

2008 ADULT WORKSHOPS

HELDEBERG WORKSHOP

See <http://www.heldebergworkshop.org> for information, directions and registration forms

Wednesday, April 16th

1) Timberdoodle Trek 7pm - on Fee is \$25

Join Alan Mapes for a walk to look and listen for American Woodcock, Eastern Screech-Owls and Great Horned Owls. We will listen for the peent, whinny and hoot of these birds of the evening. It is time for the woodcock's sky-dance mating flight and we'll hope to see and hear this wonderful, weird ritual. Meet at the entrance to the 5 Rivers Visitor's Center at 7pm.

2) An Evening with Amphibians 6pm-9pm Fee is \$25

The Helderberg Escarpment area has one of the greatest amphibian diversities in NYS. We will visit a stream and woodland at the base of the Escarpment to search for salamanders and frogs. This will be followed by a visit to NYS's first amphibian tunnel at nearby Black Creek Marsh where we will listen for the calls of frogs in the marsh. Meet at the Heldeberg Workshop entrance at 6pm.

Instructors: Alvin Breisch and Mark Fitzsimmons

Saturday, April 19th

3) Structural Geology of Thacher Park 9am-1pm Fee is \$25

John Boyd Thacher Park has a rich variety of structural geology that previously has not been recognized or mapped. We will walk a transect of the park from Hop Field to the Upper Paint Mine area. Time permitting we will then walk back along the top of the escarpment. Participants should be prepared for rough walking. Meet at the Hop Field Picnic area in Thacher Park at 9am. (4 hours). Bring water and a snack.

Instructor: Thom Engel

4) Caves and Karst 9am – 5pm Fee is \$50

Leaving the NYS Museum at 9am, participants will carpool to Thacher Park for an overview of the geology of the Helderberg area. Then we will drive to the Schoharie County with several stops en route. We will make a visit to the karst features of the McFails Cave Preserve, break for lunch, then visit the Onesquethaw Preserve and explore the Clarksville Cave in Albany County. Participants will be sent a list of required items.

Instructor: Dr. Michael Nardacci

5) How to Lead Any Themed Interpretive Walk 9am –12 noon Fee is \$25

The Victorian nature walk with the leader naming flowers or birds or trees along the way has evolved for the 21st century. Today's interpretive forays enable the leader to use the habitat at hand to discuss a whole range of environmental issues from ecology to climate change to the reduction of pollution. Leader – participant interactions enrich the discussion and more firmly connect people to nature. Join naturalist Frank Knight to explore the world on a spring wildflower walk at Heldeberg Workshop. Handouts will include information on planning any walk, audience safety, management and comfort, and subject matter ID. Meet at the Heldeberg Workshop at 9am.

Instructor: Frank Knight

6) Introduction to Blacksmithing 9am – 2pm Cost is \$65

Using hand-operated blacksmithing tools, you will work on an anvil in a coal forge and create a variety of objects such as ornamental hooks. Work boots, long sleeved shirts and long pants are required. Please bring lunch or a snack.

Instructor: Steve Khoury

Saturday, April 26th

7) Amphibian Walk 9am – 12 noon Fee is \$25

The Workshop Land has one of the richest diversities of amphibians in all of New York State. Join Al Breisch, co-author of the recently released book Amphibians and Reptiles of New York State: Identification, Natural History and Conservation, as we explore the streams and woodlands on the Land to see how many salamanders, frogs and toads we can find and learn about their interesting life histories.

8) Beginning Blacksmithing 10am – 5pm \$90 + materials fee

You have seen the fire and the smoke, you're heard the pounding of hot iron – so why should your kids have all the fun?! In this class you will forge a chandelier to take home. Wear jeans, work boots and a long-sleeved flannel shirt. Please bring a lunch. There is an \$8 materials fee.

Instructor: Noah Khoury

Saturday, May 3rd

9) Spring Wildflower Walk 9am – 12 noon *No fee*

The Heldeberg Workshop land abounds with unique wildflowers and ferns. Come join us as we stroll about the meadows and forests, identifying plants. Bring your camera along if you'd like to document your spring walk in the woods. There is no charge for this class.

Instructor: Alvin Breisch

10) The Helderberg Escarpment from the Bottom Up 9am – 12 noon Fee is \$25

The Heldeberg Workshop sits at the base of the Helderberg Escarpment. Join us as we climb to the base of the cliff. Along the way we'll discuss how the escarpment was formed and geological processes like erosion and mass-wasting. Sturdy footwear and a walking stick are strongly recommended. This will entail a minimum 500-foot ascent and descent over loose talus.

Instructor: Thom Engel

Saturday, May 17th

11) Birding & Brunch with Rich Guthrie 7am – 10:30 Fee is \$25

It's Spring – brilliant colors, fresh aromas and beautiful birdsongs! Join noted birding expert and radio personality, Rich Guthrie, on the Workshop Land to watch birds -familiar as well as new species. Witness bird migration and their establishment of territories. Then we'll share our impressions and stories over tea, coffee, scones and good company!

