

Our Instructors and Staff

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

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

OUR INSTRUCTORS

Jan Abendroth is a native of Rockport, the owner of Rockport Automotive, and she loves to cook and entertain. A few years ago, she entered a pie baking contest with three entries. There were 30 pies judged and she won 1st prize for her Pumpkin Pecan Pie and 2nd place for her Double Crust Apple Pie.

Bill Babb is a retired teacher and home baker. He has searched for the perfect baguette for fifteen years taking several King Arthur Baking Workshops and attending Skowhegan Kneading Conferences along the way.

Jordan Benisson has been cooking for friends and students ever since he arrived in Maine in 1999, and finally realized his dream of opening a restaurant in 2017. Me Lon Togo is located in a distinctive blue and purple historic home on Rt. 1 in Searsport. Jordan also teaches African drumming at Colby College, The Watershed School, and other area schools.

Rick Bernard was a school counselor at the St. George School and has been performing magic professionally at parties, festivals and businesses for more than 25 years. He has also taught magic for adults and children extensively during that time.

Barbara Bragg has taught studio art at colleges and arts organizations in New Hampshire and Vermont. She has a lifelong commitment to her own creative process, and to sharing the importance of "visual thinking" with her students. She has an MFA in studio art and a BFA in Ceramics and was recently a Resident Artist at the Art Loft in Rockland.

Karyl Brown is a silversmith and illustrator who evolved from beading and cold connected jewelry into metal working after taking a similar soldering class which vanquished her fear of fire and of soldering and opened up a new creative world.

Marc Bubar has been playing acoustic guitar for 17 years. He sings and writes songs, and has performed on stage at various venues across the country. Playing music, especially with other people, is one of Marc's favorite things in the whole wide world. He brings a big smile and patient demeanor to class. The goal is for everyone to have fun and to feel encouraged to keep practicing!

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

Vincent Carducci's paintings and prints are in corporate and private collections across America. He has taught in a wide variety of venues, including workshops, arts councils and universities. Vincent also studied in Rome, has taken three extended trips to Italy as a working artist, and led Italian classes in Pennsylvania and Maine.

Louis Carrier received his Masters in Architecture degree from S.U.N.Y. at Buffalo. After practicing architecture for several years, he served as the Technology Coordinator and High school math teacher at North Haven Community School from which he has recently retired.

Glenn Carver is the founder/owner of Burden Bearing Coaching where he serves as a professional speaker, coach, and trainer. Glenn is also a certified member of the John Maxwell Team. Burden Bearing Coaching, through workshops, seminars, keynote speaking and coaching, is committed to transforming lives through education and encouragement, empowering individuals to be more effective servant leaders. "Life is relationships, and the rest is just details."

Tina Casteris is a self-taught knitter who loves sharing this craft with those who desire to learn, improve and have fun!

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

Jenn Dean has worked for more than 20 years as a freelance writer and is currently employed as a publishing coordinator for Maine Authors Publishing & Cooperative. She has helped many authors publish their books by guiding them through the publishing process.

Jeff Dec is head of the Ski School at the Camden Snow Bowl.

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

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

Lena Faber is a native of Russia who spent many years as a journalist for major Moscow newspapers and magazines. She was professionally involved in many kinds of media while living and teaching at the university in South Africa, developing experience in web design and digital books. She has traveled on foot for four years, mostly in the United States. She also completed the Appalachian trail and cycled from Maine to Key West, FL. Visit her website at <https://lenafaber.com>

Diana Falciani's experience includes apparel and costume design as well as pattern and hat making. She earned a Certificate of Achievement in Apparel Design from Diablo Valley College in Pleasant Hill, California and has been sewing since the age of twelve.

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Anne Fensie has been teaching technology since the turn of the century! She is well-known for her patience with technophobes and uses her vast knowledge of learning strategies to help make your new knowledge usable and memorable.

Paul Garcia taught at secondary and university levels for twenty years, and now earns his living as a translator and interpreter. He has lived and worked in Puerto Rico, Mexico, Spain and Argentina.

Darrell Gilman is on the team-taught, U.S. Coast Guard Auxiliary whose courses provide recreational boaters with the knowledge and skills to boat safely on either inland or coastal waters. General topics included in the ABS course are: boating operations, boat handling, boating laws and regulations, water traffic patterns, equipment requirements and introductory navigation.

Marlene Hall and Barbara Hendricks are well versed in travel and tours as they both lead local historical tours of the area for the American Cruise Lines and Heritage Tours. They have also lead charter coach tours to New York, Washington D.C. Pennsylvania, and Virginia, and since 2010 have lead travel and tour groups for Five Town CSD Adult & Community Education. Tours have included trips to Salem, MA, historic Strawberry Banke, NH, Plimouth Colony, Plymouth, MA, White Mountains of New Hampshire, Shaker Village at Canterbury, NH, and several trips to Boston for sight-seeing, shopping and museum tours, as well as Garden's Aglow in Boothbay. Marlene and Barbara have taught and still teach music classes for Adult Ed.

Sherwood Hilt first discovered wood carving at Camp Bomazen in 1990 where he learned how to do relief carvings, neckerchief slides, signs and a variety of other items. In 2012 he started carving shorebirds and ducks. He has taught merit badge wood carving for the Boy Scouts for many years. Sherwood has a degree in building construction and worked at Lyman-Morse as a cabinet maker until retirement.

Russell Kahn has been teaching art in public schools for over 21 years. He currently teaches ceramics, printmaking, drawing and painting at CHRHS.

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

Lora Levenseler grew up in Rockland, ME, and, after graduating from Stonehill College, returned to Maine to teach. She has been teaching math for 5 years and is currently a math teacher at CHRHS.

