

# COMMUNITY EDUCATION

## CHEF DU JOUR!

Warm your heart and your belly with food and friendship, cooking and camaraderie! Our popular series of cooking classes continues with some familiar favorites and a sampling of new courses. In each hands-on class, our expert chefs will teach professional cooking skills as you prepare the meal and then sit to enjoy it with your classmates! Register early. These classes fill quickly!

**Due to food planning requirements, there will be NO REFUNDS or CREDITS after the registration due date. Registration is due two weeks before class.**

UB

**NEW!**

### FOOD AS MEDICINE EVERYDAY COOKING SERIES

This course is led by a naturopathic doctor, offering in depth nutrition education along with hands-on experience cooking simple meals that promote health and fitness. You will learn how to shop for nutritious whole foods and will come away with a deep understanding of how these foods can improve your own and your family's health. Topics covered: Introduction to Nutrients, Label Reading, Benefits of Breakfast, Habits for Health, How to Create your Plate, Health Digestion and more to discover each week thereafter. **Materials/food fee: \$40, payable in class. Instructor: E. Morales**

CU705-0921aCT R 9/21-12/14 6-8:30pm CT \$259

UB

### MORE CHINESE TAKEOUT FOODS

Yes! You can do this! Let us make some all-time favorites: crispy fresh Egg Rolls, Mapo Tofu, and Egg Foo Young with gravy that will surprise you and you will not be able to stop eating. Cantonese Pork Fried rice that you remember but can't find anywhere else. And then some cold Sesame Noodles, creamy and rich. Bring an apron, your favorite prep knives, a container and a kitchen towel.

**Materials/food fee: \$20, payable in class. Instructor: P. Segura**

CU266-0925CT M 9/25 6-9pm CT \$45

UB

### CREPES: SWEET & SAVORY

These wonderful, thin pancakes are easy to make and freeze well, so you will always have extra on-hand for a future meal or dessert. We will prepare a basic crepe recipe and then variations like curried crepes and spinach crepes. Try your hand at making Crepes Suzettes and then we will add a variety of fruit and vegetable stuffing to fill more crepes. We will also make an Italian version called Crespelle filled with ricotta and spinach and doused with a fresh tomato sauce. Yum! Bring an apron if you like, your favorite prep knife, a container and a kitchen towel.

**Materials/food fee: \$20, payable in class. Instructor: P. Segura**

CU268-1021CT S 10/21 11am-2pm CT \$45

UB

### THANKSGIVING SIDES

It is really all about the sides. Learn some new recipes to add to your "grateful repertoire" of prepared dishes for this holiday season. You will practice making a Vidalia Onion Cornbread, an updated Green Bean Casserole, Bacon Hasselback Potatoes and either Roasted Brussels Sprouts with Bacon or Stuffed Sweet Potato (you decide), and then some Cranberry Sauce variations. You will sample everything, but the turkey. Bring an apron, your favorite knife, a container or two and a kitchen towel.

**Materials/food fee: \$20, payable in class. Instructor: P. Segura**

CU161-1106CT M 11/6 6-9pm CT \$45

UB

### WINTER SOUPS

As soon as the weather changes and the cool breeze and autumn leaves begin to fall it is time for soup. You have heard a lot about Bone Broth or Beef Broth, now you can make some. We will also try our hands at making a dense Minestrone soup, a Sundried Tomato Tortellini Soup, and a Ramen bowl with vegetables and fixings. Lastly, a Chicken Avgolemono Soup, flavored with lemon and hearty with rice. Bring an apron if you like, your favorite prep knife, a container and a kitchen towel.

**Materials/food fee: \$20, payable in class. Instructor: P. Segura**

CU127-1202CT S 12/2 11am-2pm CT \$45

# COMMUNITY EDUCATION

## LANGUAGE

### SU SPANISH I

Basic skills will be achieved through interactive practice using common conversation. It is intended for people who want to communicate in Spanish at work, in a social setting, in a school environment or while traveling. Note: No previous knowledge of Spanish is needed. **Instructor: M. Guldán**

NCC 1950-06 M 9/11-11/6 6-8:30pm KSU \$175

No class 10/9

### SU SPANISH II

Designed for those who want to improve and polish their Spanish skills for conversational, real life situations. The instructor adapts the course content to the level of the students in the class.

