehey

- Reconnect with your own thoughts
- Reinvigorate your creativity
- Rediscover your playfulness

Join us for this fun and engaging workshop. You will immerse yourself in art and movement activities along with cooperative group games that encourage you to be fully present and spontaneous.

As you create, move and play your way through this workshop, you will give yourself the opportunity to :

- Quiet your mind
- Lighten your heart
- Feel expressive
- Laugh

You will leave feeling refreshed, rejuvenated and recharged... like you've just taken a mini-vacation! Please wear comfortable clothing.

Sat, Oct 19, 1-4 pm, CCHS

Fee: \$35



Speaking with Confidence

Lau Lapidés Company

Are you making the impression you want to be making? Need to polish your speaking skills for work? Want to eliminate fears and anxieties of speaking? From the moment you enter a room in literally seconds you make your impression...your smile, your voice, your first few words, your style, your energy, your initial eye contact--all of these ingredients create the successful chemistry to "command presence!" In this dynamic, fast-paced exciting workshop you will strengthen and polish your speaking style by utilizing tools and techniques to help you engage your audience and polish your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation, neutralize local accent/dialect, and work on breathing techniques. Develop storytelling techniques that work and engage your audience! Come dressed in comfortable clothing, bring a notebook and water.

Tues, Oct 29, 7-9 pm, CCHS

Fee: \$35

Stay or Go? Transitioning Your Marriage

Susan Stamps

Making the decision to end a marriage is an emotional step. Whether you've made up your mind or are simply considering it, you'll benefit from knowing about the process, in order to make thoughtful and informed decisions. This session will help you understand the things to consider, such as parenting plans, dividing assets, paying debts and decision-making. Learn whether you need a lawyer or if mediation will work; how to be on top of the process; and how long it will take. Bring your questions to this compassionate, informational class or email them ahead of time to Attorney Stamps at sdstamps@stamps-law.com. Susan is a Concord divorce attorney with decades of experience in making this process as painless as possible.

Tues, Nov 5, 7-9 pm, CCHS

Fee: \$35

Bridge for Beginners

Alan Horvitz

If you have heard that Bridge is a cool game and thought "one day I want to learn to play," this is the course for you. You will be introduced to the rules of the game and the fundamentals of bidding, play of the hand and defense. You will receive both instruction and the opportunity to play the game under experienced supervision. Learn the rules, acquire new skills and have fun!

6 Tues, Sep 24 - Oct 29, 4-6 pm, CCHS

Fee: \$85



Improving Your Bridge: Bidding

Alan Horvitz

This latest of our Bridge courses is for those of you who have been playing bridge for a year or more. We will focus on bidding to show strength, on the use of take-out and negative doubles, and other aspects of bidding. As in previous classes, we will strive for a balance of didactic information with an opportunity to play the game under experienced supervision. You will build on your skills, acquire new skills and have fun.

6 Mon, Oct 7 - Nov 25, 4-6 pm, CCHS

Fee: \$85

Boating Skills and Seamanship

U.S. Coast Guard Auxillary Flotilla 502

This introductory course is for both sail and power boaters and includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures, and navigation electronics. Completion certificate helps reduce boat insurance fees. Families are welcome. Children age 12 and older are encouraged to attend with a parent at a reduced rate. **Course materials are \$56 and are paid directly to the USCG in class.**

12 Wed, Sep 11 - Dec 11, 7-9 pm, CCHS Fee: \$49; \$90/couple

Coastal Piloting

U.S. Coast Guard Auxillary Flotilla 502

Coastal Piloting, or the Weekend Navigation Seminar, is advanced instruction for those who have already completed a basic boating course. It covers aids to navigation, the earth and its coordinates, Mercator projection, piloting, correcting compass errors, dead reckoning, tides and currents, radio navigation and more. **Course materials are \$56 and are paid directly to the USCG in class.**

12 Wed, Sep 11 - Dec 11, 7-9 pm, CCHS Fee: \$49; \$90/couple



Traveling Solo and Loving It!

Debbie Toppan

Love to travel, but don't have a traveling companion? Don't let that stop you! Learn some tricks about the great fun of traveling solo. A seasoned traveler shares what she has learned about this way to travel! We'll cover planning your trip, where to go and where to stay. You'll discover what to do when you arrive and how to meet people along the way through websites like meetup.com and couchsurfing.com.

Wed, Oct 2, 7-8:30 pm, CCHS

Fee: \$35

Concord Fall Walks

Ginger Lang

Are you new to the Concord-Carlisle area? Join Ginger in her 28th year of leading walks and discover some of her favorite conservation areas during our lovely fall season. She promises you a morning away from the phone and computer with good exercise, adventure and fun companions. Each week's walk will be two hours in length. Join her as she continues her exploration of the "road less traveled by".

