

Adult & Community Education of

M A R T H A ' S V I N E Y A R D



**Spring
2009
Classes**

**March 9 -
April 16
2009**



www.acemv.org
or email lynn@acemv.org

**Arts & Communication · Business/Computers
Cooking/Home Creations · Health/Fitness/Self-Help
History/Government/Community
Hope & Change/Issues of Social Justice
Island Living/Land & Sea · Languages · Writing**

ACE MV Spring Session Course Schedule

March 9 to April 16. All classes at MVRHS. Register at www.acemv.org (gift certificates & donations) or in person 5-7 pm Tues. March 3 & Wed. March 4 at MVRHS lobby.

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Cover painting by artist and teacher Janice Frame



Catalog photos by Kelley Debettencourt.





ARTS & COMMUNICATION

Introduction to Capoeira

Capoeira is an Afro-Brazilian art form that combines elements of dance, martial arts, music and acrobatics into a fluid game between two players. This class will teach the principles of Capoeira including the history and basic moves. While learning these graceful moves, you will get an excellent cardio workout!

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
5 classes 6:30pm - 8:30pm Fee: \$125
Course AC #1, Culinary Arts Dining Room

Pablo & Capoeira Association Mandigueiros dos Palmares — Adilson Ribeiro or Gunga as he is known in Capoeira, has 12 years of experience practicing Capoeira with the Group Raizes do Brasil in Brazil. He has recently joined the Capoeira Association Mandigueiros dos Palmares of Mestre Chuvisco who has 40 years of experience in Capoeira and has been teaching Capoeira in the Boston area for over 10 years. Gunga was chosen by Mestre Chuvisco to represent the Capoeira Association Mandigueiros dos Palmares and teach Capoeira on the island of Martha's Vineyard.



Learn to Edit Your Home Movies on iMovie

Have home movies that you'd love to share with the world, but you don't know how to edit them? In this class you'll learn how to import digital footage from your video camera into your Mac computer, how to edit and add music and effects on iMovie, and how to export your finished project to a DVD or upload it to the Internet.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
5 classes 6:30pm - 8:30pm

Fee: \$125, Course AC #2, room 404 -MAC Computer lab. You may bring your own laptop but no possibility of Internet hookup.

After receiving a Masters Degree in Film and Video Production from Stanford University, Liz Witham returned to Martha's Vineyard and co-founded Film-Truth Productions with her husband, Ken Wentworth. She is an award-winning filmmaker who has produced, directed and edited films at festivals nation-wide, including a feature-length film A Certain Kind of Beauty about island resident Dan Aronie.

She has taught video production to at-risk youth through Beth Israel hospital, and was a teaching assistant at Stanford. This summer, she and her husband launched "The Vineyard Scene" on DocuTunes.TV. To read more about her documentaries, visit www.film-truth.com.

Introduction Salsa Dancing

This course is an introduction to Salsa Dancing for the beginner student. In the first part of the class we warm up and learn how to move our bodies individually in Salsa Dancing. We go over timing, basic steps, variations on basics, simple improvisation material, and easy turns. In the second half of class, we learn to dance with a partner and how to relate to each other on the dance floor. We will also learn a bit about the history and different forms of Salsa music and dancing.

Tuesdays: 3/10, 3/17, 3/24, 3/31,
4 classes 6:30pm - 8:30pm Fee: \$100
Course AC #3, Culinary Arts Dining Room



Saskia Vanderhoop has loved Salsa for more than 20 years and has been teaching Salsa classes on the Vineyard for two years.

Student Feedback: *Saskia draws you in to something that is not easy yet she encourages everyone to progress and helps bring you along. Before long you're actually dancing Salsa.*

—Kevin Begley

Speaking in Front of a Group — Increase your confidence speaking in public

Everybody benefits! Whether at a town meeting, increasing your ability with English as a second language, becoming more effective at work, in leadership roles, or just being more comfortable speaking to people on the street. In this class you will have an opportunity to practice in a supportive environment and speak in front of the group, get feedback about your strengths as a speaker, and how to improve. You'll drop the verbal pauses, "Ahhh..." or "Ummm...", and run-on sentences. Learn how to evaluate other speakers with positive feedback. The format is based on the one used by Toastmasters clubs around the world. If this scares you just a little bit, then say to yourself what the instructor said when he first started: "This scares me just enough to have to do it!"

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16

5 classes 6:30pm - 8:00pm

Fee: \$125, Course AC #4, room LRC

Ron Dagostino has been a member of the State Street Boston Toastmasters Club since June, 2007. He is the club's Vice President of Education; in this role he is responsible for planning the club's biweekly meeting agendas and helping club members achieve their goals. He has worked at State Street Global Advisors in Boston for 12 years where he is currently a Vice President and Senior Software Development Architect. Ron is also the Treasurer on the Board of Directors at the Vineyard Playhouse.

Other Related Courses:

All writing courses; Introduction to the Art and Sport of Fencing

BUSINESS/ COMPUTERS

Blogging I — What the heck is a blog? Why do it? How to get started? How it can increase your \$uccess?

Discover why blogging is a powerful tool and trend that connects you, your ideas, and your business to the world. Learn to increase your success with the world of the blogging. Discover the best way to get started. Learn the secrets to getting the word out about your blog and people reading once it is up and running. This class will have your blog up and connected to the blog world before the end of the five weeks. You'll find out what is needed to become a successful blogger, have fun using this powerful tactic to get your business, products and ideas noticed. No need to be a tech head to thrive as a blogger after you take this course.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16

5 classes 6:30pm - 8:30pm

Fee: \$125, Course BC #1, room 404

Blogging II — \$uccess \$ecrets: How to get loved by Google search engines and your target audience

Learn tips and tricks to advance your blog success rapidly. Discover how to come up in the top five search engine results for the ideas and keywords that are the focus of your blog. This is for people who already have some blogging experience and really want to quickly make their mark online and in the world of blogs. This class will teach you how to give your blog a great look, make it search engine optimized so you get found when your audience searches on the topics you cover, and how to build effective relationships with other successful bloggers who have a big audience. Whether you are blogging about a cause you are passionate about or want to use the power of blogging to skyrocket your



Tuesdays: 3/10, 3/17, 3/24, 3/31, 4/7
5 classes 6:30pm - 8:30pm
Fee: \$125, Course BC #3, room 107

Valerie Becker is the technology teacher at the West Tisbury School. She is an Apple Distinguished Educator and a Google Certified Teacher. She is most interested in helping students communicate, connect, collaborate, and share globally. She finds the web astounding and delightful.

