



HELDEBERG WORKSHOP

AN ADVENTURE IN LEARNING

Jean Pauley, Founder

Picard Road

New Scotland, NY 12186

518 765 2777

www.heldebergworkshop.org

SUMMER PROGRAM 2009

(9 AM - NOON)

First Session: July 13 - July 24

(Open House July 23, 6 - 8 PM)

1A: July 13 - 17 (Open House July 16, 6 - 8 PM)

I B: July 20 - 24 (Open House July 23, 6 - 8 PM)

Second Session: July 27 - August 7

(Open House August 6, 6 - 8 PM)

2A: July 27 - 31 (Open House July 30, 6 - 8 PM)

2B: August 3 - 7 (Open House August 6, 6 - 8 PM)

Third Session: August 10 - August 21

(Open House August 20, 6 - 8 PM)

3A: August 10 - 14 (Open House August 13, 6 - 8 PM)

3B: August 17 - 21 (Open House August 20, 6 - 8 PM)

The Heldeberg Workshop is a NOT FOR PROFIT Organization,
chartered by the Board of Regents of the University of the State of New York.
The Heldeberg Workshop has a permit to operate from the Albany County Department of Health.
It is inspected twice yearly; reports are available at the office on Ferry and Green Streets.

Heldeberg Workshop

P.O. Box 323

Voorheesville, NY 12186-0323



ALL 2 WEEK CLASSES ARE \$250.00

ALL 1 WEEK CLASSES ARE \$125.00

Discoverland 2009

Chairperson: Rachel Empie
Grades: K - 2

D1 Land of Theater Sessions: 1 & 2

You can be a frog, monarch butterfly, or a slithering snake. With your imagination we will recreate old and familiar stories, and make up new ones using costumes, scenery, props, pantomime, movements and puppets.

Instructor: Cindy Dolan

D2 Land of Art Sessions: 1B, 2A, 2B, 3A, 3B

Explore the Land in search of treasures, borrow from nature's bounty and draw inspiration from the beauty all around us as we turn our finds into works of art using paint, paper, scissors, glue and other surprises.

Instructors: 1B, 2A, 3B - Rachel Empie; 2B, 3A - Kristen Wells

D3 Land of Nature Sessions: 1, 2, 3A, 3B

Investigate the excitement of nature through touch, taste, smell and sound as we explore our sunlit fields and shaded woods. Discover the greatest show on earth!

Instructors: 1A, 1B - Chris Cronin; 3A, 3B - Thea Carlson

D4 Land of Music Sessions: 1A, 1B

The outdoors has its own chorus of sounds and we will be adding to that symphony by singing, listening, playing rhythms, making simple instruments, and having fun discovering nature's songs and making music of our own.

Instructor: 1A, 1B - Helene Runion

D5 Land of Science Sessions: 1A, 2A, 2B, 3A, 3B

Using the Heldeberg Land as our laboratory, we will experiment with soil, water and plants to uncover the secrets of the wondrous Cycle of Life.

Instructors: 1A & 2A - Jen Phillips; 2B, 3A & 3B - Corrina Pelkey

D6 Land of Native Americans Sessions ALL

We will investigate how Native American children might have lived and played. We'll identify plants, animals and fossils as we explore the fields, ponds, trails, and wetlands of the workshop. We will play games and listen to the legends of the Native Americans. Using many natural materials collected from the Land, we will create Native American crafts.

Instructors: 1A & 1B - Kris Barber; 2A, 2B & 3A - Jordan Glover

Preschool Sessions: ALL Ages: 3 - 5

Do you like nature, crafts, playing games and having fun? Then join the wonderful world of preschool! In preschool, we explore nature in "Discovery Land" and in the Land of Heldeberg. Our preschool class is offered to children of teachers and volunteers. Please include health records for your child with your application. The cost is \$25 per week.

Science 2009

Chairperson: Jerry Dievendorf

S1 Field Guide - Flora

Sessions: 1A Grades: 2 & 3

Come along for a fun adventure exploring our fields, woods and streams. Along the way we will learn about the local plant life (flora) by gathering actual specimens, drawing pictures, taking photos and writing about them in our Personalized Field Guide!

Instructor: Emily Kriss

S2 Field Guide - Fauna

Sessions: 1B Grades: 2 & 3

In this class we will investigate the animal life (fauna) that can be found at the Workshop. We'll create our Personalized Field Guide as we draw pictures and take photos of the specimens we find, and we'll make notes of the interesting facts we discover about them!

Instructor: Emily Kriss

S3 Swamping

Sessions: 3A, 3B Grades: 2 - 4

Different plants and animals live in different parts of our swamp. We'll spend the week discovering who lives in the mud!

Instructor: Dee Strnisa

S4 Critter Patrol

Sessions: 1A, 1B (1A: Grades 2 - 4); (1B: Grades 4 - 6)

Calling all creatures! Reptiles, amphibians, mammals, insects, birds and more. All of these live near you. How many creatures and critters can we locate and identify in our local ecosystem? We'll search under rocks, in ponds, puddles, under logs, in fields, trees and more.