Lightweight hiking boots or sturdy walking shoes are recommended. Bring a lightweight jacket, hat/cap, hiking stick, water, and a sense of adventure. Locations vary every week and directions to the walking areas will be sent each week. If it rains, our walk is canceled and will be rescheduled.

4 Wed, Oct 9-30, 10 am - 12 pm

Fee: \$79



Voice Over 101

Lau Lapidés Company

Do you people say you have a great voice for radio or animation? Do you love the voices of your favorite cartoon characters, commercials and television shows? Would you ever think of doing those voices professionally? If you're curious about the world of voice over come join our fast-paced fun, interactive, fast-paced workshop full of tips and techniques designed to offer you an introduction to the exploding world of voice over! Learn how to warm-up your voice and speech, breathe properly, articulate, learn different accents, and interpret a script (copy) with ease! Learn how to create credible characters, and make a voice over demo! Have fun building your confidence as a voice actor while learning about scripts (copy) from commercials, audio books, animations, video game characters, e-learning and more! Come dressed in comfortable clothing, bring a notebook and water.

Tues, Oct 22, 7-9 pm, CCHS

Fee: \$35

French for Beginners II

Katie Rye

If you were with us last year for our Beginner class or have some basic knowledge of French, this is the class for you. We will introduce pronunciation, grammar, and vocabulary. You will learn to communicate basic concepts in French, both written and spoken. Our focus is shared among reading, listening, and speaking for a well-rounded, dynamic learning experience. **Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.**

10 Wed, Sep 25 - Dec 11, 6:30 - 8:30 pm, CCHS

Fee: \$195

French Conversational Workshop

Katie Rye

In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, writing, grammar and translation to reinforce the learning process. We focus on giving you the opportunity to speak and write in French. We use articles from the news, literature, movies, and student-submitted documents to expose you to a variety of real-life topics and everyday French language topics. No textbook required.

10 Wed, Sep 25 - Dec 11, 4-6 pm, CCHS

Fee: \$195

French Lunch Lessons - Déjeuners en Français

Grace Butler

What better way to revive and maintain your French language skills than over lunch! For the first meeting, we suggest you pack a lunch (un bon sandwich fromage/jambon, par exemple). After that, we will decide together what direction the course will take. Conversational topics might include: cuisine, restaurants, and travel, but could also include cinema, theatre, and literature. Language and grammar points will be discussed as needed or requested. A basic comfort with spoken French is recommended. Ideal for intermediate and advanced level students.

8 Thurs, Sep 26 - Nov 14, 12-2 pm, Location TBD

Fee: \$159

Not sure which level is right for you? Call us and we'll have our instructors get in touch with you.

Do you get frustrated when your class is cancelled due to low enrollment? **So do we!** Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students! We encourage you to register at least one week prior to the class start date.

Italian for Beginners**Rita Abela**

Benvenuti! Come and join me in learning the basic structures of this wonderful language. You will learn basic grammar structures, vocabulary and practice simple conversations through a variety of activities.

10 Thurs, Sep 26 - Dec 5, 4:30-6 pm, CCHS Fee: \$155

Italian II**Rita Abela**

Bentornati! Come and join me again to expand your knowledge of Italian. This class is open to people who have already taken Italian for Beginners or have some knowledge of Italian. We will continue to learn the fundamentals of the language through a variety of activities and methods. We will cover new vocabulary, sentences, grammar rules, along with easy conversations on daily activities.

10 Thurs, Sep 26 - Dec 5, 6-7:30 pm, CCHS Fee: \$155

Spanish I**Sonia Hoyes**

This is an introductory course intended for people with little or no knowledge of Spanish. We will learn essential vocabulary, grammar, and to develop the speaking, listening, reading, and writing skills necessary for basic communication and comprehension. You will have the opportunity to practice and apply what you learn in conversation and enjoy getting to know your fellow classmates while doing so. Communicative class activities will include pair and group work, interviews and role playing. Customs and culture are also presented.

Please purchase the textbook prior to the first class: *¡Anda Curso! Elemental*, first edition by Audrey L. Heining-Boyton/Glynis S. Cowell.

11 Mon, Sep 16 - Dec 9, 5:30-7:30 pm, CCHS Fee: \$215

Spanish for Upper Level Beginners**Sonia Hoyes**

This course is for people who already have taken Spanish I, II, and III. We will work on achieving a sound level of communicative ability, with an emphasis on spoken Spanish. We will cover oral and written communication, grammar, vocabulary and pronunciation. The goal is to help you use the language in different contexts and acquire more confidence in applying your fluency and expand your vocabulary. We will discuss current events, brainstorm to solve problems, participate in role-plays, and prepare oral presentations to develop vocabulary, reinforce grammatical structures, and utilize new expressions. The class is taught and conducted in Spanish so you are expected to be able to understand the language and be able to communicate in Spanish.

