



HELDEBERG WORKSHOP

AN ADVENTURE IN LEARNING

Jean Pauley, Founder

Picard Road

Town of New Scotland

518 765 2777

www.heldebergworkshop.org

SUMMER PROGRAM 2010 – Our 50th Year

(9 AM - NOON)

First Session: July 12 - July 23

(Open House July 22, 6 - 8 PM)

1A: July 12 - 16 (Open House July 15, 6 - 8 PM)

1B: July 19 - 23 (Open House July 22, 6 - 8 PM)

Second Session: July 26 - August 6

(Open House August 5, 6 - 8 PM)

2A: July 26 – 30 (Open House July 29, 6 - 8 PM)

2B: August 2 – 6 (Open House August 5, 6 - 8 PM)

Third Session: August 9 - August 20

(Open House August 9, 6 – 8 PM)

3A: August 9 - 13 (Open House August 12, 6 - 8 PM)

3B: August 16 - 20 (Open House August 19, 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 1 week – \$100.00, 2 week – \$200.00)

Discoverland 2010
Chairperson: Rachel Empie
Grades: K – 2

D1 Outdoor Fun Science Laboratory

Sessions: 1B, 2A, 2B, 3A, 3B **Grades: K - 2**

Experience the “Science Outdoor Laboratory” in the enchanted landscape of the Heldeberg Mountains! Come along and observe, touch, and investigate all of the wondrous outdoor plant life and beautiful creatures that can be found on our Land. Enjoy a great snack while observing and listening to nature. Join our great exploratory walks and hands-on activities as you learn in our “Outdoor Science Laboratory!”

Instructors: 1B, 2A - Jen Phillips; 2B, 3A, 3B – Corinna Pelkey

D2 Amazing Arts and Exploration

Sessions: 1A, 2A, 2B, 3A, 3B **Grades: K - 2**

Come to create, explore, learn ... and most importantly, be an artist! Here we will work with many art materials: watercolors, paints, crayons, markers and much more. You'll draw your favorite outdoor animals, inspired by all the beauty of the Land: the thick forests, the streams, the pond with its big frogs and dragonflies!!! Painting, drawing, watercolors, creating mobiles - we do it all in “Amazing Arts and Exploration”.

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

D3 Nature's Clubhouse

Sessions: 1A, 1B, 2A **Grades: K - 2**

In “Nature's Clubhouse” this summer, we will create a “playroom”; we'll have fun gathering nature's treasures for this room! We will design a nature T-shirt to wear, find and decorate our own hiking sticks and prepare yummy nature treats. We will conduct nature experiments and have scavenger hunts. We will investigate the pond, catch frogs, walk up streambeds and collect fossils. We will also find Chipster the Chipmunk, Gentle Giant, Little Red the Salamander, and the ghost! Come join in the fun!

Instructor: Chris Cronin

D4 Magical Music & More!

Sessions: 1A, 1B, 2B **Grades: K - 2**

In this class we will explore and learn about a land which is filled with amazing creatures and sounds! We'll search for materials to build our very own nature-inspired instruments! We'll create our own songs, too, and use our new instruments to perform for friends and family! We'll play cool musical games! See you in “Magical Music”!!

Instructors: 1A & 1B - Helene Reunion; 2B – Lindsey Coons

D6 Storybook Players

Sessions: 1 & 3 **Grades: K – 2**

Storybook players make magic happen, through fun and exciting stories, crafts and acting. Using our imagination, anything can happen! Become a frog, warthog, or even a butterfly! The class will pick their favorite story and transform it into a play. Children create props, paint masks and perform their favorite story for all their friends and family. Become an actor in Storybook Players on the Apple Tree stage!

Instructor: Cindy Dolan

D7 Walk a Native American Path

Sessions: 2B, 3A, 3B **Grades: K - 2**

This class is filled with all things Native American - you'll even give yourself a unique Native American name! We'll make talking sticks, dream catchers and much more! We'll play exciting Native American games and explore the forest, pond and streams of the Helderberg Mountains – a place where the Native Americans once lived. We have a full-sized tipi, which we will use for reading books, eating snacks and just having fun! Come and join in on all the excitement!!

Instructors: 2B & 3A – Kristen Wells; 3B – Rachel Empie

Preschool

Sessions: ALL **Ages: 3 - 5**

Do you like nature, crafts, playing games and having fun? Then join the wonderful world of preschool! We'll do great projects, play games, and spend lots of time investigating the many interesting things found on land.