Instructor: Paul Doyle

S5 Wee Beasties

Sessions: 2A, 2B Grades: 3 & 4

Have you ever wondered what earthlings looked like 3.5 billion years ago? Do you think it would be fun to extract DNA from bacteria or to build your own microbial skyscraper? If you have answered "yes" to any of these questions, then this is the class for you! Become a Microbe Detective and recreate the history of life on earth. Have fun with microbe art, make tasty microbial foods like yeast bread and see the "beasties" that help make it!

Instructor: Dr. Dorothy Matthews

S6 Fossil Hunting

Sessions: 3A, 3B Grades: 3 & 4

Find the remains of organisms that lived here hundreds of millions of years ago! Learn about the prehistoric environment that these creatures lived in. Discover how to search for fossils in an area known for its geologic richness.

Get your hands dirty identifying fossils such as trilobites, bryozoans, ancient corals and many others, as we discuss their significance.

Instructor: Kevin Duffy

S7 Bugs and Slugs**Sessions: 3A, 3B (3A: Grades: 2 - 4); (3B: Grades 4 - 6)**

What is that thing crawling up your back? What do butterflies eat? What is making those strange noises on warm summer nights? Investigate the mysterious lives of beetles, butterflies, crickets, bees and more! Swing nets, build and set traps, create an insect zoo, experiment and discover many interesting facts about insects while observing these amazing creatures close up and personal!

Instructor: Jerry Dievendorf

S8 Rockets, Riddles and Ridiculousness!**Sessions: 1, 2B, 3 (1: Grades 3 – 6);(2B & 3: Grades 5 – 8)**

Like rockets? In this hands-on, super-fun course, we will be making rockets as we learn how they work. All the while, we will improve our problem-solving skills with riddles, and there definitely will be ridiculousness! Parents can be assured that we will follow Estes safety guidelines with our many types of rockets.

Instructor: Peter Hoffman

S9 Heldeberg Astronomy**Session: 2A Grades: 5 - 8**

Explore the universe around us! Walk a virtual solar system, chart sun spots and make a visit to the Suits-Bueche Planetarium in Schenectady. We will learn how to observe and identify celestial bodies, as well as how to safely observe the sun. Then, we'll put these new skills to use as we observe the night sky during a first rate Star Party! We will also listen to Native American sky lore, and perhaps even write some of our own!

Instructor: Laura Galvik

S10 Birding by sight and sound**Session: 2A Grades: 4 - 6**

Learn to recognize the birds found in our area by visual clues as well as their songs and flight patterns. See live birds of prey including hawks and owls, up close and personal. Each student will receive a bird identification book and will leave with better understanding and appreciation of our feathered friends.

Instructor Fred Realbuto

S11 Science Fun**Sessions 1B and 2A Grades 2 - 3**

Explore the ecosystems of forests, ponds and swamps. Learn to identify animals from their tracks. Find salamanders, snakes, frogs, and insects. Work as a scientist and collect data for The Lost Ladybug Project. Conduct experiments to get a better understanding of how nature works. Act out the Life Cycle Drama play. Join us and have fun while exploring the wonders of nature.

Instructor: Anne O'Flaherty

S12 Discover Animals**Sessions: 1B, 2B Grades: 2 & 3**

Where do animals live and why? Explore the forest, examine the pond, and watch the sky. Identify birds, butterflies, salamanders, and frogs. Build a birdfeeder, start your own butterfly garden! Determine why animals eat particular foods. Discover easy ways that you can help the environment. Come have fun with us!

Instructor Jen Phillips

Art 2009
Chairperson: Eileen LaBarge

A1 Art Around the World**Session: 1 Grades: 4 - 6**

Your world is a fun place to explore - and even more so with art! In this class, we'll have fun learning and creating art from different cultures around the world. We'll work with clay, paint and muslin to create sculptures, jewelry, paintings, masks and more!

Instructor: Krista Gillis

A2 Clay Sculpture**Session: 1A Grades: 5 & up**

In this class students will learn how to plan out and create their own clay sculpture. The type of clay we will be using will not dry out and will allow students to have fun and learn exciting techniques that will last a lifetime. Sculptures will be fired at low temperature and painted. Come have some fun creating from your imagination!

Instructor: Eileen LaBarge

A3 Brazing, Welding & Wire Sculpture**Session: 1 Grades: 6 & up**

In this class you will learn how to plan out two-dimensional and three-dimensional steel wire sculptures, then bring them to life using a form of welding called Brazing! You will learn how to use a variety of tools and learn brazing techniques. Create anything from animals to architecture!

Instructor: Deborah Chesser

A4 Creative Drawing from Imagination**Sessions: 1, 3 Grades: 5 & up**

Come and see what is so exciting about the sights and scenery around us, and learn how to turn it all into wonderful, imaginative pieces of art! We will explore and go wild drawing from life, then add touches from our own imaginations. We'll create worlds on paper using the nature we see, then add dragons, fairies, lions and more to bring our sketchbooks alive! Pencil and color will be used in this class. Returning students to the 3rd session class will be offered additional projects.