13 Tues, Sep 17 - Dec 10, 5-7 pm, CCHS Fee: \$255

Spanish II - Intermediate**Sonia Hoyes**

This course builds upon and expands the language patterns with grammatical structures that were presented and practiced in the beginning course. It includes review and expansion of the four language skills as well as new grammar structures. Writing and speaking will be improved through composition activities and group conversations. You will use the language in applicable situations. Communicative class activities will include pair and group work, interviews and role-playing. Customs and culture are also presented.

12 Thurs, Sep 19 - Dec 12, 5:30-7:30 pm, CCHS Fee: \$235

Spanish III - Advanced**Sonia Hoyes**

This course is a continuation and recycling of knowledge acquired from Spanish I and Spanish II courses. It will introduce new vocabulary and grammar structures. The course will focus in developing the four language skills in a proficiency way. Advanced Spanish conversations activities of a variety of topics of every life situations will be used to increase the oral skills. The class is conducted entirely in Spanish so you need to be able to communicate at the advanced Spanish level with the instructor and the classmates. Communicative class activities will include pair and group work, interviews and role playing. Customs and culture are also presented.

11 Wed, Sep 18 - Dec 11, 6:30-8:30 pm, CCHS Fee: \$215

Spanish Conversation**Sonia Hoyes**

This course is for people who already have taken Spanish I, II, and III. We will work on achieving a sound level of communicative ability, with an emphasis on spoken Spanish. We will cover oral and written communication, grammar, vocabulary and pronunciation. The goal is to help you use the language in different contexts and acquire more confidence in applying your fluency and expand your vocabulary. We will discuss current events, brainstorm to solve problems, participate in role-plays, and prepare oral presentations to develop vocabulary, reinforce grammatical structures, and utilize new expressions. The class is taught and conducted in Spanish so you are expected to be able to understand the language and be able to communicate in Spanish.

13 Tues, Sep 17 - Dec 10, 7-9 pm, CCHS Fee: \$255

Not sure which level is right for you? Call us and we'll have our instructors get in touch with you.

**Writing Life****Barbara O'Neil**

Do you love to write but don't make time for it? Have you started a memoir and find it is more about the facts of your life and less about the soul of your life, the things that really matter? Join Barbara on a journey into writing practice. We will leave the inner critic at the door and keep our hands moving across the pages of our notebooks. You will write and share in a supportive environment. This class is suitable for all levels; new students welcome. *There are no classes on 10/29, 11/5, 11/26.*

8 Tues, Oct 8 - Dec 10, 9:30-11:30 am, Location TBD Fee: \$229

Creative Writing for Fun**Pamela Wight**

Discover your creativity by exploring the hidden stories in your mind. Every week is an adventure with in-class writing (fiction and non-fiction), writing topics and tips, and shared reading. No need for a degree in writing; just bring a zeal for the zany and poignant and a willingness to be open and honest. Continuing and new students find inspiration in the weekly always-new writing prompts. The operative word here is FUN, and often, surprised delight at the stories that burst forth. Space is limited, so register now!

8 Mon, Sep 23 - Nov 25, 1-2:30 pm, Location TBD Fee: \$199

**Babysitters' Training****Mary-Wren vanderWilden**

The 4-H Babysitters Training Course teaches youth ages 11 and older what they need to know to be caring, trustworthy, responsible, and competent babysitters. The course includes units on: safety, first aid, child development, nutrition, entertaining children, and the business of babysitting. Join us and prepare to become a responsible babysitter!

4 Tues, Oct 8-29, 1:30-3:30 pm, Sanborn MS Fee: \$105

Would you like to teach for CCACE or do you have an idea for a new class?
We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us!
Fill out the course proposal form at concordcarlisleace.org/teaching-opportunities/

Rita Abela is an enthusiastic Italian speaker with more than 20 years experience in teaching Italian as a Second Language at different levels. She has a deep knowledge of the Italian culture that she tries to incorporate in her lessons. Currently, she teaches Italian courses at Minuteman Community Education in Lexington.

Peter Alden of Concord led early birding tours to Guatemala in 60's and 70's and has visited colonial Antigua over a dozen times recently. He has also visited Honduras among over a 100 countries worldwide.

Don Anderson has been working with college strategies since 1990. His first association with College Funding Advisors (CFA) was as a client. He joined CFA after successfully guiding his three children through the financial aid process over an eleven year period. Don's children all have advanced college degrees so he and his wife know all too well that what their children achieved in higher education would have been impossible to afford without financial aid.