Heldeberg's preschool class is offered only to children of teachers and volunteers. Please include **health records for your child** with your application. The cost is \$25 per week. Instructor: Libby Pittman

Science 2010

Chairperson: Jerry Dievendorf

S1 Bugs and Slugs

Sessions: 2A & 2B **Grades: 2A: 2 - 4; 2B: 4 - 6**

What is that thing crawling up your back? What do butterflies eat? What is making those strange noises in the bushes? Investigate the mysterious lives of beetles, butterflies, crickets, bees and other things that bug you! We'll swing nets, build and set traps, manage an insect zoo, experiment and discover many interesting facts about insects while observing these amazing creatures close up and personal!

Instructor: Jerry Dievendorf

S2 Science Fun

Sessions: 1A, 1B, 3A, 3B **Grades: 2 & 3**

Do you know why certain animals live where they do? Explore the forest with us, probe the pond and swamp, examine evidence of deer activity and learn how to find salamanders, snakes, frogs and insects. Recognize animals from their tracks. We'll conduct chemical tests of water and berries to make deductions about what certain animals eat and where they live. We will also examine stream beds to find fossils of ancient life and we'll try to guess what our environment might have been like in those earlier times. Come and have fun with us!!

Instructor: Diane Betzweiser

S3 Wee Beasties

Session: 3B **Grades: 3 & 4**

Have you ever wondered what earthlings looked like 3.5 billion years ago? Do you think it would be fun to be a *Microbe Detective* and use cool microscopes to help solve crimes? Would you like to extract DNA from strawberries, and get to eat them as well? Would you like to make yeast bread, and see the “wee beasties” that make it? If you answered “yes” to any of these questions, then this is the class for you!

Instructor: Dr. Dorothy Matthews

S4 Swamping

Sessions: 2B & 3B **Grades: 2 - 4**

Different plants and animals live in different parts of our swamp. We'll look for bugs, salamanders, fish and frogs, and learn to identify all the different kinds. I'll bring in turtles for us to study.

We'll spend the week discovering who lives in all that mud!

Instructor: Dee Strmisa

S5 Critter Patrol

Sessions: 1A, 1B, 2A **Grades: 1A: 2 – 4; 1B, 2A: 4 & up**

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 and puddles, under logs, in fields, trees – everywhere!

Instructor: Paul Doyle

S6 Fossil Hunting

Sessions: 2A & 3A

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, many others, as we talk about their significance.

Instructor: Kevin Duffy

S7 Birding by Sight and Sound

Sessions: 1A & 1B

Grades: 4 – 6

Learn to recognize the birds found in our area by using visual clues, their songs and their flight patterns. We'll see live birds of prey, including hawks and owls – up close and personal! Each student will receive a bird identification book and will leave this class with a better understanding and appreciation of our feathered friends.

Instructor: Fred Realbuto

S8 Discover Animals!

Sessions: 1B & 2B

Grades: 2 & 3

Where do animals live, and why do they live there? We'll explore the forest, examine the pond and watch the sky as we find and identify birds, butterflies, salamanders and frogs! We'll discover why animals eat particular foods. You'll also build a birdfeeder and start your own butterfly garden, and learn some easy ways to help the environment.

Instructor: Jen Phillips

S9 Fossil Hunting II

Session: 1A

Grades: 4 & up

This course is for elementary and middle school students who want to understand just what a fossil is, how fossils differ from other rocks, and why some plants and animals become fossilized but others do not! Students will learn "field work techniques", how to model the process of fossilization – and about the many kinds of fossils that can be found at the Workshop! They will start with excavation processes, and ultimately, use the found fossils to make inferences about our prehistoric past.

Instructor: George Pafumi

Art 2010

Chairperson: Eileen LaBarge

A1 Brazing, Welding & Wire Sculpture

Session: 1A

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

A2 Clay, Hand Building & the Wheel

Session: 2

Grades: 4 & 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

A3 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

A4 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

A5 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

A6 Oriental Brush Painting

Session: 2A

Grades: 4 - 6

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

A7 Wire Workings: Whimsical, Wild, Wearable

Session: 2B

Grades: 4 - 6

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

A8 Flora – a Nature Experience

Session: 1A

Grades: 4 & up

Students will explore the Land to find natural materials to create art! Journals, drawings, collages, wall hangings, weavings and more! will all be created from the various reeds and other flora that we find.

