

Our Instructors & Staff

We have found that many people only learn about the incredible talent of our instructors if they sign up to take a class they are interested in. However, learning about an instructor and their expertise may actually entice you into taking a class you might not otherwise have noticed.

So, all instructor bios are now here. Please take the time to read about the vast and interesting experience of the people who bring you so many opportunities. Then look through the brochure and find a class that interests you. The instructor's name will be listed and you can always come back here to find out more about them.

ArtNightOut instructors are experienced artists who provide a relaxed atmosphere, lots of support, and quality materials/tools to ensure a positive experience. Leave class with new skills and an amazing piece you created yourself.

Master Maine Guide **Alice Bean Andrenyak** is a Maine native who lives at Mere Point in Brunswick. Owner of Alice's Awesome Adventures and Maine e-Learning, she is an outdoor enthusiast, naturalist, teacher, solo entrepreneur, a Kripalu trained Outdoor Guide, and a great cook. She has been visiting Malaga Island for over 30 years and has seen it change. She also trains future Registered Maine Guides and outdoor enthusiasts in navigation, canoeing, SUP, sea kayaking, snowshoeing, nature studies, and overnighting skills. She is a Kripalu Mindful Outdoor Guide leading Forest Bathing sessions and leads regular sea kayak and hiking tours of Malaga Island.

Paula Apro is Certified Practitioner of Eden Energy Medicine, and the Emotion Code, as well as a Certified Quantum Health Coach and an Advanced Pranic Healer. She is currently working toward her Doctorate and PhD in Natural Health. Her practice, Mariposa Energy Therapy is located in Rockland, ME and she specializes in helping clients to optimize and/or restore their health using a new paradigm of energy medicine based on the premises of Quantum Physics and Neuroscience. Her motto is "Change your energy and change your life!"

Sophia Arnall is a lifelong dancer and movement enthusiast based in Seattle WA, who was drawn to Pilates for the holistic strength it brings to her practice. As a young professional dancer, Sophia struggled with hyper-mobility and chronic pain. After stepping back from the dance world, she found that Pilates was what brought her back into her body with strength and limited pain. Wanting to share this gift with others, she enrolled in a 450-hour certification program in 2019 via Vilaloty Pilates, where she is now employed. Sophia has a particular interest in working with clients who have the goal of minimizing pain and increasing range of motion through gentle, joyful movement. She loves working with clients who are new to Pilates or adding it to their existing movement routines! Since the onset of the Covid-19 pandemic, Sophia has been consistently grateful for the opportunity to connect/move with people via Zoom from anywhere in the world.

Debra Arter has been an educator with Adult Ed for over 30 years. She used the pandemic down time to prepare several on-line classes while hosting people in her AirBnB. She also enjoys teaching baking and art classes in various venues.

Patsy Baldus is a retired teacher who spent thirty-three years of teaching everything from Kindergarten to Grade 6. She has always loved to write! Her memoir, "Love, Lutfisk, and Lemon Zest Sneakers" was written as a legacy for her two now grown children, who are only slightly scarred by their mother's book. Patsy lives with her husband in mid-coast Maine and continues to plot and scheme about her next adventure as a flower gardener.

Rick Bernard, a former school counselor, has been performing magic for numerous parties and corporate events or over 35 years. He has also taught magic classes for over 25 years.

Marc Bubar has been playing acoustic guitar for 18 years. He sings and writes songs, and has performed on stage at various venues across the country. Playing music, especially with other people, is one of Marc's favorite things in the whole wide world. He brings a big smile and patient demeanor to class. The goal is for everyone to have fun and to feel encouraged to keep practicing!

Frank Burnett, Ed.D. is a veteran counselor, school and college educator, educational association officer and independent consultant. At various points in his career, Dr. Burnett was responsible for the generation of external support for programs and services through the preparation of grant and contract proposals with philanthropic organizations, government agencies and independent gift-makers. Additionally, he has served as a proposal reader and evaluator for numerous philanthropic organizations and government agencies.

Tina Casteris is a self-taught knitter who loves sharing this craft with those who desire to learn and improve in a supportive environment.