Maureen Barr is a certified natural health counselor at Thrive in Boxborough and former cardiac rehabilitation specialist and occupational therapist at University of Massachusetts Medical Center. Her focus is on designing effective nutrition programs, lifestyle counseling and education. To learn more, visit www.journeytothrive.com.

barre3 - Bedford & Sudbury: Owner Natasha Groblewski fell in love with barre3 after graduating from college and moving across the country to Portland, OR, in 2009. After a year, she moved back home to Massachusetts, where she continued her practice with barre3 Online workouts. In 2015, she became an instructor at barre3 Needham, and soon after that she began working toward opening her own studio.

Janet Beyer became interested in the election process through her 50-year membership in the League of Women Voters. She was chair of the Voter Service committee of the Concord Carlisle League. She believes that ensuring that every vote counts is not a partisan issue and enjoys studying how the voting process has changed since the Constitution was written.

Dr. Lawrence S. Brink's love of photography began at age 10 (in a basement darkroom). Mostly self-taught, he studied with Donald Blumberg (SUNY Buffalo) and Nathan Lyon (VSW). On arriving in Boston, Larry designed darkrooms and taught B/W photo courses. During graduate studies, he designed/taught graduate-level photography courses (Boston University). He earned a BA in Psychology (minor in art) and a Doctorate in Information/Instructional Design. He has exhibited at the Brickbottom Studios, Aububon/Moose Hill, various shows and is a member of the N2 Photo Critique Group.

Grace Butler has lived and studied in France and taught at all levels.

John Calabria walked away from a successful engineering career years ago to do what he loves: helping people feel more at home in their bodies and happier in their lives through the teachings of Yoga and mindfulness, and the love of nature. It's such a joy to see students leaving class feeling uplifted and self-empowered, taking charge of their health and lives. He has been doing this a long long time and is sure that he can help you with your wellness goals.

Chris Chen, CFP® CDFA is a fiduciary wealth strategist who helps individuals and families plan difficult life transitions such as retirement and divorce. His cost-effective and tax-efficient strategies help clients achieve their long term financial goals with wealth preservation, retirement income planning, and legacy planning. Chris was recognized by Investopedia as one of the 100 Most Influential Advisors of 2018. He has been widely quoted in the media and has also been published in the Boston Globe, Kiplinger and Investopedia. Chris is the Treasurer of the Association of Divorce Financial Planners and a member of the National Association of Financial Advisors (NAPFA) and the Massachusetts Council on Family Mediation.

Son-Mey Chiu is an artist and teacher. Since her youth, Son-Mey received a ten-year training from Professor Chao Shaoan/Zhao Shaogang, an internationally acclaimed master from the second generation of the Lingnan School of Chinese Painting which revitalized the stagnant painting style of the Qing Dynasty. She studied Chinese Calligraphy under the tutorship of the renowned calligrapher, Fung Hong-kou/Feng Kanghou in her native Hong Kong.

Stefanie Cloutier has spent the past two decades exploring the trails in and around Concord. She is an avid hiker and biker, and an outdoor enthusiast.

Bill Cotter is a graduate of Harvard College and Harvard Law School and was President and Professor of constitutional law at Colby College, 1979-2000. He was then founding President of the Oak Foundation in Geneva Switzerland. Prior to Colby, Bill was president of the Africa-America Institute, Ford Foundation Representative for Colombia and Venezuela, a White House Fellow with President Johnson, an associate attorney on Wall Street, an assistant attorney general ("Crown Counsel") in Nigeria, and a law clerk to a Federal District Judge.

Keith Daniel recently retired from teaching at Concord Academy after 30 years. Prior to that, he taught at Assumption College in Worcester and Mount St. Joseph Academy in Buffalo. In all three positions, he has taught music history and theory, which complements his advanced degrees (MA and Ph.D.) in musicology. In 1994, he was honored by the College Board as the outstanding Advanced Placement music theory teacher in New England. He has also taught at the Paris American Academy and in the Governor's School for the Humanities in Tennessee.

Molly Delehey is a facilitator of personal and professional creativity and connection with over 12 years of experience teaching children, teens and adults. Molly has taught a wide variety of effective communication skills and presentation skills classes for companies such as New England Medical Center, Putnam Investments and Fidelity Investments. She is a former member of the Improv comedy troupe, Improv Boston. She has taught Improv Skills and Creative Dramatics at Improv Boston, The Carroll School and The Umbrella Community Arts Center. Molly focuses on communication, creativity, spontaneity and connection in her workshops. Her goal is to create a safe, non-judgemental environment so that everyone can feel comfortable exploring their own creativity.

William Dickinson is a registered architect with over 25 years of experience. He has designed, produced, and supervised the construction of numerous custom residential projects throughout the Metro West area. These projects extend from kitchen/bath renovations to new houses.