Work Smarter Not Harder — Effective attraction marketing and web presence tactics to create more income, and customers in this changing world

This course is for small business owners, service professionals, healers, artists, writers. Discover how to use the power of the Internet, social media, YouTube, iTunes to market your business in no cost and low cost ways. You'll learn to attract more customers when they visit the island and to reach more customers globally who want the creativity and unique ways you can be of service. Learn attraction marketing tactics, and bring the world to your door. Discover the secrets of how to work once and keep getting paid over and over. No need to be super tech savvy- Passion for what you do and a willingness to open to new ways of thinking about business success will jump start your expanded success.

Tuesdays: 3/10, 3/17, 3/24, 3/31, 4/7
5 classes 6:30pm - 8:30pm Fee: \$125
Course BC #4, room 102 -PC Computer lab

BZ Riger, is a member of an international 9-woman high-ranking blogger team, the host of an international talk radio show, author, attraction marketing and success life coach, successful entrepreneur and multimedia content creator. She teaches and coaches clients in the US and around the globe.

small business success, this course will show you how to make your blog effective and get it noticed. No need to be super tech savvy.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
5 classes 6:30pm - 8:30pm
Fee: \$125, Course BC #2, room TBA

BZ Riger, is a member of an international 9-woman high-ranking blogger team, the host of an international talk radio show, author, attraction marketing and success life coach, successful entrepreneur and multimedia content creator. She teaches and coaches clients in the US and around the globe.

Google and Beyond

If you're like most people, you use Google's products several times a day to search for information, check email, get a map and lots of other useful functions. What most people don't know, however, is just how many useful tools Google has. Participants will learned where to find out about Google's latest technologies and how to use many of these FREE tools. Google Tools can easily substitute expensive software programs. Some example of Google tools are: word processors, spreadsheets, presentation software, digital photography tools and storage, search (beginner to advanced), RSS, Google earth and maps and much, much, MORE.

Donations for the general program, scholarships, and GED program are welcome and greatly appreciated — www.acemv.org.



Home-Based Business — Earn income year-round

Have you ever wanted to retool and learn a new skill that will be marketable to employers who are always looking for help, even in this economy and job market? This seminar will teach you the basics in how to develop knowledge and skills necessary in a part-time profession for the off-season months. It will introduce you to the 6-step process: how to handle the initial phone call, what to ask, how to develop the candidate and how to be successful in presenting them to a hiring manager. You will also learn what companies of all sizes are looking to hire people and use your services.

Tuesday: 3/17, 1 seminar 6:30 - 8:30pm
Fee: \$35, Course BC #5, room 520

JT McDonnell is a recruiting/search professional who has held leadership positions in large recruiting departments with Arthur Andersen, Siemens, Ernst & Young who assist Human Resource departments with their hiring. She is also published within the recruiting and search profession and has company client connections that are hiring.

Tax Seminar

Have you always wondered why you pay someone else to do your taxes? Have you wanted to learn how to do your own taxes and to be organized for each tax year? This seminar teaches you basics about how to do your own taxes. It will also help you with tips on how to stay organized so you are prepared for each year at tax time. Additionally, there will be tips on where to find resources, forms and free e-filing sources. Using your previous returns or if you prefer, sample returns, we will demystify the tax process. By the end of this seminar you will know enough about taxes to be more fully prepared for future years. If you have still not completed your 2008 tax return, leave this seminar with a completed return and/or free resources to assist you.

Wednesday: 3/11, 1 seminar 6:30 - 8:30pm
Fee: \$35, Course BC #6, room LRC

JT McDonnell is not a certified public accountant but she has worked for two of the 4 big professional

accounting and audit firms specializing in taxation. She has been a volunteer each Saturday in tax season, since 1998, to assist others with free tax preparation and consulting in various communities. She has also taught seminars in "staying prepared for the tax year end", "How to complete your own tax return" and "Where to find free resources to assist you with your tax return."

Other Related Courses:

Why Businessmen brought Feng Shui to the USA in the 1970s; Real Estate Basics; Values-Based Business, Effective Volunteers

COOKING/HOME CREATIONS

Baking for Beginners

Learn how to make a basic 2-layer cake with frosting. The class will consist of preparing cake batter and baking pans, baking the cake and making frosting, trimming and frosting the completed cake. All students will go home with their cake.

Food supplies fee: \$10 per class paid to instructor, take-home containers supplied.

Tuesday: 3/31 — 1 seminar 6:30 – 9:00pm
Fee: \$35 single or \$50 for both Baking classes plus food fee, Course CH #1, room 111

Baking for Dairy Allergies

Baking can be a challenge when you throw food allergies into the mix. Learn to make a chocolate cake with chocolate frosting containing no butter, eggs, or milk (contains soy). Alternative ingredients for other allergies will be presented. All students will go home with their cake!

Food supplies fee: \$10 per class paid to instructor, take-home containers supplied.

Tuesday: 4/7, 1 seminar 6:30 - 9:00pm
Fee: \$35 single or \$50 for both Baking classes plus food fee, Course CH #2, room 111

We love volunteers!



Cherish Harris has been baking since she could blend butter and flour back in her grandmother’s kitchen helping her roll pie dough. Cherish continued to teach herself basic baking techniques until beginning Johnson & Wales University in 2000 where she learned basic bread making, cake making and pastry preparation. She continued her education with an internship at Biga Bakery in West Tisbury. In 2004 Cherish completed a Bachelor Degree in Business from UMass. She continues to bake from her home using her friends and family as guinea pigs for new recipes.

Italian Cooking with Island Ingredients

In these two classes, students will learn how to utilize Island ingredients to make a traditional Italian meal. Pasta making, sauce and Ragu making, fresh seafood, all learned from years cooking in New York and Italy.

Food supplies fee: \$10 per class/\$20 paid to instructor, bring doggie bag containers.

Thursdays: 4/2 and 4/9, 2 classes 6:30 - 9:00pm
Fee: \$50 (plus extra for food supplies)
Course CH #3, room 111

Chris Fischer grew up on Martha’s Vineyard in very resourceful farming family. He moved to New York City to cook in one of the world’s best Italian restaurants, and recently traveled to Italy to study Roman cuisine for 4 months.

Cooking Thai and Indian Curries

Chef Marvin believes in working with local food and teaching others what an Indian chef taught him “ Everything goes in the curry! Put it all in there...” In this evening of cooking pleasure, you will learn how to make Thai and Indian curry, use ingredients wisely, and sit down to enjoy a wonderful meal. Bring home some recipes and a doggy bag if you’re lucky!

Food supplies fee: \$10 per class paid to instructor, bring doggie bag containers,
Tuesday: 3/10, 1 class 6:30 – 9:00pm
Fee: \$35 plus extra for food supplies,
Course CH #4, room 111

Chef Marvin Jones has been sharing his culinary delights on the Vineyard since the seventies. He is most known for Jamaican Nights on the Cliffs and his catering company Lobster in the Bluffs. Marvin’s inspiration for cooking curry stems from living for five winters in Indonesia and working formally with international chefs from Thailand, India, and the US. Chef Marvin will be opening a take-out section of the Tisbury Farm Market specializing in his famous curries and other treats.