Prerequisite: Spanish I or permission of the instructor. **Instructor: M. Guldán**

NCC 2000-04 M 11/13-12/18 6-8:30pm KSU \$129



### ITALIAN LANGUAGE & CULTURE: WEEKNIGHT OR SATURDAY INTENSIVE IMMERSION

You will develop language skills while acquiring an appreciation of the history and culture of Italy through film, art, literature, fashion and music. Practice pronunciation, grammar and conversation while learning about the origin of common Italian words and expressions. No prior experience necessary. All levels will be fostered making this class a great review for those that have already studied the basics. Note: If you are taking the Saturday classes, please bring a bagged lunch or as a class we can order a pizza. Required text: The Complete Idiot's Guide to Learning Italian (ISBN-13: 978-1615642182) and an Italian/English dictionary.

**Materials fee: \$10, payable in class. Instructor: G. Euvino**

### SU WEEKNIGHT

NCC 1953-03 T 9/26-11/7 6-8:30pm KSU \$145

No class 10/31

### UB SATURDAY INTENSIVE IMMERSION

LA107-0909CTS 9/9-16 10am-3pm CT \$129

LA107-1118CT S 11/18-12/2 10am-3pm CT \$129

### SU ITALIAN LANGUAGE CONTINUED

NCC 1943-01 T 11/14-12/19 6-8:30pm KSU \$145

### UB GERMAN FOR TRAVELERS

Does your upcoming vacation itinerary include a visit to Germany? Or, have you always wanted to learn German? Learn what you need to know to get around, ask for help, order food and more. By learning simple German phrases and a bit about the culture, you will be better prepared in the basics and will get the most out of your European adventure.

**Instructor: J. Spindler**

LA123-1104CT S 11/4-12/9

10am-noon CT \$109



# COMMUNITY EDUCATION

## **SU** BEGINNING SIGN LANGUAGE I

Students may earn three college credits for this course.

In this course, students are introduced to American Sign Language (ASL). They learn the use of the manual alphabet for finger-spelling and how to develop vocabulary through sign production. Students become familiar with the history of sign language and gain an understanding of effective facial expressions.

Weekly homework assignments must be completed. For a credit version of this course, visit [www.sunyulster.edu](http://www.sunyulster.edu) and register for SGN 113-51.

DCB 2156-01    T/R    8/28-10/17    4:30-7:15pm    KSU    \$603

## **SU** BEGINNING SIGN LANGUAGE II

Students may earn three college credits for this course.

A continuation of SGN 113, students continue to develop vocabulary and gain extensive experience in signing situations created by the instructor. Signing simple songs and stories, as well as receptive reading of the signed stories of classmates will be practiced in small group activities. Weekly homework assignments must be completed. For a credit version of this course, visit [sunyulster.edu](http://sunyulster.edu) and register for SGN114-51. Prerequisite: SGN 113, DCB 2156 or by advisement.

DCB 2157-01    T/R    10/18-12/8    4:30-7:15pm    KSU    \$603

## **UB** BEGINNING SIGN LANGUAGE 1

This class is an introduction to American Sign Language, focusing on beginner use of vocabulary and grammar. This will include the alphabet, numbers, colors, and common phrases. This course will also provide a brief history of Deaf culture, and of the Deaf community. The course will be instructed with the aid of nonverbal, and voiced instruction. This is a prerequisite for Beginning Sign Language 2.

**Instructor: S. Lee**

LA138-0913CT    W    9/13 & 27    5-8pm    CT    \$79

## **UB** BEGINNING SIGN LANGUAGE 2

This class is a review and progression of what was learned in the Beginning Sign Language 1 course. It will focus on learning additional vocabulary such as animals, weather, food and conversational American Sign Language. There will also be activities focused on guiding students to begin to use sign language in a more conversational manner, while teaching etiquette in the Deaf community. The course will be instructed with the aid of mostly nonverbal instruction, with voiced instruction as needed.

**Instructor: S. Lee**

LA139-1011CT    W    10/11 & 25    5-8pm    CT    \$79

## **UB** CONVERSATIONAL SIGN LANGUAGE WORKSHOP

This class is a workshop in American Sign Language focused solely on aiding in communication between hearing and Deaf individuals. This workshop will contain basic introductions to conversational sign, as well as activities that allow students to learn necessary signs to strengthen interaction between Deaf coworkers, children, and family members. The course will be instructed with the aid of nonverbal and voiced instruction. **Instructor: S. Lee**

LA140-1115CT    W    11/15 & 29    5-8pm    CT    \$79



# COMMUNITY EDUCATION

## CREATIVE & STUDIO ARTS

### **PAINTING: AN INTRODUCTION**

**UB** Learn to paint a landscape, a basic portrait, and a still life in this class. **Instructor Paul Abrams**, MFA shares his experience and knowledge as he teaches the basic techniques of painting in water-soluble oils. View his artwork at [www.paulabrams.com](http://www.paulabrams.com). Some art experience helpful. Supply list upon registration - estimated cost approx. \$100. Register early as seats are limited! **Instructor: P. Abrams**