Instructor: Susan Kalia

A5 Wire Work Jewelry**Session: 1A Grades: 4 & up**

Create unique pieces of wearable art. In this course, we will explore the versatility of non-ferrous wire and simple hand tools. We will create beautiful pieces of wearable art that will amaze your friends and family. No one will believe you made it yourself! We will work hard in this class, but we will have fun!

Instructor: Sarah Ritchie

A6 Wire in the Medieval World**Session: 1B Grades: 4 & up**

Take a trip to the Renaissance Age and study different weaves and constructions of chain maille. Learn about the art and craft of making armor and how it is used today. We will make jewelry and decorative items - become a Lord or Lady!

Instructor: Sarah Ritchie

A7 Clay, Hand Building & the Wheel**Session: 2 Grades: 5 & up**

Come learn the many different techniques used with clay, such as throwing, slab pinch and coiling. Finished pieces will be fired in a rustic saw dust kiln. Beginners and return students welcome! We'll make many different things in this class, and we'll have a lot of fun too!

Instructor: Terry Faul

A8 Hand Building Fun!**Session: 3****Grades: 2 - 5**

Anything can be made with clay! Have you ever thought about making a book, a suitcase or a tree out of clay? In this class you will be able to do just that, and more! Come discover what is so amazing about this material, then let your imagination go wild!

Instructor: Terry Faul

A9 Introduction to Photography**Session: 1****Grades: 3 - 5**

In this class we will learn the basics of photography while exploring the land around us. We will visit the archery field, the pond and the garden on a search for photographs to use on t-shirts and put in journals that we create. We will use disposable cameras, a digital camera and learn a bit about the 35 mm. camera. Come have fun exploring the endless possibilities photography has to offer!

Instructor: Heidi Johnson

A10 Author! Author!**Session: 2A****Grades: 2 - 5**

You've read plenty of books. Now it's time to write, illustrate, and construct your own! Let your imagination run wild! You can create accordion, funny face, palm leaf, petal, and shape books, among others. Make your own bookmarks and bookplates. Have a blast creating your own stories, poems, jokes and riddles!

Instructor: Jackie Moylan

A11 Multicultural Creations**Sessions: 2B, 3B****Grades: 3 - 5**

Come and explore different parts of the world without having to get a passport! We will make colorful molas from Latin America, Puerto Rican coqui frogs, and lovely African bracelets. Also, create British Christmas crackers, Chinese dragons, and "worry dolls" from Guatemala. We will also try our luck with hand-lettering our initials in old Celtic! Students in this class should be comfortable using scissors.

Instructor: Jackie Moylan

A12 Learn to Crochet**Session: 3A****Grades: 4 & up**

No matter the weather, crochet is always hot! Learn basic stitches and how to follow a simple pattern. Become familiar with crochet lingo and explore some of the many great yarns available. By the end of the week, you will have crocheted your very own scarf! Watch out! All of your friends will be asking you to make one for them too!

Instructor: Jackie Moylan

A13 Clay, Clay & More Clay**Session: 1****Grades: 2 - 5**

Get your hands dirty with a natural material that is fun to explore and easy to create with. We'll explore different hand building methods with clay while creating animals, puzzle boxes, nature print chimes, bowls and so much more! Projects will be kiln fired and hand painted!

Instructor: Colleen Skiff

A14 Oriental Brush Painting**Session: 2A****Grades: 4 & up**

Using ink, you can capture the essence of a subject with a few calligraphy strokes, just as the Japanese and Chinese do. It is all natural, flowing and fun! We'll use watercolor and fabric dyes to decorate an item of clothing and also make one-of-a-kind kites!

Instructor: Colleen Skiff

A15 Wire Workings: Whimsical, Wild, Wearable**Session: 2B****Grades: 4 & up**

In this course we'll twist, bend and shape all types, sizes and colors of wire into fun sculptures, mobiles, creatures, jewelry and more! It is quick and easy to get great sturdy results with wire. We'll also combine wire with other materials – cork, wood, cloth, cardboard, paper, beads, model magic and paris craft to make almost anything you could imagine – from castles to dragons, and everything in between. Great for kids of all ages!

Instructor: Colleen Skiff

A16 Photography & the Land**Session: 3****Grades: 5 & up**

Come explore the Land with a new eye, the lens of your camera! We will spend our time documenting the natural world around us. We will use pinhole cameras, sun development, photo transfer and film cameras. We will then transform the images we gather into an all new form of art by creating collages, accordion and flip books. So, come join us and have some fun!

Instructor: Emily Kriss

A17 Fun with Architecture!**Session: 2A****Grades: 5 & up**

Learn about architecture and how to build your very own structure! Students will draw out their own designs after learning measuring, scaling, and how to use fun drawing tools. Floor plans and illustrations of the exterior and interior views will be made in preparation for your very own model construction. So come join us and have some fun expressing your imagination and exciting ideas!

Instructor: Terry Way

A18 Cartooning**Sessions: 1A, 1B(1A: Grades 2 - 4); (1B: Grades 4 & up)**

Attention fans of comic books, cartoons and comic strips! Explore the art of cartooning. Human animation will be emphasized, including facial expression, body movement and setting. Learn to create original story lines and scripts. The class will "publish" a collective comic book.