Basic Carpentry Skills for Women

Back by popular demand! This is a course for women with no prior experience in building that will cover fundamentals of construction. Students will discuss the basics of house construction and will learn how to use hand tools and power tools properly and safely. A small project will be designed and built by each student or a group of students working together. The goal of this course is to introduce students to building and tools, so that they may begin to feel comfortable using tools and talking about construction. Limited to 12 students.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16
5 classes 6:30pm - 8:30pm
Fee: \$125, Course CH #5, room 408





Carpentry for Women: Level II

In this course, we will continue with learning skills and proper use of tools that we began in Basic Carpentry Skills. We will begin to cover basic skills that students showed an interest in, such as building a wall, shingling and removing and replacing windows. This course is only open to students who took Basic Carpentry Skills, or students with approval from the teacher. Limited to 12 students; priority given to Basic Carpentry Skills students.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
5 classes 6:30pm - 8:30pm
Fee: \$125, Course CHG #6, room 408

Reade Kontje Milne started working as a carpenter for her father when she was 18. He taught her about all aspects of building, from staking out the site, setting foundation forms and framing to finish work and building furniture. She got her Construction Supervisor License when she was 23. In 2003, she got a Resident Homesite in Vineyard Haven and designed and built a home for herself, with much help from her dad and family and friends. She attended the Boston Architectural College for 3 1/2 years.

Knitting: Take the Next Step

Can you knit and purl? If so, it's time to take your knitting to the next level. Each week we

will work on another technique: increases, decreases, cable stitches, reading a pattern, reading a chart, lace knitting, intarsia, fair isle. Each week we will spend some time discussing your specific projects.

Material: students bring needles and wool

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16
5 classes 6:30pm - 8:00pm
Fee: \$125, Course CHG #7, room 516

Anna Marie D'Addarie has been knitting for years. Since moving to the Island 10 years ago she has been involved in fiber activities such as the Fiber Folks group, the Ag Fair, teaching at the Heath Hen and now at Island Alpaca. Anna Marie loves to knit, spin yarn, and teach others to have fun working with their hands.

Let's Sew! Beginning Plus Sewing

This one time seminar will get you comfortable with your sewing machine. You will come away with a project and the confidence to try other ideas. Considering buying a machine?

Materials: Bring your machine and manual, a yard of material with matching thread, scissors and pins. There will be two extra machines that could be doubled up on if needed.

Tuesday: 3/17 1 seminar 6:30 - 9:00pm
Fee: \$35, Course CHG #8, room 111

Wendy Briggs has sewn all of her life and has always wanted to share her passion with those just starting out. She has worked with costuming since high school, sewn many an article of clothing and other projects, and won a blue ribbon at the Ag Fair last summer for a handbag she created.

Other Related Courses:

All courses and seminars in Island Living, and in Health/Fitness: Why Businessmen brought Feng Shui to the USA in the 1970s

Gift Certificates for ACE MV Spring Session are available, sign-up online at www.acemv.org, call 508 693 1033 ext 240, e-mail lynn@acemv.org.



HEALTH/FITNESS SELF-HELP

Introduction to the Art & Sport of Fencing

Students will be acquire knowledge of the basics: the history of fencing and fencing as an Olympic sport; fencing terminology; the proper use of fencing equipment; simple warm-up activities; basic footwork; basic bladework. The beginning of the course will be taught in the format of group lessons, as students progress, individual mini-lessons will be given to provide each student with an analysis of his/her strengths in regard to technique and tactics. Structured light bouting between students may be included as the course progresses.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16
5 classes 7:00pm - 9:00pm Fee: \$125
Course HFS #1, Hallway by Art Department

Dr. Michael Goldfein *has been fencing since his teens. He has had many years of experience as a competitive fencer and instructor of foil and epee. Since the founding of the Martha's Vineyard Fencing Club, about 20 years ago, he has been instructing new fencers on Martha's Vineyard.*

Self-Healing & Healing Your Family

Learn very simple ways of relieving/removing/healing physical and emotional pain. This is an extremely practical approach, which often leads to amazing results.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
5 classes 6:30pm - 8:30pm
Fee: \$125, Course HFS #2, room 514

Jon Harris *has been focusing on vibrational healing and doing distance healing for four years with clients on the Island and elsewhere. His goal is to teach everyone to heal themselves. Jon was a teacher on M.V. for many years.*



Intro to Self-Hypnosis

Hypnosis has been proven to create lasting changes and help people achieve goals. Self-hypnosis is a powerful yet easily learned skill that can help with life's issues. In these two classes we will learn what hypnosis is and isn't, dispel myths and misconceptions about hypnosis, experience group hypnosis and learn self-hypnosis techniques for creating success and happiness. Weight reduction, confidence and motivation, performance skills, conquering fears, stress reduction and personal development are just a few of the issues to which hypnosis may be applied.

Thursdays: 3/19 and 3/26,
2 classes, 6:30 pm - 8:00 pm
Fee: \$50, Course HSF #3, room 419

Cynthia da Silva *is a Certified Hypnotherapist and owner of the Hypnosis Center of Martha's Vineyard. Since the opening of her Vineyard Haven practice in 2003 she has enjoyed helping clients take control of their own lives and achieve success in many areas.*

Introduction to Alexander Technique

This is a one time introductory workshop. Alexander Technique is a mind-body approach to self-discovery and the change of movement habits. People use it to relieve chronic pain and

We need dynamic instructors...



tension, to help with posture and alignment, to aid in recovery from injury, and to improve overall health and wellbeing. It has also been called a pre-technique because of its application to special skills and activities, such as yoga, playing an instrument, or working at a computer.
Thursday: 3/12, 1 class 6:30 - 8:30pm
Fee: \$35, Course HFS #4, room 505

Margaret Knight, a certified Alexander Technique teacher, she has been teaching on Martha's Vineyard for 20 years. She has studied Authentic Movement, Mindell's Process Work, and cranio-sacral therapy. Her office is at Church and Main Natural Therapies, where she has a practice in Alexander Technique and Restorative Bodywork.

Why Businessmen brought Feng Shui to the USA in the 1970s

This seminar will cover a brief history of Feng Shui and the different schools and look at how Feng Shui came to America in the 1970's. It will explore the concept of ch'i and its influence on our daily lives. There will be an experiential aspect as well, getting participants to sit in different desk locations and sensing when one feels in charge and when one doesn't. Students will come away with an understanding of why businessmen like Donald Trump do not sit at their desk with their back to the door looking out at the stunning view.