**AR102-0918CT M 9/18-10/23 6:15-9:15pm CT \$179**

### **PORTRAIT DRAWING**

**UB** Learn to draw a life-like head and capture a likeness with paper and pencil. Correct and solve challenges of drawing the eyes, the nose, the mouth along with correct proportions and views of the head. Bring pencils, sharpener, eraser, paper and or a sketchbook to class. **Instructor: P. Abrams**

**AR131-1106CT M 11/6-27 6:15-8:15pm CT \$109**

### **NEW! BEGINNING WITH DRAWING**

**SU** Get lots of great ideas and experiences about drawing fundamentals by working from observation, quick sketching and some more developed tonal process drawing. We will study gesture, composition, value structure with light and shadow, and negative space with charcoal and charcoal pencil.

**Instructor: P. E. McLaughlin**

**NCC 2022-01 S 10/7 10am-3pm SRC \$69**

### **NEW! ART HISTORY SUPER STARS PART I**

**SU** Come meet the best artists in history! See the most famous masterpieces! Experience the deep space and stunning realism of the Italian Renaissance as well as the amazing virtuosity of the Dutch and Spanish Baroque movement. Includes Da Vinci, Michelangelo, El Greco, Velazquez, Rubens, Rembrandt, Vermeer and more. **Instructor: P. E. McLaughlin**

**NCC 2068-01 S 10/7 4-6:30pm SRC \$35**

### **NEW! ACRYLIC IMPRESSIONIST LANDSCAPES**

**SU** We will use photos and inspiration from Impressionism (Monet, Renoir, and Pissarro) with an easy step-by-step approach to acrylic landscape painting. Assignments are designed for the beginner and/or more advanced levels. Class begins with an art history lesson and discussion and examples, then we paint! Bring food for lunch break. **Instructor: P. E. McLaughlin**

**NCC 2067-01 S 10/14 10am-3pm SRC \$69**

### **NEW! ART HISTORY SUPER STARS PART II**

**SU** Now travel to France; discover how the Impressionists changed painting forever and the Modernists invented abstract art! Includes Degas, Monet, Van Gogh, Cezanne, Matisse, Picasso, Miro, Kandinsky, Mondrian and more. **Instructor: P. E. McLaughlin**

**NCC 2069-01 S 10/14 4-6:30pm SRC \$35**

### **WATERCOLOR, PEN & INK**

**SU** This class will generate awareness and excitement through the creative art techniques of ink and watercolor by using ink washes, splattering, cross hatching and masking. You will learn design, composition and color with still life projects or personal photographs. Each class includes a technique demonstration and individualized guidance. **Instructor: L. Bender**

**NCC 1578-03 W 9/20-10/25 6:30-8:30pm KSU \$185**

### **KNITTING FOR BEGINNERS**

**UB** Knitting is not just for grandma anymore! With the introduction of new, wild fibers, colorful ribbons, and trendy yarns, knitting has resurfaced as a creative outlet and a stress relief for people of all ages. This class is designed to teach students basic knitting techniques; how to knit, purl, cast on, and cast off. Bring one skein of your favorite yarn and a pair of knitting needles (#15) to the first class.

**Instructor: P. Gordon**

**AR111-1016CT M 10/16-11/13 5:30-8:30pm CT \$99**

# COMMUNITY EDUCATION

## **SU** TATTOO ILLUSTRATION

Interested in the illustrative world of tattoo design, thinking of becoming a tattoo artist, or wanting to improve your present skills; this course is for you. Explore the many different genres and styles as well as the perfect layout and placement. Enhance your drawing, design and conceptual ideals. Working with clients and building a strong portfolio will also be covered. Prerequisite: A minimum comfort level with drawing. **Instructor: M. Locasio**

**NCC 2037-03**    **R**    **11/2-12/14**    **6-8pm**    **KSU**    **\$149**  
**No class 11/23**

## **SU** INTRO TO LEATHER TOOLING

Learn the basics of hand-tooling leather by drawing a design, transferring the design onto the leather, and then carving the design into the leather. **Jay Teske** of Jay Teske Leather Co. will teach students at his shop how to correctly use their new tools. He will provide an overview of shading techniques and guide participants in applying pressure to create the desired effect. In addition to the leather cuff that they create in class, participants will go home with a basic leather tooling kit.