Instructor: John Vandenberg

A19 Heros & Villains Comic Book Class**Session: 2****Grades: 3 – 6**

This is the perfect class for any artist who enjoys comic books! Invent your own Heroes and Villains. Discover how to draw using an expressive gesture line, then produce your own story line and illustrate your very own comic. This class takes your cartooning to the next level!

Instructor: John Vandenberg

A20 Make Your Mark – Printmaking**Session: 3A****Grades: 3 - 6**

Stamp Making! Screen Printing! Plaster Block Printing! And More! You can learn some fun and fast printmaking techniques to make cards, a T-shirt and a whole portfolio of art prints. We'll use almost everything around us to make shapes that you can print with, on anything you like!

Instructor: John Vandenberg

A21 Drawing & Painting**Session: 3B****Grades: 3 - 6**

Capture an immediate response on paper to your daily Heldeberg Workshop world of woods, waterfalls, fields and mountains. Using oil pencil, pastels and acrylics, you'll learn how to think, see and paint like the Impressionists or the Abstractionists. You will also learn about light, shadow and values, to make dramatic statements as well as colorful ones. But what's important is that you enjoy expressing your feelings about the world around you!

Instructor: John Vandenberg

A22 Blacksmithing**Session: 2A, 2B****Grades: 6 & up**

Come join us and learn this exciting craft with an experienced Fine Artist and Blacksmith! Beginners and experienced students welcome. In this class, you will explore the many techniques of Blacksmithing while using hand forged tools, anvils and a coal forge. Students will go home with wonderful pieces at the end of the week! Please wear long sleeved shirts and long pants.

Instructor: Sarah Ritchie

Folk Arts 2009**Chairperson: Karin Demis****F1 Woodcarving****Session: 1A, 1B****Grades: 5 - 8**

Ramble the woods, learn about some of our native trees...then learn the basic of woodcarving using the found wood. Students will finish their own folk art carving. There will be strong emphasis on safety and proper handling of sharp tools.

Instructor: Dick Brooks

F2 Dance Around the World**Session: 2B****Grades: 3 - 6**

Each day of the week we'll learn 3 or 4 dances from a different continent. In North America we'll learn the Virginia Reel and a Shinnecock dance, then travel across the ocean to learn dances from about a dozen different countries in Europe, Asia and Africa. We'll also locate each country on the map, and learn about national flags, costumes and customs. So take advantage of this opportunity to travel around the world in just one week!

Instructor: Nancy Peterson

F3 Yoga**Sessions: 1B, 2B****Grades: 2 - 4**

Yoga is a great way to nurture a healthy body, a balanced mind and a free spirit. You will have fun stretching your muscles and learning yoga postures in a beautiful nature setting. Music, crafts, readings, games and walking meditations will be included as you discover the joys of yoga. Please wear comfortable clothing

Instructor: 1B - Beth Dawson; 2B- Bonnie Koshofer

F4 French and Indian War**Session: 1A****Grades: 5 & up**

250 years ago, the sound of cannons, muskets and Indian war whoops rang throughout upstate New York. Travel back through time in this class, which is taught by period re-enactors. Drill with wooden muskets, hear and learn period music, and play games popular in the 1750's.

Instructors: Bill Frueh and guests from the 13th Albany Co. Militia

F5 Revolutionary War**Session: 1B****Grades: 5 & up**

Step back in time and experience the lives of soldiers and civilians during the period of America's fight for Independence. Fife and Drum roll calls, tents, songs, games and a sample of true 18th century style entertainment is what's in store for you! You'll try a bit of colonial cooking, create a craft, discover how music served as a communication device for both armies and meet some characters that look like they just stepped out of your history book!

Instructors: Bill Frueh and guests

F6 Civil War**Session: 3A****Grades: 5 & up**

Step back in time and experience the lives of soldiers and civilians during the period of America's Civil War. Fife and Drum roll calls, songs, games and a sample of true 19th century style entertainment is what's in store for you! You'll learn some military drill, learn to play a harmonica, learn to play baseball as it was played in 1858 and meet some characters who look like they just stepped out of your history book.

Instructors: Bill Frueh and guests

F7 Weaving Studio**Sessions: 1, 2****Grades: 4 & up**

Learn weaving basics, textile designs and loom mechanics. Experiment with color, texture, fibers and weave structures. You will set up a warp on a four-harness table loom and create your own special weaving using fibers and colors of your choice. You are welcome to try a second project of your own design. Any student who has previously taken a weaving class will be given a review of the basics and may then go on to explore new weave structures.

Instructor: Karin Demis

F8 Spin & Dye & Weave**Session: 3****Grades: 4 & up**

Let's start with a wool fleece and prepare it for spinning on drop spindles and spinning wheels. Wool that you have spun can be colored with dyes that you make from natural materials. Set up and weave your wool on a 4-harness loom. Students that have previously taken Spin & Dye or Weaving can design their own projects.