Tuesday: 4/7, 1 class 6:30pm - 8:30pm
Fee: \$35, Course HFS #5, room 419

Catherine Finch graduated from Parson's School of Design in 1985 and moved to the Island where she began working for the Architect Neils Gabel-Jorgensen. Upon his death in 1990, she opened her own business in Architectural Design and began the study of Feng Shui. She graduated from the first three year Advanced Professional Feng Shui Training Program taught in this country. She also had extensive training in Shamanic Practices and thus chose a Feng Shui school based in the shamanic practices of the indigenous Bon peoples of Tibet. She has been a Feng Shui Consultant for 13 years and has designed houses for 22 years. Her business is called The Living Space Company.

Intro to Hula Hoop Workout & Dance

How to get a full mind/body workout – glutes, arms, abs – quickly and free of injury. Amazingly effective. Also hoop dance techniques and tricks. All levels - Hoops provided. Relaxing, massaging, stimulating, core muscle training.

Thursday: 3/12, 1 class 6:30 - 8:30pm Fee: \$35
Course HFS #6, Culinary Arts Dining Room

Keren Tonnesen has taught roller-skating for more years than she cares to admit (since the 70's). Hooping is another flow toy with many similar concepts.

Other Related Courses:

Capoeira; Salsa

HISTORY/GOVERNMENT COMMUNITY

Introduction to the Basic Geology of Martha's Vineyard: pre-glacial geology and a look into the future

This fascinating course will cover the geological time scale to put Island geology in perspective. We will examine the time span of geological events from the Cretaceous to the present, and understand the potential glacial global warming effects.

Tuesdays: 3/10, 3/17, 3/24, 3/31, 4/7
5 classes 6:30pm - 8:30pm, room
Fee: \$125, Course HC #1, room 115

Dr. Charles Ratté received his BA from Middlebury, his MA from Dartmouth College, and his PhD from the University of Arizona. He has experience as a mining geologist for the US Steel Corporation and has done field work with the US Geological survey in Alaska. His major field of interest is groundwater geology, and he is presently doing a study of the ground water of Aquinnah. Dr. Ratté has 15 years of teaching experience.



The Tudors

Understand the historical background behind the famous television show and books such as *The Other Boleyn Girl*. This seminar consists of 3 2-hour sessions on Tuesday evenings. The course will cover the rise of the Tudors to the throne, the reign of Henry VIII, including his six wives, Bloody Mary, and the great Elizabeth. Take the time to enjoy one of the most fascinating times in English history full of intrigue, romance, and mystery.

Tuesdays: 3/17, 3/24, 3/31, 3 classes 6:30 - 8:30pm
Fee: \$75, Course HC #2, room 413

Steve Nixon came to the Island as a History teacher in 1998 and became the Dean of Students and Assistant Principal before his current post as Principal of MVRHS.

Steve particularly enjoys the history of Henry VIII, and looks forward to sharing his knowledge with the community.

Wampanoag Culture: Myths versus Legends

This one time seminar examines the difference between myths and legends with a focus on Wampanoag history and culture. The instructor will weave in historic and contemporary issues from Indian Country sharing stories that enlighten. Suggested readings will be offered for further study.

Tuesday: 4/7, 1 seminar 6:30 – 9:00pm
Fee: \$35, Course HC #3, room: 503

Jannette Vanderhoop is an Island Wampanoag and a natural educator by passion. Ms. Vanderhoop is currently the program coordinator at the Aquinnah Cultural Center and a professional artist and gardener. She has authored and illustrated children's books and ran the "Turtle Project" a cultural program for tribal children for many years.

Student Feedback: *I thought I knew a few things about Native Americans. This class has filled a depth of knowledge and pushed out the poor concepts. I would take this class over and recommend it to everyone.*



GED (General Educational Development)

TRAINING FOR THE HIGH SCHOOL EQUIVALENCY EXAM

Started during the winter session - 3/9, 3/11, 3/16, 3/18, 3/23, 3/30

Teachers: Corinne Kurtz, Barbara Lopes, Kim Munn, Judy Searle, Elizabeth Stobart

Other Related Courses:

All courses and seminars in Hope and Change/ Issues of Social Justice and Languages

**HOPE & CHANGE/
ISSUES OF SOCIAL JUSTICE**

Global Justice: Learning about Globalization through a Game Simulation

The class will center on two different scenarios of the Global Justice Game. Participants learn about the structure of the global economy through direct participation in different roles. They experience various globalization perspectives and learn ideologies of everyone



from top CEOs and heads of state to heads of indigenous social action groups.

Thursdays: 3/12, 3/19, 3/26, 4/2

4 classes, 6:30 - 9:00pm

Fee: \$100, Course SJ #1, room 501

William A. Gamson is a Professor of Sociology and co-directs, with Charlotte Ryan, the Media Research and Action Project (MRAP) at Boston College. He co-authored, *Shaping Abortion Discourse: Democracy and the Public Sphere in Germany and the United States* (2002) and is the author of *Talking Politics* (1992) and *The Strategy of Social Protest* (2nd edition, 1990) among other books and articles on political discourse, the mass media and social movements. He is a past president of the American Sociological Association and a Fellow of the American Academy of Arts and Sciences. His current work involves the development of a game simulation on Global Justice issues available at the following website: www.globaljusticegame.mrap.info

Wise-ing Up to Aging

There need be no battle between the ages! Boomers and Gen-X's will one day be Elders too. Acknowledgment of the huge increase in longevity across the 20th century (from 4% of the population in 1910 to 14% presently) forces us to ask the questions, "Is this a gift or a burden?"; "What for?" Through presentations, readings, and group discussions this course will explore the gift of longevity, its opportunities and challenges; what to do with these added years of life, how do we find meaning and purpose, how do we face the challenges of physical changes, mortality, and ageist stereotyping? This is an opportunity for boomers and the X generation folks to understand this new life stage and engage in dialogue with elders' about their misconceptions and concerns.

Tuesdays: 3/10, 3/17, 3/24, 3/31, 4/7

5 classes 7:00 to 8:30pm

Fee: \$125, Course SJ #2, room 517

Peg Thayer, Ph.D. is a writer and visual artist who has been a Martha's Vineyard resident for 15 years. She received her BA from Goddard College, her MA in Consciousness Studies from John F. Kennedy University, and her Ph.D. in East-West Psychology

from California Institute of Integral Studies. She has had numerous one-woman shows and has curated Art as Healing Shows for the last ten years at Firehouse Gallery and Featherstone Center for the Arts. She is currently the administrative coordinator for Unitarian-Universalist Society of MV and Center Director for Transpersonal and Consciousness Studies on-line at Akamai University. Her publications include *The Experience of Being Creative as a Spiritual Practice* and *Elderscence: The Gift of Longevity* published in 2005.