Julie Doherty holds a Bachelor of Arts in Psychology from Wheaton College and Master of Science in Child Life and Family Centered Studies from Wheelock College. For seven years, Julie worked with children and parents at Brigham and Women's Hospital as a Child Life Specialist in the Radiation Oncology Department. For the last 8 years, she's enjoyed being a stay-at-home mom. Julie lives in Concord with her husband, four young children, and dog.

Christine Evans, a life-long crafter, has been an avid scrapbook and paper artist for over thirty years. She has served as a Design Team member for online sites, and taught classes at local retail stores and out of her home. Christine discovered jewelry making almost 10 years ago, and quickly became obsessed with yet another creative endeavor.

Jennifer Ferrari received her dual degree (BFA in Art and BA in Communication) from UMass Amherst and her M.Ed. from Springfield College. After graduating, Jen worked as a high school visual art educator for 5 years in the Massachusetts public school system. Jen now enjoys being a stay-at-home parent of her 2 beautiful boys and using her expertise in visual design and spatial organization as a professional organizer.

Debby Fink has been an avid quilter and crafter for over twenty years. She has been President of the Mothertown Quilters Guild in Lancaster and has created over one hundred quilts for friends, family, and charity. Her quilts have ranged in style from hand pieced, paper pieced, traditional and modern machine pieced, Hawaiian appliqué, bargello, t-shirt and photo with machine quilting, free motion quilting and hand quilting.

Annie Gray works with clients considering classic retirement or what she calls "reirement". Through this, she recognized that the challenges and obstacles that people face are most often related to deeper changes they encounter as they confront a third phase of life. Annie draws on her previous work in human development, conscious aging, and Internal Family Systems, as well as her 30 years of corporate work as a facilitator and consultant in leadership development, human dynamics, and team development for this workshop. Annie has an MPA from Harvard University and has coached and facilitated workshops for hundreds of learners interested in living life to its fullest. She also teaches Yoga in Concord.

Margaret A. Hoag received her A.B. from Bryn Mawr College and her J.D., cum laude, from Suffolk University Law School. Prior to joining Eckel, Morgan & O'Connor she was associated with Mendel & Associates and The Law Office of William J. Brisk. Ms. Hoag is the co-author of Massachusetts Elder Law, published by Lexis Law Publishing in 1998, updated in 1999 and 2001. She has lectured for various schools and other organizations. Ms. Hoag concentrates her practice in the area of estate planning and elder law, including long-term care planning, guardianship and conservatorship, MassHealth (Medicaid) application, and probate administration.

Mark Hopkins is a retired advertising executive and freelance business writer. Following his retirement two decades ago he became interested in digital photography, and has since earned a reputation as an award-winning art photographer whose work has been represented in many galleries and museums. International travel has always been one of his interests, especially volunteering for Earthwatch expeditions such as the one he'll tell us about this evening. Mark and his wife Margie are now residents of Concord, where they recently moved after living for 33 years in Lincoln.

Alan Horvitz is a retired clinical social worker, a Bronze Life Master and an experienced Bridge teacher.

Sonia Hoyes is a native Spanish-speaking instructor who has been teaching Spanish as a foreign and heritage language for over 11 years. She is currently teaching Spanish at Middlesex Community College and to K-8 students in various school systems throughout northern Massachusetts.

Stephanie M. Kriesberg, Psy.D. is a licensed psychologist with 25 years' experience working with children, adolescents, and adults. Dr. Kriesberg specializes in the treatment of women with narcissistic mothers. She writes on this topic for Triumph, the women's newsletter of the Anxiety and Depression Association of America. Dr. Kriesberg has a private practice in Concord, Massachusetts.

Dale Landis grew up in Allentown, Pennsylvania, with an enthusiasm for books, science, music, and camping. He and his wife have lived in Massachusetts since moving here in 1976. He earned his masters degree and a PhD in mathematics (probability and geometry) from Lehigh University, followed by a year of research at the Institute for Advanced Study in Princeton, NJ. He has also pursued languages, literature, and biblical study. After serving in the Air Force, he worked in aerospace engineering at various companies including 35 years at Draper Laboratory, developing navigation algorithms and software. He mentored graduate students in engineering, and taught at colleges including Boston University. Since retiring in 2012 his activities include reading, language study, dancing, birding, playing the piano, and enjoying his five grandchildren.

Ginger Lang, owner of Ginger's Journeys, has led walks, hikes and snowshoe trips, as well as weekend excursions locally and overseas for community education programs, tour companies and the Appalachian Mountain Club for twenty-six years.

Lau Lapides Company, based in Wellesley, MA is a unique communication one to one coaching studio. Our team all work in the broadcasting, media industry and specialize in areas such as: Voice Over, Acting, Public Speaking & Presentation. Our studio podcast, Mic Camera Action Talkin Shop with Lau Lapides and Dan Lothian can be found on iTunes & Stitcher and recent book release, 50 Ways to Mega Crush Your Media Career can be found on Amazon & Kindle.