Instructor: Karin Demis

F9 Dolls and Daydreams**Session: 1A****Grades: 3 - 5**

Let's start by making a simple felt doll - we'll learn some basic sewing skills along the way. Then, daydreams come into play! We'll dress our dolls in hand-made clothes, each in keeping with his or her own personality. We'll roam the land, searching for trims and decorations, and we'll provide some additional trinkets as well. Then, if time permits, we'll each create a second doll. This one could take on a different form and be made of cornhusks, fabric, a sock - whatever your daydream dictates!

Instructor: CarolLynn Langley

F10 Chess**Session: 3****Grades: 5 & up**

Join our experienced chess mentors as you develop your skills and strategies for two exciting weeks! Spend the first week reviewing the official rules, examples of traditional openings, simple combinations, opening strategy and basic endgames. Play your classmates and instructors, each day sharpening your skills for the second week mini-tournament, and maybe more, depending on student experience! We'll have an end-of-class competition, with trophy award!

Younger students with some experience are very welcome!

Instructors: Ken Evans & William Little

F11 Blacksmithing**Sessions: 1A, 1B: Beginning****3A, 3B: Beginning & Advanced Grades: 7 & up**

Using hand-operated blacksmithing tools, you will work on an anvil in a coal forge and create your own project! Learn about the lives of early blacksmiths and the history and importance of their craft. Work boots, long sleeved shirts and long pants are required.

Instructor: Noah Khoury

F12 Eastern Woodland Indians**Session: 2B****Grades: 4 & up**

How did the Iroquois live? Join us for a weeklong adventure in the woods and find out. Spend time at our version of a traditional long house. Take walks in the woods to identify plants, animals, footprints and feathers. Gather natural items to decorate a "talking stick". Make a cornhusk doll. Hear stories and songs.

Instructor: "Standing Woman" (Dawn Marczak)

F13 Indians of the Plains, Prairies and Grasslands**Session: 3B****Grades: 4 & up**

How did the Sioux live? Join us for a week of learning about these nomadic buffalo hunters and how they survived. Spend time in our Cheyenne tipi. Learn about their ceremonies. Build a Medicine Wheel. Take nature walks to observe wildlife and identify plants and animals. Gather natural objects to decorate a "Talking stick". Hear stories and songs.

Instructor: "Standing Woman" (Dawn Marczak)

F14 Unbearable Fun**Session: 1****Grades: 4 & up**

Spend two fun-filled weeks stitching a huggable bear to add to your bear "family". We will make your new teddy a vest and quilt. Our teddy bear family will enjoy some "bear" food, including some delicious "Forage Porridge".

Instructor: Linda O'Connor

F15 Doll Making**Session: 2****Grades: 4 & up**

For all girls, young and old, hand stitching a doll is very special! Join us for a fun-filled two weeks of sewing some special new 'friends' to love and collect. There will be patterns and supplies for more advanced doll makers as well. Whether a beginner or a long time stitcher, you will find plenty to do!

Instructor: Linda O'Connor

F16 Kite Building**Session: 2A****Grades: 3 - 6**

Come soar with us on a soft breeze or a steady wind - building a kite is just the beginning! Learn how and why it flies, swoops and rises. Explore the many styles of kites and how they have been used throughout history. Create streamers, a colorful windsock (inspired by the beauty of the Workshop land) and your own kite from scratch. Join us for this introduction to basic aerodynamics.

Instructor: Katie Hahn

F17 Tinsmithing**Session: 1A****Grades: 6 & up**

Explore the history and art of tinsmithing. As students become more familiar with authentic tools and methods we will create historic reproductions such as wall sconces and candlestick holders. Safety and proper use of sharp tools will be emphasized.

Instructor: Art Thorman

F18 Maskmaking**Session: 1B****Grades: 3 - 6**

Masks.... faces of mystery and magic. Have you ever seen a mosaic mask from Mexico, a wooden mask from Africa or a colorfully patterned mask from Guatemala? We will use paper mache, paint and natural materials to create our own unique masks, which can be worn. (We may even try some miniature masks!)

Instructor: Trisha Zigrosser

F19 Calligraphy**Session: 3A****Grades: 4 - 8**

Are you curious? Give the ancient art of calligraphy a try! Some of the earliest examples of this very fancy writing were on papyrus and lambskin, and included swords, dragons and mazelike designs. Using pen and watercolor techniques, you'll experiment with writing styles from the Middle Ages, combining plant and animal forms, twining serpents and mythological creatures with ideas from the Land.

Instructor: Trisha Zigrosser

F20 Sewing Felt Dolls**Session: 3A****Grades: 3 - 6**

Learn the basics of hand sewing as you create an adorable felt doll. Embroider a face, add yarn hair and design clothes using trim and buttons. If time allows, use your sewing skills to make a whole doll family!

Instructor: Kathy Zimmerman

Performing Arts 2009**Chairperson: Joe Hetko****T1 Basic Guitar****Session: 1****Grades: 5 - 8**

In this class we learn how to make music on the coolest of all instruments - the guitar! We play basic chords, learn to read various kinds of notation and make music individually and as a group.