Jane Thayer, Ph.D. is a Clinical Psychologist who graduated from George Washington University, Washington, DC in 1969. She was a practicing, licensed Clinical Psychologist in Washington, DC until 1995; was licensed in Massachusetts 2000, and has been a Mediator for the MV Mediation Program since 1999. For eight years she researched and in 2000 published *Elderscence; The Gift of Longevity* published in 2005. She has given numerous presentations on Ageism.

Leading a Values-Based Business

"Business remains the most powerful force on our planet," says Woody Tasch, CEO of Investors Circle which promotes social and environmental as well as financial returns on investments. So how can we, asks Mark Albion in his book *True to Yourself: Leading a Values-Based Business*, "build a business that leads to a better world for all in some small way?" In this class we will consider what it means to incorporate socially responsible practices into our business and still be financially healthy. We will read Mark Albion's book and bring our own experiences into conversations about how we can make a difference in our community and reflect our values in our work.

Wednesdays: 3/11, 3/18, 3/25, 4/1

4 classes 6:30pm - 8:30pm

Fee: \$100, Course SJ #3, room 505

Janet Holladay is a book and graphics designer and has worked for 25 years at the Tisbury Printer in Vineyard Haven. She has a Masters degree from

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Harvard Divinity School and Harvard Extension School and is interested in "values-driven, reflectively based action in the world."

Designing Effective Volunteer Programs

This series of three classes focuses on defining volunteers, your organization's role in relation to volunteerism, and the basics of volunteers and volunteerism. By the end of the session, participants will outline a basic plan to develop a dynamic volunteer program for their small or large organization.

Tuesdays: 3/17, 3/24, 3/31 3 classes, 6:30-8:30pm
Fee: \$75, Course SJ #4, room 511

Dyan Redick has been designing effective volunteer programs for over 20 years. Building programs from the ground up or rebuilding programs for today's market, Dyan teaches successful approaches to utilizing volunteers effectively, tapping into the power of volunteer energy and resources, retaining them and attracting more highly effective volunteers. Her mantra is: "There's no such thing as 'just a volunteer.'"

TWO SEMINARS ON BIOETHICS:

An Introduction to Reproductive Rights & Decision-Making

One seminar on reproductive rights and decision-making in the context of law and ethics. We will explore a few cases and determine what the law is and what questions are still out there regarding the ethics of reproductive decision-making.

Thursday: 3/19, 1 seminar 6:30 – 8:30pm
Fee: both seminars for \$50 or separately \$35 each, Course SJ #5, room 415

Seminar on "Right To Die"

Who should determine whether a competent adult can make a decision to forgo life support-physicians, the state or the adult his or herself? Do we have a right to die? Do we have a right to commit suicide? These questions and others will be discussed and debated in a two-hour seminar

about ending medical treatment and assisted suicide. This seminar will introduce students to situations in which people are interested in ending medical treatment or having someone assist them in ending their life. The objective of the seminar is to have students understand the legal and ethical context for decisions related to the refusal of treatment as well as affirmative decisions to end life.

Thursday: 3/26, 1 seminar 6:30 – 8:30pm
Fee: both seminars for \$50 or separately \$35 each, Course SJ #6, room 415

Nell Coogan is an attorney on the island and practices at the Edmond G. Coogan Law Office in Vineyard Haven. Nell received her J.D. and M.P.H. from the George Washington University Law School and its School of Public Health and Health Services. She is also the legislative liaison for the Vineyard.

Cuba after the Castros

This one evening course offers an overview of the history and culture of Cuba in a global context. A multimedia, interdisciplinary approach will provide some tools to better understand and evaluate the impact of the 1959 Cuban Revolution and possibilities for contemporary Cuba and Cuba - U.S. relations. Suggested readings and sources will be offered for further study and discussion.





Wednesday: 3/25, 1 seminar 6:30 - 9:30pm
Fee: \$35, Course SJ #7, room 515

Sharilyn Geistfeld completed a PhD in History (focus on Latin America) and a minor in Feminist Studies at University of Minnesota. She taught History at Macalester College (MN) for three years, and five years for University of Minnesota History and Chicano Studies Department (taught course "History of Cuba and Puerto Rico" yearly at both institutions). Sharilyn also co-taught "The Atlantic World and the African Diaspora" seminar at Morehouse College (GA) via interactive television hook-up for several years, and conducted research in Brazil, Cuba and Venezuela. She is currently the High School Humanities Instructor at Martha's Vineyard Public Charter School.

Diversity Awareness Seminar

Our human diversity is an asset. Schools, businesses, and community organizations are focusing more on understanding the diversity of their students, employees/ customers, and neighbors. The goal of such focus is to create and sustain environments of respect, which leverage people's diversity for the benefit of all. This 3 hour interactive seminar will provide participants the opportunity to discuss and explore the complexity of diversity; understand and practice the personal skills necessary to create and sustain welcoming and respectful environments.



Thursday: 4/16, 1 seminar 6:30 – 9:30pm
Fee: \$35, Course SJ #8, room 419

Paul S. Bracy (M.Ed.) is a Managing Partner of Ibis Consulting Group, Inc. His particular areas of expertise include managing diversity; diversity education; sexual harassment prevention; diversity audits; executive coaching; personnel management; professional and personal development; team building; and interpersonal communication. Over the last thirty-five years, Paul has consulted and trained in a wide variety of organizations, both for profit and not-for-profit institutions, to leverage diversity and develop high performing teams.

Energy and the Island

This seminar on the energy portion of the Island Plan will describe what the Energy Work Group proposes we do to achieve a future with reliable and clean energy we can afford by 2050.

Wednesday: 3/18, 1 seminar 6:30 – 8:30pm
Fee: \$35, Course SJ #9, LRC

Paul Pimentel is an expert in the field as an engineer practicing for 40 years and the Senior Vice President of NORESKO, a quarter billion dollar company doing energy efficiency and renewable projects all over the world.

Two Peoples, Two Narratives, One Land: Making Peace between the Israelis & Palestinians

This seminar will explore the roots of the Israeli-Palestinian conflict and possible solution to this conflict. Participants will read first hand accounts by both Israelis and Palestinians, discuss the basic history of the conflict and the role that America could play in bring peace between the two peoples. We will view photos and video taken by the instructor on a recent visit to Israel and the Occupied Territories. This will be a good introduction for people who want to understand this conflict.

Tuesday: 3/31, 1 seminar, 6:30 -8:30pm
Fee: \$35, Course SJ #10, room 520

Rabbi Brian Walt is the executive director of Rabbis for Human Rights-North America and a life long advocate for Israeli-Palestinian reconciliation.