**Materials/Kit fee: \$80, payable in class.**

**NCC 2051-02**    **S**    **10/21**    **10am-1pm**    **Kingston**    **\$39**

## FINE ARTS PROGRAMS

**These courses are open to all for credit or audit.**

Register online at [www.sunyulster.edu](http://www.sunyulster.edu), click on REGISTER NOW then click on Registration and follow instructions for non-matriculated students. Prices are for Ulster County Residents.

### **SU** INTRO TO VISUAL ARTS

This is an introduction to concepts and philosophical theories underlying the organization of art forms through the study of line, form, space, value, color and texture, as interpreted in both historical and contemporary contexts. It stresses an understanding of the elements and principles of design. Pre/Corequisite: ENG 101

**ART 101-S01**    **ONLINE**    **8/28-12/8**    **\$633** 

### **SU** PAINTING 1

This introductory course stresses the relationship of composition and color through perceptual experiences in drawing and painting.

**ART 105-51**    **R**    **8/31-12/7**    **5:30-9:15pm**    **SRC**    **\$603**

**ART 105-01**    **F**    **9/1-12/8**    **1:05-4:45pm**    **SRC**    **\$603**

### **SU** INTRO TO DRAWING

An introduction to drawing elements and principles for the not-art majors. Students base their drawings on direct observation of still life and landscape subject matter.

**ART 117-51**    **M**    **8/28-12/4**    **5:30-8:20pm**    **SRC**    **\$603**

### **SU** PHOTOGRAPHY 1 (DIGITAL)

An introduction to traditional and digital photographic techniques, basic computer-based image processing and inkjet printing. A strong emphasis will be placed on developing aesthetic judgment through a series of assignments and critiques. Students will need a digital camera of reasonable quality (no camera phones). The department will provide all other required supplies and equipment.

**ART 130-01**    **T**    **8/29-12/5**    **2-4pm**    **SRC**    **\$643**

**ART 130-02**    **R**    **8/31-12/7**    **2-4pm**    **SRC**    **\$643**

### **SU** LIFE DRAWING

Students will be engaged in an academic and/or practical learning experience within the areas of Visual Arts or Graphic Design that falls outside the scope of other departmental offerings. Each course presented under this title will offer an opportunity to expand the students understanding and practice of aspects of fine arts and design. The designation may also be used for artist-in-residence courses, workshops, and Study Abroad courses.

**ART 273-51**    **W**    **8/30-12/6**    **5:30-8:20pm**    **SRC**    **\$603**

# COMMUNITY EDUCATION

## PERSONAL GROWTH

### **SU** WRITE, RELEASE, RETAIL: HOW TO BECOME AN INDIE AUTHOR

Publishing your work and launching it into the literary marketplace is easier than ever now with the advent of self-publishing platforms like Kindle, Create Space, Kobo, Smashwords, and others. Aspiring authors have many opportunities to sell their work to readers all over the world via online booksellers. Join **Marianne Sciucco**, author of *Blue Hydrangeas* and *Swim Season*, as she explains how to start your project; create a publishable manuscript; choose your publishing partners; build your social media platform; and promote and market your work. This class is recommended for anyone interested in self-publishing a novel, memoir, children's book, or non-fiction work.

NCC 2055-02    S    10/21    10am-4:30pm    KSU    \$59

### **SU** NEW! HOW TO PUBLISH A BOOK WITH AMAZON

Publishing a book on Amazon is not as daunting as it seems. Free tools are available to help you create an eBook, paperback, and audiobook. Join Middletown author **Marianne Sciucco** (*Blue Hydrangeas*, *Swim Season*) for a three-hour workshop to learn how to prepare your manuscript for publication, upload your files to the Amazon publishing sites, position your book for the market, and promote your book once it is available to the public. To enhance your experience it is suggested that you bring a fully charged laptop or tablet to this class.

NCC 2070-01    S    11/4    10am-1pm    KSU    \$29

### **SU** NEW! JOURNAL WRITING ADVENTURE

The adventure of writing down and reflecting over your personal thoughts and feelings helps to generate awareness of and to be in touch with your own self in a more conscious manner. Writing is a powerful window that may allow you to see and understand your spiritual world. This adventure is designed to discover the benefits of keeping a personal diary and to experience through different writing exercises and techniques the spiritual richness of your life. Assignments are designed for both people who had never kept a diary and for those people who are already acquainted with this practice. Just bring a pen and a notebook and be ready to start this incredible adventure with yourself. **Instructor: M. Lara, Ph.D.**

NCC 2071-01    M    10/16-11/20    5:30-7:30pm    KSU    \$99

### **UB** NEW! PHOTOGRAPHY COMPOSITION

This new course will delve into the rules and theories of composition, helping you to improve your photographs, plus a review of camera settings and menu tools to ensure competency of use. Examples and comparison of master photographers' works will also be explored. **Instructor: S. Delmerico**