Howard Loewinger has been working with computers since the days of the Commodore PET. He worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years. Since retiring from that position in 2010, he has been teaching IT courses at a community college and for adult education programs.

Peter Lovis owns The Cheese Shop of Concord Massachusetts. The store opened in Concord in 1968, and Lovis took the reins in 2000 as the third owner. This culminates a 30 year career in the specialty cheese and foods industry. He returned to his roots, where his career began in 1976 at a small family run cheese shop. He later worked at large retailer Sutton Place Gourmet's Cheese Department rising from Assistant Cheese Department manager to Cheese Buyer. His experience throughout the entire supply chain gives him unique insights to the way the industry works. He has worked in each link, from importing and selling to distributors nationwide with Gourmet America, to local distribution and selling to stores with Crystal Foods.

Neil Lynch is a Retired Concord-Carlisle teacher and current US National Park ranger.

Louisa Mattson is a Certified Practitioner of Eden Energy Medicine as well as a psychologist holding a Diplomate in Comprehensive Energy Psychology. She has studied a variety of energy healing and energy psychology modalities through the years and continues to be fascinated by the power of energy medicine to impact our health, happiness, vitality, and resilience. She has worked as a catalyst at the intersection of body/mind/spirit—as a psychotherapist specializing in psychospiritual development, a corporate career management consultant working with senior executives in career/life transition, and an energy medicine practitioner. Visit her website at www.concordenergyhealing.com.

Nicholas Michael founded Odyssey College Search to provide student-athletes and parents with a resource for the college search and athletic recruiting process. His background is in marketing, strategic planning and process management, and his three children were college athletes.

Barbara O'Neil is a life long writer and teacher. She leads writing groups for students from age seven to ninety seven. She has studied with Natalie Goldberg, author of *Writing Down the Bones*, for ten years and has published several essays and poems. Visit her website to learn more about her at www.writinglifebarbaraoneil.com.

Open Door Education was founded by Travis Minor in 2011 with the sole purpose of providing smart, compassionate tutoring and test preparation to local students. In 2013, Travis partnered with Matt McNicholas and Erin Webb, co-owners of East Owl Tutoring in Boxborough, also dedicated, enthusiastic tutors. Open Door Education has since helped hundreds of students to navigate the stormy seas of admissions testing and has helped hundreds more to succeed in the classroom and beyond. Committed to cultivating a love of knowledge, Open Door's team of exceptional tutors helps each and every student to become more confident and, ultimately, more successful.

Jeremy Pietropaolo is a student at CCHS and has taken many courses from various restaurants and schools in many topics ranging from Italian baking to Sichuan Chinese cooking, to pasta making. He has taken the most classes and spent the most time making fresh pasta as it is one of his main passions. Jeremy enjoys spending countless days in the kitchen, experimenting with how to get the perfect pasta dough and shape in various flavors as well as tradition. He has created many of his own recipes for flavored pastas, such as sun-dried tomato pappardelle, peppadew bucatini, and tomato-basil rigatoni. He previously taught a beginner level fresh pasta class to the Italian Club at Concord-Carlisle High School and it was a huge hit!

Therese Quinn has professional experience sewing and tailoring dresses, uniforms and more.

Carol and Ron Reynolds have gone on day hikes in 48 of our national parks in the past twelve years. Carol, an avid photographer, particularly enjoys photographing nature. Ron enjoys video recording and editing. Together, they produce DVDs recording their adventures.

Debra Rosenblum was a public-school teacher for over 20 years. She has a Master's Degree in Education from Lesley University and Certificate of Advanced Graduate Studies in Creative and Expressive Arts from Salve Regina University. She is an Interfaith Minister, certified spiritual director, and holds certifications as a yoga teacher, meditation teacher and spiritual director.

Katie Rye is a French and History teacher, having taught at CCHS and Concord Academy. She holds a PhD in French History from Duke University and a BA from Davidson College.

Joyce Saler has taught three previous art history courses at the Village University: The Barnes Collection and Maine in America. She holds a B.A. from the University of Pennsylvania, a M.S. in education, Lesley College, and a certification in Art Education from Mass College of Art. Most recently, she was a member of Photography Atelier 20 of the Griffin Museum of Photography, Winchester, MA. Joyce has exhibited in juried shows at Gallery Seven, Maynard, MA, the last four Roddy Competitions, Concord Art Association, and at Club Camera Tucson.

Ralph Shaner is a Concord resident who was a general contractor until his recent retirement. In his free time he enjoys both traveling and photography. His main interest is learning about people from other cultures as well as seeing the different architecture and wildlife in other parts of the world.