Sandy Clement has been teaching sewing classes for over 10 years. She has sewn since she was a child and has found it to be a valuable life-long skill. She has helped with costuming for local school and theater groups.

John Coffin has held his USCG License since 1985 and has operated charter vessels in the Florida Keys and Maine. He is a Master Maine Guide and a certified Boating Instructor for U.S. Power boating and the National Safe Boating Council.

Branden Densmore is founder of Gathered Minds Media Inc. and creator of the "Coaching For The Spiritually Gifted" Facebook group. He holds a B.A. in Philosophy from Vassar College and is a certified Spiritual Coach who loves creating growth opportunities for others, helping them move past their fears of entrepreneurship while having fun.

Jacob DiGirolamo is a licensed arborist working in Knox, Lincoln and Waldo counties. He grew up in the area and now lives in Union. He has been pruning apple trees since 2006.

Keith Drago is the Deputy Director of the Rockport Public Library. He has worked in the library field for over ten years and has his masters in Library and Information Sciences.

Erik Durbas has worked in the construction industry for over two decades. His hands-on skills range from cabinet making to custom building, with the last 12 years having been focused solely on architectural design. He currently practices sustainable, energy efficient residential design from his home office in Union.

Andrew Eckman has been teaching medical response courses for more than 25 years and has trained thousands of people in First Aid/CPR/AED, Professional Rescuer/Healthcare Provider CPR, and Emergency Medical Response.

Paul Garcia is a translator who has taught at secondary and university levels for many years. He has lived and worked in Puerto Rico, Mexico, Spain and Argentina.

Ellen Goldsmith is the author of *Where to Look, Such Distances and No Pine Tree in This Forest is Perfect* which won the Hudson Valley Writers' Center 1997 chapbook contest. Her poems have appeared or are forthcoming in numerous journals including Antiphon, Connecticut River Review, Dash, Earth's Daughters, Mount Hope, Off the Coast, Third Wednesday and Westchester Review. In addition to 5-Town CSD Adult and Community Education, she has taught poetry for the Coastal Senior College and Maine Writers and Publishers Alliance. She is a professor emerita of the City University of New York.

Leah Haraden has ten years experience teaching photography through Augusta, Bath and Freeport Adult Education programs using Zoom.

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Carolyn Hardman has a BA in history and government and an MA in education from the University of Rochester. She taught social sciences for 34 years with 22 years teaching Maine history and government in SAD 5. Carolyn is a 42 year resident of Nobleboro and currently the educator for the Nobleboro Historical Society.

Thomas Hepp grew up in a small Midwest town where he was discouraged from asking questions and never taught to think for himself. There was a pivotal moment about the time he turned 21, he began to question almost everything. He became interested in design and how things worked. He began to study politics, economics and religion. He was looking for answers to questions that made sense. More than fifty years later, he found some of the answers he was looking for and continue to question and research subjects that have an impact on our everyday lives. He is willing to share his knowledge for the benefit of the greater good.

Helicopter Huck is a builder, maker, aerospace entrepreneur, viticulturist, arborist, and aspiring author. He loves adventures and the outdoors.

Helena Ives is one of ecomaine's environmental educators and works with ecomaine communities to navigate the world of trash, recycling, and composting.

Tom Jamrog is a licensed clinical professional counselor, a nationally certified school psychologist, and a registered Maine Guide. For the past several years he's been consulting the I-Ching to assist with decision making.

Gilda Joffe is a Certified HeartMath Trainer who works with individuals, in person, or by phone and internet. She presents workshops to leaders and staff of diverse organizations facilitating stress management and higher personal and professional productivity.

Linda Leach and **Sandy Clement** have 30 plus years of painting and craft experience. They are the co-owner of the Maine Lights Collection. Visit their page at <http://mainelightscollection.com/> or <https://www.facebook.com/mainelightscollection/>

Jacqui Lipton specializes in teaching fiction writing and the business of writing to local and national audiences. She holds an M.F.A. in Fiction Writing from Vermont College of Fine Arts and has taught fiction in libraries and community organizations. Jacqui works as an editor to the writing community. She is a reader for the Young Adult Review Network, as well as interning at a literary agency in New York. She has completed the fiction writing certificate programs at Stanford Online and the UCLA Extension Writer's Program, as well as majoring in playwrighting in college. Her short stories and flash fiction have placed in a number of writing contests.