Instructor: Joe Hetko

T3 Journalism**Session: 2A****Grades: 6 - 8**

Become a reporter for Heldeberg's hottest newsletter! Learn how to write fun and exciting articles about the classes offered by the Heldeberg Workshop and capture all the action with words and photographs. All skill levels welcome. Basic interview skills, article and newsletter format will be covered. A field trip to the Altamont Enterprise is anticipated so you can watch your hard work become reality!

Instructor: Tara Parks

T4 Dulcimer Sweet and Simple**Session: 3****Grades: 4 - 7**

The Mountain Dulcimer is a truly American folk instrument, and is as much at home here in the Heldebergs as in the southern Appalachians of its origin. Its range of sound, from bubbly happy to hauntingly beautiful, can be produced quickly and easily by the most inexperienced player, yet can offer a lifetime of pleasure as its depths are explored. Build a dulcimer from a kit, decorate it to make it uniquely yours and then begin your dulcimer journey. Like our instructor, you may find yourself charmed by its magic from the very first time you hold it in your lap and strum.

Instructor: CarolLynn Langley

T5 "Flying Circus": Circus Arts & Flying Disc Skills**Sessions: 3A, 3B****Grades: 6 - 8**

We will split our time between juggling, unicycling and Frisbee skills. We will learn to juggle three balls, two balls in one hand, easy juggling tricks, and even try four and five ball juggling! We will work on unicycling, both supported by classmates and trying to ride unsupported. Learn plain and fancy Frisbee throws and catches, and play Ultimate, Disc Golf, Flutterguts and other flying disc games.

Instructor: Steve Relles

T6 Scenery for the Theater

Session: 2B

Grades: 7 - 12

Explore the fascinating world of stage scenery through designing, construction and painting. We'll experiment with a variety of materials, creating models and full pieces to "set the stage." Independent projects will be discussed.

Instructor: Bill Morrison

T7 Live from the Heldebergs

Session: 3B

Grades: 7 - 12

After last summer's exciting comedy workshop, "Live from the Heldebergs" will return for 2 weeks of comedy writing, improvisation and sketch creation. The workshop will conclude with a live performance of the students' written work.

Instructor: Carolyn Martone

T8 Pirate Pandemonium

Session: 1B

Grades: 3 - 8

Avast, me hearties! Prepare to hoist anchor and set sail for exotic ports. We will learn pirate lore and history. Sing sea shanties. Make pirate flags and treasure maps. Create treasure chests and miniature ships. Perchance, dig for treasure, says I? But we'll not stand for mutiny, or it's the Black Spot for ye!

Instructor: Scott Payne

T9 Marvelous Marionettes

Session: 2

Grades: 3 - 8

Create your own amazing stringed marionette puppet. We will also write and present our own original play at the end of the second week.

Instructor: Scott Payne

T10 Wizard's Workshop

Session: 3

Grades: 3 - 8

Have you ever pretended to be Harry Potter or Hermione? Imagine what it would be like to go to Wizard's school! Spell casting, magical charms, and mythical beast will all be part of your creative crash course in theatrical conjuring. Apprentices will construct a wizard's wardrobe, magical apparatus and other accessories of abracadabra. The emphasis will be on creative play and imagination, with a few magic tricks mixed in for good measure!

Instructor: Scott Payne

T11 Theater in the Heldebergs

Session: 3

Grades: 4 - 8

Actors, actresses, musicians, crew-hands - put on your creative energies to work as we collaborate on the writing and production of the 2008 premier of "Theater in the Heldebergs"!

Instructor: Mary Liz Stewart

High Adventure 2009 Chairperson: Kris Barber

H1 Spelunking (Additional \$25.00 transportation fee to site)

Sessions: 1B, 2A Grades: 6 & up

Go underground! Crawl, squeeze and meander through the limestone caves and karst formations of the Heldeberg Plateau. Students will receive instruction in basic equipment and learn the essentials of spelunking techniques and cave conservation.

Instructor: 1B & 2A - Mike Nardacci

H2 My Side of the Mountain

Sessions: 1A, 1B

Grades: 4 - 6

My Side of the Mountain, by Jean Craighead George, is an adventure story of self-reliance and the ability to adapt to the environment. Like the main character, Sam Gribbley, students in this class will learn basic skills to use the land to survive. Students will build a survival structure, cook over a fire, hike with a map and compass and identify wildlife. Students will keep a journal of their experiences. Students should become familiar with the popular story to fully enjoy the class.

Instructor: John Bidell

H3 Gone Fishing

Session: 1

Grades: 6 & up

Students learn to tie their own flies for bass and pan fish. Casting sessions are also held each day. The last two days of class are held on the water, where students are given the opportunity to catch fish on their own creations. This class is a great introduction to fly tying and fly-fishing. Many students have continued in the sport and are now catching fish in warm, cold and saltwater.