AR185-0918CT    M    9/18-25    6-9pm    CT    \$119

### **UB** MASTERING YOUR DIGITAL SLR CAMERA

Learn how to use your SLR digital camera and what to do with all those pictures after you've taken them. Sally Delmerico will explain basic digital terminology and demystify the menus of your SLR digital camera. Discussing various programs cameras offer, focusing on what is exposure, how to meter for better effect, plus available tools to help utilize existing light by adjustment of aperture and shutter speed. Come away with the understanding of what all those buttons and dials are used for! You must bring an SLR camera to class. **Instructor: S. Delmerico**

AR125-1016CT    M    10/16-11/13    6-9pm    CT    \$149

AR125-0108CT    M    1/8-2/5    6-9pm    CT    \$149

### **UB** NEW! AMATEUR RADIO LICENSE CLASS

Learn everything you need to pass the written examination for a Technician Class amateur radio license. In a disaster, when electricity, telephones, cell phones, and the internet are all down, amateur radio can still get the message through. This class is perfect for emergency responders, survivalists, and anyone else who wants to be prepared for anything. Instructor Keith Tilley is the ARES Emergency Coordinator RACES Radio Officer for Ulster County, and an ARRL-certified Emergency Communications instructor. Upon successful completion of the examination, a Technician Class license gives you the privileges you need to communicate in a disaster. **Instructor: K. Tilley**

PG202-1202CT    S    12/2-9    9:30am-12:30pm    CT    \$39

## COMMUNITY EDUCATION

### **SU** ALL ABOUT DONKEYS

Contrary to public perception, the donkey is a very sweet, calm, smart, playful and affectionate animal. Come interact one-on-one with a herd of miniature and standard donkeys (and one zonkey!) and experience first-hand why the donkey is perhaps the most under-appreciated and misunderstood of man's most valuable domesticated animals. **Instructor: S. Stiert**

NCC 1171-06 S 9/30 12:30-4:30pm Ulster Park \$45  
(Rain date 10/7)

### **UB** NEW! PET FIRST AID, CPR & DISASTER PREPAREDNESS

This course is ideal for all pet owners and pet caregivers. This unique course covers common health and safety related issues for dogs, cats, first aid basics, CPR, choking maneuvers for pets, when to seek professional care and disaster planning steps for your pet. You practice your skills on furry lifelike pet manikins. Course completion results in a certification card valid for three years from the Emergency Care and Safety Institute. This very popular course fills up quickly, call and register early.

**Instructor: Health Quest**

PG174-1021CT S 10/21 9am-1pm CT \$55

### **UB** WILDERNESS FIRST AID COURSE

The Wilderness First Aid course will help you prepare for the unexpected. This fast paced, hands-on training is designed to meet the needs of trip leaders, forest rangers, camp staff, outdoor enthusiasts, hikers, mountaineers, hunters and individuals working in remote locations. It will introduce you to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning and hands-on practice skills. You will learn to improvise medical care by creating makeshift items in your environment to assist with immobilization, bleeding control and other medical emergencies. You will also learn the guidelines for CPR in remote locations. At the end of the course, you will have the knowledge, skills and ability to make sound decisions in emergency situations while in the wilderness. This course is a certification in Wilderness First Aid by the Emergency Care & Safety Institute, a nationally recognized organization. This course will NOT result in a CPR AED Certification card but can be taken in conjunction with an AHA Heartsaver course. Seats are limited. **Tuition includes text and materials. Instructor: Health Quest**

PG175-1202CT S 12/2-9 8:30am-3pm CT \$160

### **UB** NEW! AMERICAN MAHJONG

Seasons, Flowers and Winds are just a few of the suits found among the 152 tiles shuffled for a game of Mahjong. Join this exploratory class where you will learn the history of the game and play etiquette for a traditional table of four. This exciting game is one of luck, wit and will as you decide the hand to play, draw, discard or call as tiles are cast until the lucky one cries Mahjong! **Instructor: P. Gordon**

PG203-0925CT M 9/25-10/2 6:30-8:30pm CT \$39

### **UB** GUITAR WORKSHOP FOR ADULTS

Guitar and music in all styles will be taught along with general knowledge of the instrument, including proper technique and learning the fingerboard of the guitar. The objective is for each student to get comfortable with their own instrument and enjoy the aspects of playing chords and melodies while improving their technique. Students supply their own guitar for class. **Instructor: P. Theodore**



PG192-0919CT

T 9/19-10/24  
6:30-8pm CT \$119

PG192-1107CT

T 11/7-12/12  
6:30-8pm CT \$119