He has lived in Israel and visits every year. Rabbi Walt has actively supported the efforts of peace and human rights groups in Israel and Palestine.

ISLAND LIVING/ LAND & SEA

Birding 101

This course will introduce you to the world of birding. We will learn about the birds that are found on the island, the binoculars and field guides used by bird-watchers, the migration, ecology, and behavior of birds, attracting birds to your yard with landscaping and bird feeders, and much more. Note: An optional Guided Birding Tour may be arranged with the instructor.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
5 classes 6:30pm - 8:30pm
Fee: \$125, Course IL #1, room 512

Robert Culbert has 30 years of experience birding on Martha's Vineyard. He moved here in 1978 because of the Island's exceptional bird life. He has taught about birds on many programs for Mass Audubon's Felix Neck Wildlife Sanctuary and other groups, written over 150 Bird News and All Outdoors columns for the Vineyard Gazette, and has organized the annual Martha's Vineyard Christmas Bird Count since 1994.

Living in Paradise: Designing Your Own Home Landscape

This course is intended for those who are interested in learning the basics of landscape design, with a focus on their own home, or a special area around their home. The course is intended to lead you thru the basics of site assessment, establishing a set of design priorities, and the design of a specific landscape to fit your site. Each student should have an intended project in mind, and will be able to have a

finished design for that space by the end of the course. Materials: one 1/4 inch graph pad, and a pencil/ pen for note-taking and sketches/ diagrams. Other supply requirements should not go beyond home basics.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16
5 classes 6:30pm - 8:30pm
Fee: \$125, Course IL #2, room 520

Barbara Lampson is an award-winning landscape designer who has appeared repeatedly on HGTV, and has had her landscapes published in the books "Outside the Bungalow" and "Living with the Arts and Crafts." Having grown up on Martha's Vineyard, Barbara specializes in the design of period and architecturally specific gardens, designed to fit both the house and the site.

Vital Real Estate Basics — for homeowners, would-be homeowners and tenants

This survey course for residential real estate will answer the following, and more: Do you have a homeowner exemption? What is your real estate tax bill? Thinking of refinancing? What does every tenant and landlord needs to know? Are pet deposits illegal? Just what does a real estate broker really do? Were you represented by an attorney? What is 93A, the mega-powerful consumer protection law? What are joint ownership options? In foreclosure does the borrower have the power? What is the powerful impact of fair housing laws? Can a contract be amended by e-mail?

Wednesdays: 3/18, 3/25, 4/1, 3 classes 6:30-8:30pm
Fee: \$75, Course IL #3, room 101

Robert Sawyer, the only licensed real estate instructor on the Vineyard teaches for Dukes Academy, all the licensing and continuing education courses for real estate professionals. He is an advisor to the Massachusetts Board of Registration for real estate and author of Massachusetts Real Estate, Principles, Practice and Law. He maintains a real estate and financial consulting practice advising investors, buyers, sellers, and tenants in troubled situations. He is designated a National Subject Matter Expert by a major national testing firm.

ACE MV needs volunteers,
contact us: lynn@acemv.org



Gardening with Children

For children a garden is a magical learning place that offers the opportunity to succeed, work at their own pace, and be a productive, responsible part of the community. 2009 is the year of the school garden on M.V! COME learn how YOU can get involved in your own backyard, and help make Island Grown Initiative's vision of a garden in every school a sustainable reality. GREEN THUMBS not required, only a willingness to grow healthy experiences that cultivate an awareness of where food comes from, how it was produced and plant seeds that inspire a strong local food system.

Wednesday: 3/25, 1 seminar 6:30 – 8:30pm
Fee: \$35, Course IL #4, room 511

Melinda Rabbitt DeFeo, *Island Grown Schools Garden Enrichment Consultant, Local Food & Farm Advocate. A native of Martha's Vineyard, Melinda credits a deep sense of place for her strong commitment to preserving the island's cultural heritage through the raising and eating of locally grown food. She is a founding member the Island Grown Initiative and the MV Convivium of Slow Food USA. Her current work is a culmination of her experiences as a local food advocate and an educator for The FARM Institute and The Polly Hill Arboretum. She is a Radcliffe trained landscape designer. Through her business, Thymely Designs, she offers horticultural consultations, lectures and workshops.*

NAUTICAL NOTES

Knots: How to tie them, and when to use them

This class will give students a comprehensive and hands-on understanding of knots and when to use them. We will learn different types of knots (from simple to complex). We will also talk about which knot to use in any circumstance, taking into consideration variables such as different types and sizes of line, wet vs. dry, under tension vs. slack. Although the class is geared toward use around the water and boats, these knots can definitely be used in many other situations - pitching a tarp, tying a mattress on

the roof of your car, tying up your dog outside the coffee shop, tying your shoes so they'll stay tied all day, etc. Materials will be provided for a \$2 fee to the instructor at the class.

Wednesday: 3/18, 1 seminar 6:30 – 8:30pm
Fee: \$35, Course IL #5, room 513

Lily K. Morris *grew up on Chappaquiddick and has always loved tying knots. She worked on tall ships for seven years, teaching students of all ages how to sail, and work aboard a ship. She holds a USCG 100-ton master's license, and when she is not sailing or tying knots, she makes a living as an artist and massage therapist ("un-tying" knots).*

Common Shells of Martha's Vineyard

This seminar will focus on the shells commonly encountered on the Island beaches. Students will have hands-on opportunities to examine specimens and are encouraged to bring in shells they have collected. Handouts will include an identification sheet of the more common island shells. If there is sufficient interest, an optional beach combing field trip will be offered in the late spring for an additional fee of \$5/person.

This seminar is sponsored by Felix Neck Wildlife Sanctuary.





Wednesday: 4/15, 1 seminar 6:30pm - 8:30pm
 Fee: \$35 Course IL #6, room 302

Susie Bowman has been a teacher/naturalist at Felix Neck Wildlife Sanctuary for nine years. She teaches natural history programs for all ages at Felix Neck and in the community. During the summer, she leads weekly Marine Discovery Tours on the Skipper out of Oak Bluffs and natural history kayak tours on Sengekontacket Pond. She also has lectured for garden clubs both on and off island. Before moving to the Island in 1987, she taught at Rutgers University and worked in a cell biology lab at Princeton University. She has a B.S. in Biology and a M.S. in Nutrition.