Instructor: Emily Kriss

A9 Fauna – a Nature Experience

Session: 1B

Grades: 4 & up

Students will explore animal life on the land through journaling, sketching, collage-making, plaster impressions of tracks and fossils, modeling with clay and more!

Instructor: Emily Kriss

A10 "Whispering Winds"

Session: 2

Grades: 5 & up

Whispering winds – art inspired by native cultures. Come explore this world! Projects will include designing talking sticks, dancing staffs, hoop drums, beadwork, and as well, creating some pottery, some weavings and sand painting. We will explore the world of eagles, and learn the native view of the sun, stars and moon.

Instructor: Emily Kriss

A11 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

A12 Fun with Architecture!**Session: 2A****Grades: 5 & up**

Learn about architecture and how to design and 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

A13 Cartooning**Sessions: 1A & 1B****Grades: 1A: 2 - 4; 1B: 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 Vandenbergh

A14 Heros & Villains Comic Book Class**Session: 2****Grades: 3 - 7**

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 Vandenbergh

A15 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 Vandenbergh

A16 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 Vandenbergh

A17 Alter That Book!**Session: 1****Grades: 4 & up**

Rip, tear, paint, stitch, cut, sand, punch, stamp and more!! Using a variety of fun techniques and different materials, we'll change old and boring books into reconstructed masterpieces in your own unique style. What a creative way to recycle ... and we may alter a few other things along the way!

Instructor: Deb Zimmerman

A18 Printmaking Homemade**Session: 2A****Grades: 2 - 4**

What do erasers, glue, Styrofoam and cardboard have in common? They all make creative and useful tools for printmaking. With a little elbow grease, turn these ordinary household items into beautiful prints. Dress for a mess!

Instructor: Krista Gillis

A19 Art About Me**Session: 2B****Grades 2 - 4**

For centuries, artists have been using themselves and their lives as the subject and inspiration for their artwork. Now it's your turn! In this multi-media class, use collage, printmaking, drawing, painting and a lot of imagination to make art about you!

Instructor: Krista Gillis

A20 Watercolor Wonders**Session: 3A****Grades 4 & up**

Immerse yourself in the wonderful world of watercolors! Learn watercolor techniques and practice on both creative and real-life subject matters. Use your skills to create art with "heart", take a trip under the sea and get up close and personal with the plants in our own backyard.

Instructor: Krista Gillis

Folk Arts 2010**Chairperson: Karin Demis****F1 Woodcarving****Sessions: 1A & 1B****Grades: 5 - 8**

Ramble the woods, learn about some of our native trees.... then learn the basics 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 Sewing Felt Dolls**Session: 1A****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

F3 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

F4 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 are 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

F5 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 are 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

F6 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

F7 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

F8 Beginning Blacksmithing**Sessions: 1A, 2A, 3A****Grades: 7 & up**

Using hand-operated blacksmithing tools, you will work on an anvil in a coal forge and create your own project! You'll learn about the lives of early blacksmiths and the history and importance of their craft.

Each class will go for a one-day working visit to an operating blacksmith shop! Work boots, long sleeved shirts and long pants are required.

Instructor: Noah Khoury

F9 Beginning & Advanced Blacksmithing**Sessions: 1B, 2B, 3B****Grades: 7 & up**

This class teaches basic blacksmithing to beginners, but allows advanced students to take the next step, introducing them to the world of industrial arts through the use of electric arc welding, gas welding and basic electric hand tools.

Each class will go for a one-day working visit to an operating blacksmith shop! Work boots, long-sleeved shirts and long pants are required.

Instructor: Noah Khoury

F10 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)

F11 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)

F12 Unbearable Fun**Session: 1****Grades: 4 & up**

Come one, come all ... it's time to stitch a cuddly new teddy bear, all your own. Sewing has never been so much fun! Along with your new teddy bear, many other projects are available to stitch and collect along the way. We'll test out "forage porridge" and make your new friend a little bear quilt. This class takes place in the teddy bear shed and is for beginners and intermediate sewers.

Instructor: Linda O'Connor

F13 Advanced Doll Making**Session: 2****Grades: 4 & up**

We will stitch a lovely selection of dolls, including a beautiful porcelain doll to add to your collection. Period clothing patterns will be used with various fabrics, ribbons, lace and buttons to complete the projects. It would be helpful to have completed Mini Quilts and Early American Rag Dolls class.