Instructor: Jay "Fishy" Fullum

H4 Rock Climbing (Additional \$25.00 transportation fee)

Sessions: 1A, 2A, 2B, 3A

Grades: 6 & up

Have you ever wanted to climb a sheer rock face? Swing from a rope, kept on belay, 30 feet off the ground? Tackle the tallest indoor rock-climbing wall in Upstate New York? Then this is the class you have been dreaming of! Join the Workshop as we travel to the Electric City Rock Gym for lessons in one of the newest extreme sports. These indoor rock climbing classes are a fun and safe way to experience rock climbing at its fullest! Also great for building self-esteem, confidence, conquering fears and learning to problem solve.

Instructor: Andy Gilpin

H6 Archery

Sessions: 1A, 1B, 2A, 2B, 3A, 3B Grades: 6 & up

From Robin Hood to William Tell to the Indians of North America, the sport of bow and arrow has been a builder of confidence, a test of skill and a tool for survival. Join us in developing the coordination, self-control and discipline that makes field target archery an exciting and safe outdoor challenge.

Instructors: 2A - Mike Leonard; 1A, 1B, 2B, 3A, 3B - Kevin McFerran

H7 Canoeing (Additional \$25.00 transportation fee to site)

Session: 1

Grades: 6 & up

Basic paddling strokes and safety will be taught at a nearby lake. Other topics to be covered include canoe and equipment selection, canoe camping, choosing places to go and rescue techniques. All aspects of this course are designed to make your canoeing trips safe and pleasant, and offer a great way to enjoy nature, whether you're out for a single day or a weeklong excursion. Students will receive Heldeberg certification for this course. Students must demonstrate swimming ability at the first class.

Instructor: Marilyn Pusatere

H8 Helde-Trekking

Sessions: 3A, 3B

Grades: 3 & 4

Hike the Heldeberg Workshop! Spend your week hiking and exploring the fields, woods and pond areas of the Workshop. Learn some basic safety and survival skills, such as building a campfire, making a survival shelter, preparing a meal, using a compass and reading basic trail maps. You will need to wear comfortable hiking shoes or sneakers and pack rain gear, water bottle and snacks into a light daypack.

Instructor: David Wallingford

Please read this page carefully. A Parent/Guardian signature is required in **three (3) places**.

Lack of a signature could jeopardize your child's registration.

Return to: **The Heldeberg Workshop, P.O. Box 323, Voorheesville, NY 12186-0323**

GENERAL PERMISSION: My child has permission to participate in all activities of the program of the 2009 Heldeberg Workshop Summer Session. I also give me permission for my child to participate in class field trips requiring transportation away from the Workshop property. I give permission to the Heldeberg Workshop to administer First Aid and to use pictures of my child taken at Workshop activities. I understand that the Summer Chairperson reserves the right to withdraw any student who is disruptive in class or on the bus, and that *no refund will be made in such cases*.

(1) PARENT/GUARDIAN _____ DATE _____

*The general permission **MUST BE SIGNED** to ensure registration processing!*

Child's Name: _____

During Workshop hours Mother can be reached at: _____

Father can be reached at: _____

In case of emergency and parents cannot be reached, call:

Parent Designate: _____ Phone: _____

Pediatrician: _____ Phone: _____

Dentist: _____ Phone: _____

Hospital Preference: _____

Privacy Notification

Because the form below asks for personal information, the Personal Privacy Protection Law requires that you be given this notice.

Information requested on this form is pursuant to Public Health Law 225, 7-28. Information is needed to alert Workshop administration of special medical needs of the student population. It will be treated as confidential medical information, and will be given to appropriate medical service providers in case of emergency. This form will be on file with the Workshop medical director, at our workshop location (518) 765-2777.

Failure to provide this information will result in the student not being allowed to attend.

ATTACH IMMUNIZATION RECORDS FROM YOUR PHYSICIAN OR SCHOOL NURSE - RECORDS MUST BE CURRENT, COMPLETE AND SIGNED BY A PHYSICIAN PLEASE READ THE FOLLOWING STATEMENT AND SIGN BELOW

Safety is a priority for the Workshop. We need the most complete and accurate information that you can provide, for the protection of our child and all children attending the Workshop. Students at the Workshop are expected to participate in reasonably strenuous activities which may include hiking, climbing, canoeing and running in our outdoor setting. Please consider this when deciding if your child has any health concerns we should be aware of e.g. allergies, chronic disease, or special needs.

CONCERN: _____

NEED FOR MEDICATION DURING WORKSHOP HOURS? Medication is: _____

(Parents must supply the medication with permission notes from Doctor and Parent)

(2) Parent/Guardian Signature _____

MUST BE SIGNED

Every Workshop class, in order to be successful, needs the active cooperation of every student. The Workshop expects that every student will follow class rules established by the teacher. Disruptive behaviors prevent other students from learning and enjoying their time at the Workshop; they may also present a health and safety risk.

A student, whose behavior interferes with his/her learning, or that of other students, will be referred to the counselor. The counselor will help the child develop a behavior plan in order to return to class. If the counselor and/or director determines that the child's behavior is a health or safety risk, the child will not be returned to the class for the remainder of the day and parents will be contacted. Serious health and safety issues or repetitive disruptive behavior will result in the child being removed from the program. Parents will be contacted by phone to come and pick up their child.