Saturday, May 17th

12) CPR for the Professional Rescuer 9am-5pm Fee is \$80

This 8 hour course is recommended for public safety personnel, lifeguards and health care professionals. Skills covered include care for breathing and cardiac emergencies, 2-rescuer CPR, automated external defibrillation and use of a resuscitation mask and bag valve mask. Red Cross Certification will be given upon successful completion of this class. Please bring a lunch.

Instructor: Michael Matthews

13) Learn to Yodel 9am-12 noon Fee is \$25

Here's your chance to have fun and annoy or impress your friends and family. You will learn to yodel from square one, mostly in the Country Music style. Taught by Ed Kautz, who's been yodeling for over 35 years. Requirements: ability to sing and desire to learn and have fun.

Tuesday, June 17th

14) Evening Bat Walk 7:30 - on No fee

Listen to the sounds that bats make as they fly – learn how these sounds can be used for identification! Stroll the Land with bat enthusiast Al Hicks as he dispels common myths and introduces you to the mysteries of these helpful little mammals. Families are welcome.

Saturday, July 12th

15) Clay Workshop I 9am – 12 noon \$25 + materials fee

Have you always wanted to make pottery, but didn't know where to purchase the clay or get your work fired? We are offering a 2-class workshop; you may take either or both classes. In this first class you will learn basic building methods for clay, including how to throw a pot on a wheel; then, you will apply an under glaze. Your project will be sent out to be fired and may be picked up at the second class or anytime after that during the summer program. There is a \$15 materials fee.

Instructor: Colleen Skiff

16) Intro to Archery 9am – 12 noon Fee is \$25

There is a special sort of satisfaction that comes as you watch the arrow hit its mark! Come and try a "lifetime sport" that can be done alone or with the whole family. Archery's appeal is multi-faceted because it is an individual effort of mental and physical skills and is based on self discipline and confidence.

Instructor: Mike Leonard

17) Native Wildflowers & Shrubs Walk 9am – 12 noon Fee is \$25

Treat yourself to a *Newcomb's Wildflower Guide* and by the end of this workshop you will be able to identify any wildflower or shrub you can find (or even the weeds in your garden!) as we explore field and forest. Bring your camera or notebook along if you'd like to document your summer walk.

Instructor: Frank Knight

Saturday, July 19th

18) Clay Workshop II 9am – 12 noon \$25 + materials fee

This is the second of the clay workshops, and may be taken alone (you'll learn all the basics) or you may continue your work of the first class, doing a longer range project. You'll spend more time on the wheel and will learn to apply over glazes to your bisque work. There will be a \$15 materials fee if this class is taken alone, or an additional \$5 firing fee for those taking both classes. Your work will be sent out to be fired and may be picked up anytime after one week.

Instructor: Colleen Skiff

19) Beginning Spelunking 9am – 1pm Fee is \$25

You've read his articles about geology in the paper, now join Mike Nardacci for a morning of cave exploration in a beginner's cave! Bring three (3) light sources, wear warm clothing (jeans, sweatshirt or flannel shirt), boots or sneakers and work gloves. Helmets will be provided. You will need a change of clothing for afterwards (caves can be muddy!). Please bring a lunch.

Saturday, August 2nd

20) Weaving on a 4-harness Loom 9am – 1 pm \$30 + material fee

This course offers you the chance to try weaving on a professional loom! Together we will make a warp and dress a 4-harness loom. Each weaver will have an already dressed table loom for their individual exploration of basic weaves, with their choice of color, textures and designs. Please bring a snack. There is a \$5 materials fee.

Instructor: Karin Demis

21) The Joys of Beekeeping 9am – 12 noon Fee is \$25

Honey reminds us of warm, drowsy summer days in clover meadows! Honeybees are the fascinating insects that make this golden product; they play a critical role in the pollination of many plants. This short course will explore beekeeping, from the earliest days of honey hunters to the modern 21st century apiary. You'll learn how to establish and maintain a colony of bees for honey production. A field trip to a local apiary is included.

Instructor: Ron Tweedie

22) Quilting Pictures with Linda O'Connor 10am – 2pm Fee is \$25

This class is for quilters who want to "paint" with fabric. You will cut fabric into small pieces, like dabs of paint, and apply them to your sweatshirt, pillow top or wall hanging, in the design of your choice. Bring a small picture you like, a small group of fabrics in various colors to use for "paint," a sweatshirt or a background fabric to use as the foundation, fabric scissors, and a package of Steam-a-Seam II. We will do all the fusing and cutting of snippets in class. Call Linda at 765-2887 for further information. Please bring a lunch.

Saturday, August 16th

23) Advanced Spelunking 9am – 1pm Fee is \$25

This workshop is for spelunkers who want to spend a morning exploring a moderately difficult area cave. This cave will require you to walk in 46° water for about 1 mile, and in two places, to wade waist deep! Bring three (3) light sources, wear warm clothing (jeans, sweatshirt or flannel shirt), boots or sneakers and work gloves. Helmets will be provided. You will need a change of clothing for afterwards. Please bring a lunch.

Instructor: Dr. Michael Nardacci