Susan Stamps has been a divorce attorney since she began the practice of law in 1988. She is also knowledgeable in tax law and other financial matters pertinent to family law. Susan strives to resolve each case in the fairest way possible. Although she discourages unnecessary conflict and litigation and settles most of her cases, she has an excellent trial record. "My clients seem happy with my direct, and inclusive style of interaction, and I achieve good results for them by focusing on what is really important." Susan received her law degree from Northeastern University in 1987. She is a member of the Massachusetts Bar Association and is a past participant in its Family Law Legislation Practice Group. She is also a member of the Massachusetts Family and Probate American Inn of Court and a member and former Executive Board member of the Massachusetts Council on Family Mediation. She was an associate, then partner, of the Concord firm of Arnold & Kangas, P.C. , for 13 years before opening her own law firm in 2001.

Anita Tekle recently retired from her position as Town Clerk in Concord. Now that her three children are grown, she has the time to travel as well as enjoy her many talents including quilting and cooking!

Debbie Toppa is a life-long resident of the area. She loves to travel and finds traveling solo a great way to "follow the dream". She finds her eBay experience a great way to build her travel coffers! She is very enthusiastic about both, and enjoys the opportunity to share her experiences with others.

Charla Trusheim, a former communications consultant, was raised in Colorado and spent much of her childhood exploring National Parks. While raising a family for the last 20 years in Acton, Charla has avidly traveled the United States, Europe and Asia seeking to capture the unique spirit of each place while experiencing the people and culture.

U.S. Coast Guard Auxiliary boating courses provide instruction to boaters at all levels, from the fundamental to the advanced. Our classes are taught by experienced and knowledgeable instructors committed to the highest standards of the U.S. Coast Guard.

Mary-Wren vanderWilden has been involved in education for 27 years doing everything from teaching high school humanities, middle school math and driver education to consulting work with school districts. She helped plan and teach at the Francis W. Parker Charter Essential School in Devens, MA where she is presently the Vice Chairman of the Board of Trustees. Mary-Wren grew up in Santa Barbara, California and went to college at Scripps College outside of Los Angeles where she studied International Relations. She fell in love with the East Coast after getting an MGA at University Pennsylvania and a MEd at Harvard University and has lived in Concord, Massachusetts ever since. Her three boys are grown and in college or working and she enjoys an active life with her husband, Philip and dog, Guinness.

Jennifer Wayne is a reading specialist by day and a hand lettering aficionado by night. She was given a calligraphy pen by her grandfather when she was eleven years old and continued to dabble in lettering for the next fifteen years. In 2015, Jennifer took to Etsy to find someone to do custom gift tags in the new, modern calligraphy style. It dawned on her that this was something that she would enjoy doing again herself. Jennifer was immediately drawn to the soothing, meditative quality of modern calligraphy. Hundreds of pens and hours later, Jennifer has done custom lettering for a variety of celebratory events. Conducting lettering workshops allows her to merge her professional background in education with her delight in sharing hand lettering with others. Jennifer has taken workshops with local calligrapher Liz Roessler and international artist, Molly Suber Thorpe, author of *Modern Calligraphy*.

Ingrid Wheeler is an early childhood educator whose background includes elementary and pre-school teaching. She has been teaching the parent-child programs for over 30 years.

Pamela Wight has an MA in Literature and teaches creative writing classes in the Boston and San Francisco Bay areas. She is a published author of two novels (*The Right Wrong Man* and *Twin Desires*) and of an illustrated children's book (*Birds of Paradise*). Pamela posts a popular weekly blog called *Roughwighting* (www.roughwighting.net).

Marsha Wilcox is an avid photographer, both during the day and after the sun sets. She has exhibited work in New York and around New England. She lives in Acton with 2 wonderful Golden Retrievers. When she's not staring at the night sky, Marsha works as an epidemiologist in the pharmaceutical industry.

Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in *Boston Magazine*.

Alex Winkelmann is a financial advisor running his practice out of Marlborough, MA. He started his career in finance working for People's United Bank in the retirement services and wealth management department in Burlington, VT. Alex graduated from Saint Michael's College earning a bachelors degree in both Psychology and Finance. He delivers great value to his clients, helping them plan ahead for their short-term needs and long-term goals. Alex pays special attention to understanding the needs and goals of every single client, helping many families with retirement planning, helping to send children and grandchildren to college, estate strategies to effectively pass wealth on to future generations, and making sure his clients truly make the most out of their money.

Heather Wright is a mom, baker, and owner of Springerle Emporium. Taught to bake at an early age by her Gramma and given an appreciation of European paintings from her Memere, it is no wonder that two of her favorite interests became food and art. She discovered the perfect combination of both in a centuries-old European style of cookie called "springerle". A springerle is a traditional German cookie with an embossed design made by pressing a mold into rolled dough. Wildly popular at the outdoor Christmas markets of Germany, Austria, and Switzerland, these cookies are often referred to as "too pretty to eat". A former corporate trainer, Heather loves to introduce others to this edible art form and share the joy of springerle for future generations through teaching, demonstrations, and of course baking cookies for customers, friends, and family.