Instructor: Linda O'Connor

F14 Tinsmithing**Session: 1B****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

F15 Maskmaking**Session: 2A****Grades: 3 - 6**

Do you like your hands submerged in slime? It's a messy process, but the masks we create will be astounding! We'll use Heldeberg rocks as forms, then layer paper strips to produce masks that can be mysterious, funny, fanciful or even frightening. Masks will be painted and perhaps embellished with natural items we find on the Land. Ancient cultures will be our inspiration as we let our imaginations soar!

Instructor: Trisha Ziggrosser

F16 Quilling**Session: 1A****Grades: 4 & up**

Discover a really cool art form - welcome to paper quilling! It's the art of rolling and shaping strips of paper into lovely designs, and has been around since ancient Greek and Egyptian times. We'll create various quilling projects inspired by the wildflowers and beautiful colors of the Heldebergs.

Instructor: Nancy Hodder

F17 Kite Building**Session: 2A****Grades: 3 & up**

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

F18 Yoga**Session: 3B****Grades: 2 - 4**

Stretch your muscles under nature's canopy of leaves. In our yoga class we will learn the basic postures and relaxations of yoga. We will use music, reading, games and walking meditations to focus in a non-competitive environment. Please wear comfortable clothing.

Instructor: Bonnie Koshofer

Performing Arts 2010

Chairperson: Joe Hetko

T1 Theater in the Heldebergs**Session: 1****Grades: 4 - 8**

Actors, actresses, musicians, crew-hands - put all of 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

T2 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. Bring your own guitar!

Instructor: Joe Hetko

T3 Make & Play A Banjo

Session: 2

Grades: 5 - 8

If you enjoy working with your hands, and like to play music, you will love this class! You will be building your own banjo to your specifications, using time-tested folk techniques. We will also learn to play some tunes with them! Prior experience with woodworking or string instrument playing would be helpful, but is not necessary. We will have fun creating some very authentic old-time mountain music!

Instructor: Joe Hetko

T4 Funky Fairy Tales

Session: 3

Grades: 2 - 4

Forget Cinderella, and Snow White! We're off on some new adventures with some different stories and characters from far away places. Together we'll choose a story for our play. Using creative dramatics and improvisation, we'll write our own script. Then, we'll make our own scenery and costumes for our performance on the main stage.

Instructor: Shari Hoffman

T5 UFO'S: Frisbee Games and Juggling Fun!

Sessions: 2A & 2B

Grades: 6 - 8

Unlimited Flying Objects! Learn plain and fancy Frisbee throws and catches, and then play Ultimate, Disc Golf, Flutterguts and other disc games. We will learn to juggle three balls, two balls in one hand, easy juggling tricks and even try four and five-ball juggling and club juggling! We will also work on unicycling, both supported by classmates and trying to ride unsupported!

Instructor: Steve Relles

T6 Puppet Theater

Session: 3

Grades: 5 - 8

Want to create marionettes that are incredible works of art?! You'll build and decorate your own marionette puppets, then perform in the production of a classic tale. This class will work with tools, design costumes, paint faces and learn how to tell a great story! *Don't miss it!*

Instructor: John Koethen

T7 Live from the Heldebergs

Session: 3B

Grades: 7 - 12

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

Instructor: Carolyn Martone

High Adventure 2010

Chairperson: Kris Barber

H1 Spelunking

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: 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 Green Thumbs (Get Growing!)

Session: 1A

Grades: 4 - 6

Do you like to play in dirt? To grow things? Do you want to become a farmer in your own backyard? In this class, you'll learn how to grow tasty vegetables, and by the end of the week, you'll have all the beginning tools needed - for this year and years to come!

You'll learn how to get the soil ready for your vegetable plants and how "plant succession" will help you to harvest all season long! You'll learn to identify and control garden pests, and along the way, you'll understand the difference between organic and traditional gardening.

Each student will receive a free plant to start their own backyard gardening at home!