Patti Luchetti has studied Oriental Dance for 25+ years with such stars as Katia of Boston, Morocco of NYC and most recently, Cassandra of Minneapolis. She is director/choreographer of Shalimar's Studio in Rockland, where she also teaches Modern Dance and exercise classes. FMI: shalimar90@gmail.com

John Luft has worked at Revision Energy since 2003 and has designed and managed hundreds of solar projects. John is a Branch Manager for the Liberty office of Revision Energy.

Kate McMorrow graduated the Scherer Institute of Natural Healing in 1990 as a licensed massage therapist. She went on to study the Hakomi Method of body centered psychotherapy as well as Sheng Zhen Qigong. In 2009 she became a Certified Holistic Health Practitioner with a focus on Electro-Dermal Stress Analysis and in 2019 became a Functional Medicine Certified Health Coach through FMCA.

Anna Moorman and Jo-Ann Neal have each been with Allen Insurance and Financial for over six years. Anna has a background in healthcare and public health, while Jo-Ann brings years of knowledge from her prior role in HR.

Dave Oakes, and his wife Sue, co-founded CELL, an educational nonprofit providing international study abroad experiences focusing on "sustainability through community." He lived in Botswana, Africa for three years with his family directing an international environmental education program. Dave has also taught at Unity College and began his career teaching science and social studies in several public schools in Maine.

Laura Lee Perkins, BME, MS has authored 8 books, published 150+ articles, and recorded 5 professional flute CDs and 3 audio-books. Recipient of 14 grants and 5 artist residencies, Laura is a "Chicken Soup for the Soul: Hope & Miracles" author. Laura teaches 50+ classes each year to 5,000+ people in ME, MA, NY, and AZ.

Laura Philbrook is a mom and wife who is always learning and making changes to live a more natural and healthy life. She uses essential oils to support many aspects of her family's wellness.

Brie Pio is a CERTIFIED FINANCIAL PLANNER™ professional and is the Principal of Birch Point Wealth Management LLC, an investment advisory firm located in Rockport, Maine. Brie completed the Masters of Business Administration (MBA) degree at DePaul University in Chicago, completed the Personal Financial Planning Certificate Program at University of California, Los Angeles (UCLA), and has over ten years experience in finance, accounting, and operations.

Alex Plummer is a PGA apprentice studying to obtain his Class A certification. He has been involved in the golf business for over 10 years, teaching golf for the past 5. He was an assistant at Goose River Golf Club before moving on to the Samoset as their first assistant professional. Currently he is in his third year as the head golf professional at Goose River Golf Club. Alex wants to introduce the great game of golf to as many people as he can.

Registered Maine Guide **Gary Roberts** is a resident of Appleton and has been a volunteer naturalist, trip leader, and speaker for over 30 years. He specializes in guiding from a natural history perspective and focuses particularly on the native flora and fauna of Maine. Gary has been a long time volunteer for Maine Audubon and has volunteered with the Maine Plant Conservation Volunteers, Mountain Birdwatch, Maine Owl Survey Project, and Seanet.

Jolinda Rockett has been in health care over 40 years: BSN (RN), MAC (Lic Acupuncturist), Certified Primal Health Coach, and is currently on the State Licensing Board for Complementary Health Care by appointment of the governor. She is also the author of the Glorious Health Project to be published summer 2020.

Rachel Romanski is an interdisciplinary artist living and working in Midcoast Maine. She received her Bachelor of Fine Arts in sculpture from MECA and studied Renaissance Art History through the UGA campus in the Tuscany. Since then she has focused much of her efforts in artistic collaborations with marginalized communities and teaching Art and English as a Second Language.

Bev Shejen has been quilting blankets for over 20 years and is a huge fan of all kinds of quilts but especially enjoys creating a fast creative gift using shortcut techniques.