Devik Wyman's fascination with Oaxaca began when she first went to purchase crafts and jewelry for her shop, Mango Tree Artisans. Previously, Devik has worked as a librarian, cook, and restaurant owner. She now enjoys working in her garden and spending time with her husband and grandchildren.

Peggy Yalman has been a top producing realtor at Coldwell Banker Residential Brokerage in Concord for 15 years. She has a passion for staging houses for sale and teaching homeowners how to maximize their preparation efforts.

Tatiana Yatsunov was born in Kiev, Ukraine and was taught to knit and crochet from a young age. Her passion for making things has developed into a lifelong dedication to the art of knitting. Tatiana mastered a multitude of techniques, and knitted a wide variety of beautiful and useful projects. She hopes to share her skills and inspire others to make beautiful handmade masterpieces.

Marcy Young is a rug textile maker.

Registration Details

Registration

Classes are filled on a first-come, first-served basis. Once you enroll, you will receive a confirmation by email. If a class needs to be cancelled due to low enrollment, you will be notified at least 2 business days prior to the start of class.

Payment in full is due at the time of registration. A \$25 fee for all checks returned due to insufficient funds will be charged and added to your course tuition, in accordance with MGL Ch 60, Sec 57A.

Who Can Enroll?

CCACE programs are open to participants 16 years of age and older unless otherwise specified. Middle school students are permitted to enroll if a parent/guardian also enrolls.

Non-residents (people residing outside of Concord or Carlisle) pay a \$3 non-resident fee per course.

Class Locations:

Unless otherwise noted, classes take place at CCHS.

School locations:

- Concord-Carlisle High School: 500 Walden St, Concord
- Ripley Building: 120 Meriam Rd, Concord (*entrance around back*)
- Sanborn: 835 Old Marlboro, Concord

Other locations:

- barre3: 158 Great Rd, Bedford
- barre3: 365 Boston Post Rd, Sudbury
- Bedford Rec: 12 Mudge Way, Bedford
- Newbury Court: 100 Newbury Court, Concord
- Starfish Dance & Yoga: 135 Commonwealth Ave, Concord
- The Cheese Shop: 29 Walden St, Concord
- The Commons in Lincoln: 1 Harvest Circle, Lincoln

Libraries

- Concord Library Main Branch: 129 Main St, Concord
- Fowler Library: 1322 Main St, Concord

Parking at CCHS

Park on the right as you approach the building, and enter the first floor doorway (C17) into the Dining Commons. The ACE office will be directly in front of you. From there, you can walk upstairs or use the elevator to attend your class. You may also park above the school and enter the second floor doors to the main lobby.

CCACE Advisory Committee

Demi Ayres, Concord
John Ballantine, Carlisle, Chair
Ron Bernard, Concord
Paula Casey, Concord
Claudia Feeney, Concord

Stuart Freeland, Concord
Marla Iyasere, Concord
Christine Lear*, Carlisle
Carol Murphree, Carlisle
Margo Parent, Carlisle

Concord-Carlisle Regional School Committee

Heather Bout
Court Booth
Yuval Erlich
Wallace Johnston (Chair)
Student Representatives: Ariel Waldman, Jennifer Li

David Model
Eva Mostoufi
Cynthia Rainey

Would you like to teach for CCACE or do you have an idea for a new class?
We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us!
Fill out the course proposal form at concordcarlisleace.org/teaching-opportunities/

Adult Registration Form

Contact Information

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash_____ Check/MO_____ Credit Card_____

Name on card		Exp Date	
Card #		CVV	

Youth Registration Form

Contact Information

First Name		Last Name	
Birth Date		Grade	
School			
Parent/Guardian			
Address			
City		Zip	
Phone #		Email	
Emergency Contact		Phone #	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash_____ Check/MO_____ Credit Card_____

Name on card		Exp Date	
Card #		CVV	



Concord Carlisle
Adult & Community Education
500 Walden Street, Concord, MA 01742

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Adult & Community Education



Join us this Fall for **Unconscious Bias: Interrupting the Cycle**

How do we begin to recognize and acknowledge that we all have biases, that we are part of the problem? In this groundbreaking 5-session series, we will examine our unconscious biases, understand how to have conversations with others around this topic, and learn tools to use in our daily lives to counteract this.

1. **Unconscious Bias - what's in your backpack?**
2. **Class/Culture**
3. **Race, Racism, Racialized Structures, and Privilege**
4. **Gender, Gender Identity and Gender Expression**
5. **Tying it together! Having Courageous Conversations about Difficult Topics.**



See details on pages 18-19