Instructor: Kimberly Sullivan

H5 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

H6 Canoeing

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

H7 Helde-Trekking

Sessions: 2B & 3A

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

2010 Application for Enrollment

Heldeberg Workshop, An Adventure in Learning
 PO Box 323, Voorheesville, NY 12186-0323
www.Heldebergworkshop.org

Parent/ Guardian _____
 (LAST NAME) (FIRST NAME) (RELATIONSHIP)

Street _____

City _____ State _____ Zip Code _____

Telephone: HOME: _____ WORK: _____ CELL: _____

CHILD'S NAME _____ GRADE NEXT YEAR _____ BUS _____

ENROLL BY CLASS LETTER AND NUMBER ONLY (Discoverland 1 week=\$100.00, 2 weeks = \$200.00)

| CHOICE | Session 1 (\$250.00) | Session 1A (\$125.00) | Session 1B (\$125.00) | Session 3 (\$250.00) | Session 2A (\$125.00) | Session 2B (\$125.00) | Session 3 (\$250.00) | Session 3A (\$125.00) | Session 3B (\$125.00) |
|--------|-------------------------|--------------------------|--------------------------|-------------------------|--------------------------|--------------------------|-------------------------|--------------------------|--------------------------|
| 1st | | | | | | | | | |
| 2nd | | | | | | | | | |
| 3rd | | | | | | | | | |
| 4th | | | | | | | | | |

VOLUNTEER SIGN UP

NAME SESSION PHONE BEST TIME TO CALL
 CHILD'S NAME _____ DATE OF BIRTH _____ AGE _____

Adult Volunteers

Enrich your summer, and a child's -Volunteer at the Workshop. Volunteering requires no special skills, only a love of children and a willingness to pitch in. Volunteers have an important role in making "An Adventure in Learning" possible.

All of our classes need a volunteer and we want to show our appreciation for your involvement. All volunteers are given a \$50.00 refund for helping in a two week class and a \$25.00 refund for a one week session, processed at the end of the summer program.

There is space on the application for you to sign; please indicate the most convenient time for our volunteer coordinator to call and discuss which class you wish to join. If you have a child enrolled in our preschool, you and your child may ride our bus for free. Please register for the bus on your application.

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 2010 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

Voorheesville Route (Includes Niskayuna & Slingerlands)

- V1 – Bowlers Club in Niskayuna 7:50 AM 1:00 PM
- V2 - Farnsworth Middle School, 8:10 AM and 12:30 PM
- V3 – Slingerlands Grade School 8:20 AM 12:30 PM
- V4 – 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 (All Discoverland classes are \$100.00)

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.

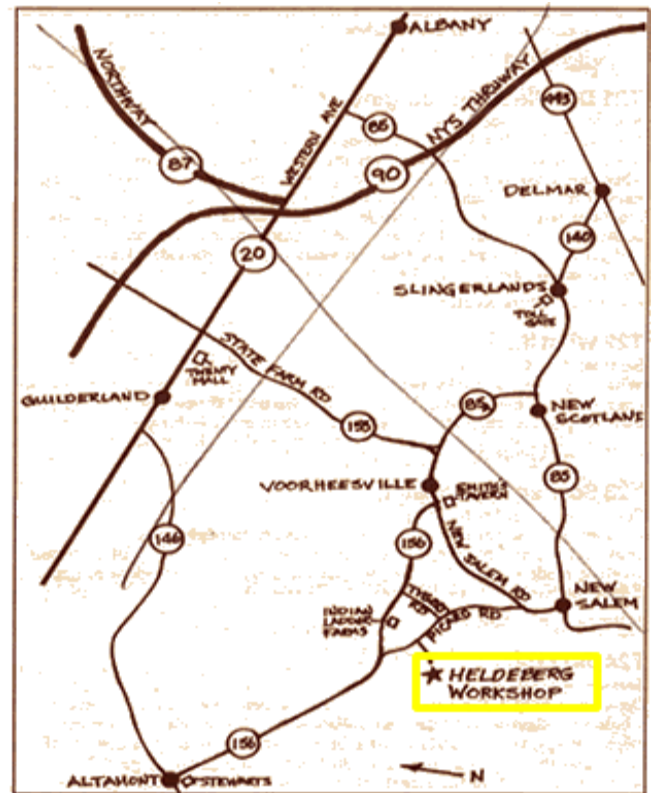
HEALTH FORMS MUST ACCOMPANY

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 12th the Land phone will be answered weekdays, from 9AM till Noon, by the Workshop Office.



Family-Adult Classes - Start April 16th and run throughout the summer.

Register at: www.heldebergworkshop.org