Other Related Courses:

Wampanoag Culture: Myths versus Legends;
 Energy and the Island

LANGUAGES

Conversational A.S.L. (American Sign Language) II

In this course you will learn basic survival signs, beginning vocabulary and grammatical features, and gain an introduction to Deaf culture. The class will include some silent immersion experiences during which you can leave your voice at the door, and allow your eyes and hands to become your way to communicate. There will also be opportunities for discussion in English. Pre-requisite: Beginners ASL class or some experience/ background in ASL. Speak with instructor if unclear.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16
 5 classes 6:30pm - 8:00pm
 Fee: \$125, Course L #1, room 510

Carol Baldwin has degrees in Theater and Speech Therapy and a Masters in Counseling. She was the Regional Case Manager for the Massachusetts Commission for the Deaf and Hard of Hearing for 12 years, and a Counselor at Massachusetts Rehabilitation Commission. She has taught at elementary through community college level, and has

been a Sign Language interpreter in educational and community settings. She has performed in numerous Community Theater productions throughout Cape Cod. She is currently a Special Education Teacher at MVRHS.

Intro to French and the Francophone World

An introduction to French with an emphasis on acquiring a basic level of proficiency in the language and understanding of the culture of France and the Francophone world. There will be a review of French grammar and additional training in speaking and understanding. This course is ideal for beginners, as well as individuals seeking to improve their level of French.

Wednesdays: 3/11, 3/18, 3/25, 4/1, 4/8
 5 classes 6:30pm - 8:00pm
 Fee: \$125, Course L #2, room 201

Pierre Fadnar was born in Haiti. His family migrated to the US in 1993. He obtained a Masters degree in French and Francophone Studies in May of 2008. He has worked as a French instructor teaching undergraduate level French at UMass Amherst.

Portuguese Level 2

Take the basics learned in Portuguese 1 and apply them to everyday life. This course is presented in 5 themes: The Market, The Mall, The Airport, Restaurants and Outings. You will learn all of the necessary phrases and vocabulary to be linguistically successful within these themes in any Lusophone country. The course is taught in European Portuguese while still outlining all major grammatical and pronunciation differences among all Lusophone countries. Enjoy the second most spoken language in Massachusetts!

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16
 5 classes 6:30pm - 7:30pm
 Fee: \$125, Course L #3, room 201

Stephanie Pavão is the current Spanish and Portuguese teacher at MVRHS. She has a Bachelor's Degree in International Economics from the University of New Hampshire. She has been a



teacher in Massachusetts for 4 years. Whiling living on the island of São Miguel in the Portugal, she studied Portuguese at the University of the Azores.

Practical Conversational Spanish

Basic to Intermediate knowledge. Practice what you know and learn some more in a fun setting. Bring yourself.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16

5 classes 6:30pm - 8:00pm

Fee: \$125, Course L #4, room 513

Maria Clara Villota was born in Colombia South America and has lived in the USA for many years. She has taught children and adults. She loves to teach and have a good time in a friendly environment. She works at the Edgartown School.

WRITING

Poetry Writing Workshop

This course will focus on students' original works of poetry. We will read and comment on the work in a safe and supportive way. Each class will also include discussions on topics and techniques important to verse as well as in-class writing exercises to keep the creative juices flowing.

Thursdays: 3/12, 3/19, 3/26, 4/2, 4/16

5 classes 6:30pm - 8:00pm

Fee: \$125, Course W #1, room 503

Justen Ahren has an MFA from Emerson College in Boston. He runs the Martha's Vineyard Writers Residency in Edgartown and was recently nominated poet laureate of West Tisbury. He has taught at Featherstone, and been a resident writer at The David and Julia White Writer's Retreat in Costa Rica and at San Miguel Poetry Workshop in San Miguel de Allende, Mexico. His work has appeared in numerous journals most recently, Fulcrum: an annual of Poetry and Aesthetics.

Writing and Selling Your Book

This is a ten-hour course designed for those who have always wanted to write a book, but don't know how to start. It is also for those who've

stashed a manuscript in a bottom drawer and feel it's time to look it over. We'll give the writer courage to take it out of the drawer and breathe new life into it, or introduce an aspiring writer to the basics of starting at page one. Then we'll talk about how to sell a book once it's been written.

Tuesdays: 3/10, 3/17, 3/24, 3/31, 4/7

5 classes 6:30pm - 8:30pm

Fee: \$125, Course W #2, room 515

Cynthia Riggs is working on her ninth mystery set on Martha's Vineyard and featuring 92-year-old Victoria Trumbull. She lives in West Tisbury in her family homestead, the Cleaveland House, which she runs as a B&B catering to poets and writers. She has a BA in geology from Antioch College, an MFA in creative writing from Vermont College, and holds a U.S. Coast Guard Masters License (100-ton vessels).

Student Feedback: *Two members of the previous class, Writing and Selling Your Book, have already had expressions of interest, one from an agent, one from a publisher. "Beyond expectations. Cynthia Riggs is an island treasure! Her class was informative and encouraging. Her enthusiasm and inspiration colored a well-outlined syllabus."* — C. Messmer

Writing from the Heart

The workshop is about being in a safe place to write in your own voice, your own rhythms, and your own story. It's not about editing or fixing your words or publishing. It's more about the actual writing and honoring each individual's process. Material: bring paper, something to write with, and your hearts!

Wednesday: 4/1, 1 seminar 6:00 – 9:00pm

Fee: \$35, course W #3, room 417

Nancy Slonim Aronie is the author of *Writing From the Heart*. She taught at Harvard for Robert Coles for three years, runs the Chilmark Writing Workshop and was a frequent commentator on NPR's All Things Considered.

*Enjoy your stimulus packet.
Get stimulated at ACE MV*



SPONSORING ORGANIZATIONS

Martha's Vineyard Women's Network provides continuing business education for the purpose of promoting economic development on Martha's Vineyard. E-mail: info@mvmwomensnetwork.org or visit www.mvmwomensnetwork.org.

Felix Neck Wildlife Sanctuary: Felix Neck Drive, Edgartown, MA 02539, 508-627-4850, felixneck@massaudubon.org · www.massaudubon.org/Nature_Connection/Sanctuaries/Felix_Neck/index.php

PARTNER GROUPS & COMMUNITY ORGANIZATIONS OFFERING EDUCATIONAL OPPORTUNITIES

Art Farm Enterprises: Sustainable Art for MV, theater, film, television, event production, web design, brian@artfarmenterprises.com, www.artfarmenterprises.com.