Please discuss behavior expectations with your child prior to the start of the Workshop program. The Workshop wants every child to have a positive productive experience at our programs.

(3) Parent/Guardian Signature _____

MUST BE SIGNED

SCHOLARSHIPS

Each year the Workshop offers over \$10,000 in scholarships. We feel it is important for any child who wants to attend the Workshop to be offered the opportunity. Requests for scholarships should be submitted in writing to the Heldeberg Workshop Scholarship Committee and mailed to PO Box 323 Voorheesville, NY 12186-0323. Include the name of the class and the session that you wish your child to attend. The decision of the Scholarship Committee is final, and will be sent to the family as soon as possible.

Transportation Information

The Workshop provides bus service from the locations below. Bus space is limited; spaces are filled in order of applications received. To register for bus service, fill out the Bus information on the application. Students will be picked up and dropped off only at designated stops and only to a waiting adult. Please use good judgment in deciding whether to send young children on the bus, especially if they will not be accompanied by an older sibling.

If the adult designated to meet the child at the stop is not present, the bus will return with the child to the Voorheesville Elementary School. Please make arrangements to be on time for both pick up and drop off.

Fees are \$25.00 per child per one week session. A two week class will be \$50.00 per child

Delmar Route (Includes Albany & Bethlehem)

- D1 – St. Catherine’s School 8:00 AM 12:50 PM
- D2 – Bethlehem Middle School 8:20 AM 12:30 PM
- D3 – Hamagrel Elementary School 8:30 AM 12:20 PM

Guilderland Route

- G1 – Lynnwood Elementary School 7:50 AM 12:25 PM
- G2 – Farnsworth Middle School 8:10 AM 12:40 PM
- G3 – Westmere Elementary School 8:25 AM 12:50 PM

Voorheesville Route (Includes Niskayuna & Slingerlands)

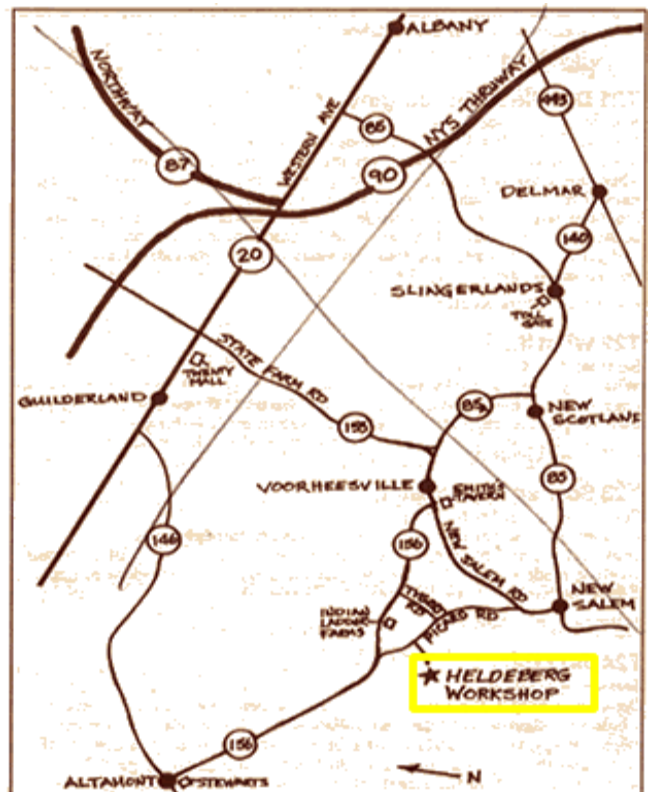
- V1 – Bowlers Club in Niskayuna 7:50 AM 1:00 PM
- V2 – Slingerlands Grade School 8:20 AM 12:30 PM
- V3 – Voorheesville 8:40 AM 12:10 PM

COST OF CLASSES:

All two week classes (sessions 1, 2, & 3) are \$250.00 All one week classes (sessions 1A, 1B, 2A, 2B, 3A & 3B) are \$125.00

PAYMENT IN FULL MUST ACCOMPANY THIS

APPLICATION. Once the application has been accepted and processed \$50 will be non-refundable. Written withdrawals, postmarked by June 1st, will be refunded except for the \$50 deposit. No refunds will be made after June 1st.



HEALTH FORMS MUST ACCOMPANY APPLICATION: Health records must include the date of all immunizations and any special medical concerns. Forms from your doctor’s office OR a copy of the *school health record* are acceptable as long as the records are current and complete.

Applications without health forms will be returned UNPROCESSED!

Changes in registration must be sent to Heldeberg Workshop, PO Box 323, Voorheesville, NY 12186-0323 or emailed to registrar@heldebergworkshop.org.

Please call (518) 765-2777 to leave a message. After July 13th the Land phone will be answered weekdays, from 9AM till Noon, by the Workshop Office.

Adult Classes - Start April 18th and run throughout the summer.

Free Family Programs – July 16th: Animals of the Night & July 23rd: Dr. Seuss' classic book: *The Lorax*

Register at: www.heldebergworkshop.org