Mike Shunney is the Director of InnerWorks Taijiquan and Qigong in Rockland - <http://www.InnerWorksCenter.com>. Mike is privileged to be recognized by the First family of Taijiquan in China, the Yang Family, as qualified to teach their system of Traditional Yang Family Taijiquan, which includes Qigong, Taijiquan, Taiji Jian (sword), Taiji Dao (broadsword), Taiji Qiang (spear/staff), and two-person play. He is the first person in Maine to hold that honor.

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Diane Smith, personal consultant, teacher, speaker, author, and owner of A Simple Life Awaits You... Organizing Your Home, has been inspiring clients thru confidential, gentle coaching since 2006. Her unique strategies for rightsizing ones home come from over 20 years as a nonprofit administrator; serving as host, writer, and associate producer of a public television series on quilting; and thru her own personal organizing journey and daily study of living a peaceful, fulfilled life.

A Maine native, **Holly Smith** graduated with a B.S. degree in Art Education from the University of Southern Maine. Retired from teaching 31 years high school art and photography, Holly is represented by the Portland Art Gallery, Bonnie Farmer Assemblage Art & Gallery and the Lincolnville Art Gallery.

David Spahris is a naturalist, photographer and forest farmer who has collected, photographed, and eaten wild mushrooms for 35 years. He is a member of the Maine Mycological Association and maintains a web site devoted to the subject, mushroom-collecting.com. He is currently writing a book on foraging.

Katie Tranzillo is an independent dance instructor leading partnered, individual and group programs for 18 years with children, teens, adults and people with disabilities. She is spreading the joy of dance across Maine and building strong dance communities. www.joyfuldancing.com.

Karen Tripolitis is a certified yoga instructor for children and adults. With 11 years teaching mindful yoga and a career as a classroom teacher, she is always excited to teach these skills to students young and old. Her studies included a particular focus in yoga therapy, mindfulness in schools, and trauma informed yoga instruction. She is the founder of Mindful Roots Yoga

Sharon Turner owns Crystal Lake Farm and Nursery in Washington, ME. She specializes in open-pollinated vegetable and flower seedlings, native perennials, shrubs and trees, and cut flowers. She grows for Fedco Trees and Knox-Lincoln Soil and Water Conservation District. She has been a certified Master Gardener Volunteer for more than 20 years.

Computer Instructor and author **Mike Wilson's** passion has been helping 1000's of adults and seniors learn computers in over 40 cities in 17 years. He has taught at colleges, workforce and development, community education centers, Parks and Recs, libraries, and many senior centers. Mike gets overwhelming excellent comments about his unique style of teaching, which is basically simplistic. He takes even the advanced things and breaks them down so students can understand them. His goal is for "no student to be left behind" and he ranks extremely high in trying to fulfill that goal. Mike instructs students virtually from the privacy of their own homes! His live sessions are great for dabblers, tinkerers, and those who have recently bought a computer for personal or business use.

Craig Wilson is the director of Midcoast Recreation Center.



Five Town CSD

ADULT and COMMUNITY
EDUCATION

Adult & Community Education Staff

David Watts, Director

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236-7800, ext 3275

David has over 35 years' experience in a variety of roles, including adult education, music education, facility management, banking, appraising, commercial real estate development, and arts management. In addition, he has been a music director and performer his entire adult life.

Elyse Socker, Program Assistant

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236-7800, ext 3274

After 30 years of working in the book business, Elyse became the Program Assistant for adult ed in 2007. She loves the community connections, many opportunities to help people, and the fact there is never a dull moment!

Beverly Shejen, Evening Secretary

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Beverly worked for the Maine Public Utilities Commission, the Secretary of State's Elections Division and both the Camden and Appleton Town Offices before joining adult ed in 2018.

Rebecca Albright, Academic Instructor

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Rebecca has a degree in English and previous experience working with adults in ESL at Portland Adult Education and other subjects at RSU13.

Brenda Hio-Hamdan, Academic Instructor:

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236-3358 ext. 4319

Brenda has a degree in English and writing. She recently moved to Maine and has experience working with adults at RSU13.

Peg Junge, Academic Instructor:

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Peg has a degree in business and math, with numerous years of experience working with adults at RSU13 and MCST.

Symbols & Abbreviations

CHRHS = Camden Hills Regional High School

MRC = Midcoast Recreational Center



= offers at least one session between June and August



= online class



= virtual class