Aquinnah Cultural Center: Jannette Vanderhoop, 35 Aquinnah Circle, Aquinnah, MA 02535, 508-645-7900
www.wampanoagtribe.net/Pages/Wampanoag_ACC/index

Center For Creative Expression, 65 Edgartown Vineyard Haven Rd, Vineyard Haven, MA 02568-4035

Featherstone Center for the Arts: Francine Kelly, 508-693-1850 or featherstone@featherstonearts.org, · www.featherstonearts.org

Island Councils on Aging & Supportive Day Program: Leslie Clapp, icoa@vineyard.net, 508-939-9449

Island Grown Initiative: Ali Berlow www.islandgrown.org/

Martha's Vineyard Adult Learning Program: mvalp.com/ Jeanne Burke, mvalp@verizon.net, 508- 696-6548

Martha's Vineyard Community Television, 508-696-9760, mvtv@mvtv.org, · www.mvtv.org/

Martha's Vineyard Museum: www.mvmuseum.org

Nathan Mayhew Seminars: Edward Housman, Gen. Delivery, Edgartown, MA 02539, www.nathanmayhew.org

Vineyard Haven Library: Adult Evening Lecture Series – Betty Burton, www.vhlibrary.org/

Wampanoag Tribe of Gay Head (Aquinnah) Heidi Vanderhoop, (508) 645 9265 ext 153, hvanderhoop@wampanoagtribe.net,
20 Black Brook Road, Aquinnah, MA 02535-1546

YMCA of MV: John Clése · www.ymcamv.org/

Many thanks for the ACE MV catalog made possible by a grant from the Permanent Endowment for Martha's Vineyard.

Special thanks to Co-sponsoring organizations Martha's Vineyard Women's Network and Felix Neck Sanctuary; the Board of the YMCA for our webpage; members of the Advisory Council; Dr. Jamily Pedro for translations, BZ Riger for video, Kelley DeBettencourt, our photo-historian, artists Janice Frame and Jenik Munafo; Peter Temple of MVDC and the anonymous donor who gave scholarships for GED students; to individuals who dedicated many in-kind service hours: Dr. Jamily Pedro, Barbara Welsh, Liza Coogan, Brian Ditchfield and Art Farm Enterprises, Jeanne Burke of MVALP, Nell Coogan, Nan Doty, Suzan Bellincampi, Zee Gamson, Joyce Ganapol, Sandy Grymes, Janette Vanderhoop, Heidi Vanderhoop, Steve Warriner, Anne Sylvester, Woody Filley, Michael & Mara Ditchfield; Jim Weiss, Janet Sylvia, Amanda Carter, Pat Ingalls, Edith Rousseau, Marylee Schroeder, Ann Palches, Laurie Halt, staff of Superintendent's office; Neal Weaver, Jon Fiorito, Francis "Scottie" Scott, Donald Ben David, John, Ray, Inez, Dawn, Jimmy and teachers & staff for welcoming us at MVRHS; Marge Harris for reviving the adult education tradition of MV started by John Morelli; to Betsy Dripps and New England Adult Ed programs for inspiration; to Janet Holladay and Chris Decker at Tisbury Printer.

Our purpose is to provide stimulating, and revitalizing educational opportunities by offering a variety of interesting and creative classes for enrichment, practical training, and life-long learning. ACE MV (Adult and Community Education of Martha's Vineyard) in partnership with the MV Public Schools and other community groups is dedicated to offering classes that nurture, refresh, enhance and connect, bridging generations and cultures, improving the quality of life for all members of our community.

Catalog photos by Kelley DeBettencourt. Born and raised on Martha's Vineyard, Kelley has a Bachelor's Degree in electronic imaging. She has worked at the Vineyard Gazette and the Best Read Guide. Traveling to Spain, Mexico and Japan, rekindled her love for photography. She has worked with local professionals and studied at School of the Museum of Fine Arts and the Center of Digital and Imaging Arts in Boston. Kelley is currently working as a photographer on the Vineyard. www.KelleyDeBettencourt.com

The catalog of courses, registration forms, gift certificates, and other information are also available on line at www.acemv.org. Register now online, or in person on March 3th and 4th at the High School lobby from 5-7pm, or the first night of classes with an added fee of \$5. Most courses have limited class sizes. For more information, e-mail Lynn Ditchfield at lynn@acemv.org or leave a voice mail message at 508-693-1033 ext 240.

Tuesdays — March 10, 17, 24, 31, April 7

Salsa	Saskia Vanderhoop, CAD
Google and Beyond	Valerie Becker, 107
Work Smarter	BZ Riger, 102
Volunteer Programs (3 classes)	Dyan Redick, 511
Geology	Chuck Ratté, 115
The Tudors (3 classes)	Steve Nixon, 413
Wise-ing Up to Aging	Jane and Peg Thayer, 517
Writing & Selling Your Book	Cynthia Riggs, 515

Wednesdays — March 11, 18, 25, April 1, 8

Capoeira	Pablo & Company, CAD
iMovie	Liz Witham, 404
Blogging II	BZ Riger, TBA
Values-Based Business (4 classes)	Janet Holladay, 505
Carpentry II	Reade Kontje Milne, 408
Birding 101	Robert Culbert, 512
Self-Healing	Jon Harris, 514
Real Estate (3 classes)	Robert Sawyer, 101
French	Pierre Fadnar, 201

Thursdays — March 12, 19, 26, April 16

Public Speaking	Ron Dagostino, LRC
Blogging I	BZ Riger, 404
Carpentry I	Reade Kontje Milne, 408
Knitting	Anna Marie D'Addarie, 516
Fencing	Michael Goldfein, Arts hallway
Global Justice (4 classes)	William Gamson, 501
Spanish	Maria Clara Villota, 513
A.S.L. II	Carol Baldwin, 510
Poetry	Justen Ahren, 503
Home Landscape	Barbara Lampson, 520
Portuguese II	Stephanie Pavao, 201



Seminars

TUESDAY

3/10 - Thai & Indian Curries	Marvin Jones, 111
3/17 - Let's Sew!	Wendy Briggs, 111
3/17 - Home-Based Business	JT McDonald, 520
3/31 - Baking for Beginners	Cherish Harris, 111
3/31 - Making Peace: Palestine/Israel	Brian Walt, 520
4/7 - Baking for Allergies	Cherish Harris, 111
4/7 - Wampanoag Culture	Jannette Vanderhoop, 503
4/7 - Feng Shui	Catherine Finch, 419

WEDNESDAY

3/11 - Tax Seminar	JT McDonnell, LRC
3/18 - Energy & Island	Paul Pimentel, LRC
3/18 - Knots	Lily K. Morris, 513
3/25 - Cuba after the Castros	Sharilyn Geistfeld, 515
3/25 - Gardening w/ Children	Melinda R. DeFeo, 511
4/1 - Writing from the Heart	Nancy Aronie, 417
4/15 - Shells of MV	Susie Bowman, 302

THURSDAY

3/12 - Alexander Technique	Margaret Knight, 505
3/12 - Hula Hoop/Dance	Keren Tonnesen, CAD
3/19 + 3/26 - Self-Hypnosis	Cynthia da Silva, 419
3/19 - Reproductive Rights	Nell Coogan, 415
3/26 - Right to Die	Nell Coogan, 415
4/2 + 4/9 - Italian Cooking	Chris Fischer, 111
4/16 - Diversity Awareness	Paul Bracey, 419