Kristen Lindquist is a published poet from Maine who thinks most people would be surprised by how much they would enjoy contemporary poetry if they only saw more of it. In addition to her poetry, she writes a monthly nature column for Pen Bay Pilot and a daily haiku blog.

Judge Susan W. Longley began her professional career as a high school history teacher. A native of Lewiston, Maine, she chose this area after law school for its cycling trails and a job teaching law at Unity College. Subsequently, she served as Waldo County's State Senator and, for the past 15 years, as Waldo County Judge of Probate. When not helping folks realize the advantages of organizing their legal documents, she loves being in the Maine outdoors.

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

Jacinda Martinez has been growing food and flowers for the last decade. She savours the sweetness of summer as long as possible by adding value to items like salve. Every winter her family and friends receive her newest batch of salve.

Mike McCune has a degree in Biology and has been carving and watching birds for over 20 years. He has taught duck carving for 12 years.

The Belfast Curling Club opened officially in February 1959, on a site which had previously been flooded for outdoor curling by a group of enthusiasts. Volunteer masons, carpenters, plumbers, electricians, and laborers built the club on donated land - even making their own 5,000 cinderblocks! They currently have a three-sheet clubhouse which provides activities for more than 100 members ranging in age from 16 to 75. A banquet and dance hall was added in 1977.

Mitch McMillan is a retired marketing executive who discovered needle felting at a Five Town CSD adult ed class. He's been making unique, colorful and whimsical woolen sculptures, as gifts for friends and family, ever since.

Anna Moorman and **Jo-Ann Neal** of Allen Insurance and Financial are licensed insurance agents specializing in Medicare.

Eva Morris lived in Osaka for 10 years where she studied Keigo, an honorific Japanese. She lived in a series of temples over two years, then after owning an aerobics studio she produced the first Japanese language aerobics video in Japan. After moving to Tokyo, she became a regular on 7 different Japanese television shows. She has written numerous articles about health and fitness in Japanese, and upon returning to America taught Japanese language classes to busy professionals in New York City.

Sally Morrison has been teaching beginners and continuing bridge to players for over 10 years and is a life long student of bridge herself.

Dee Patel had so many requests for Indian food from her coworkers at Pen Bay Skin Care that she decided to open a three-days-a-week takeout in her family's lodging The Ledges in Rockport in June 2019. She not only has been received with rave reviews but routinely sells out of everything on the menu.

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Laura Lee Perkins, BME, MS has authored 8 books, published 150+ articles, and recorded 5 professional flute CDs and 3 audio-books. Recipient of 14 grants and 5 artist residencies, Laura is a "Chicken Soup for the Soul: Hope & Miracles" author. Laura teaches 75 life-skills classes a year to 5,000+ people in ME, MA, NY, and AZ and enjoys working with her flute-maker husband Ken Green teaching folks to play Native American Flute.

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

Carrie Pierce enjoys teaching ASL to people of all ages. She provides a dynamic and fun environment where participants take part in a variety of interactive learning experiences. Carrie is certified by the American Sign Language Teachers Association, the State of Maine (for Early Childhood Special Education and Deaf Education), and has both Bachelors and Masters degrees from Gallaudet University. She has taught in schools and universities all over Maine.

Jonathan Potter has written twelve traditional plays, and five Commedia scenarios which have been published, as well as many more. He has taught theatre classes at CHRHS and UMA@Rockland (URock), and directed a broad range of plays. For ten years he ran a mobile stage which presented popular and free Commedia del'Arte scenarios in local areas.

Dorothy Prescott is a CPA in Rockland specializing in the accounting needs of small businesses and is a Certified QuickBooks ProAdvisor®. Dorothy is a member of The General Society of Mayflower Descendants and is familiar with many local lines of descent.

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

Crystal Robinson has always enjoyed gardening, cooking, and trying new foods. Spurred on by a health issue and by her daughter, Valerie, who is a health coach, Crystal switched to eating organic homemade food, much of which she either grows, forages for, or raises at her home in Cushing. Within a year, her health issues were much improved, and without even trying, she dropped those extra pounds that so many of us put on over time. After attending a course at the common Ground Fair, she has kept at least a half dozen pie plates full of microgreens ready to eat in her kitchen. In 2018, she earned her certification as an Agriscaping ACE. For more info see Facebook Agriscaping Maine. By the end of August 2019, she will have completed a five-weekend certification course in Permaculture at the MOFGA fairgrounds. In addition to her gardens, Crystal keeps bees for pollination and honey, raises chickens for eggs & meat, raises worms to enrich her soil, and has a trusty draft horse named Romeo.

Chris Sady and Lila Vultee have been playing mah-jongg for more than 15 years and have taught many people how to play.

Lowrie Sargent is Vice President and Investor Advisor representative for Maine Asset Management and Director of Education and member of the State Board of Directors for Better Investing. He has been investing since 1978 and has a Masters of Business Administration, Loyola College, and Bachelor of Arts, Cornell University. He also is a recipient of the Vedder Prize in Economics.

Geoff Scott has been involved in all forms of snow sports for most of his life and has enjoyed exploring midcoast trails for more than 20 years.

Shirley Sargent has an MFA in Playwriting and Drama. She has taught playwriting to college and high school students and adults. Her plays have been produced in festivals and showcases, and she has several published plays.

Sam Sharff is a Library Assistant at Rockport Public Library, holds Basic Certification through the Maine State Library as a public librarian, as well as some graduate education in library science through UMissouri. Interests include the Red Sox, Harry Potter, public librarianship, and spending time with her husband and daughter.

Bev Shejen has completed numerous quilts on her Grandmother's 1953 Singer Feather Weight sewing machine. Although she enjoys inspecting the intricate piecing, stitching, and crafting techniques of others, she prefers creating quilts in the old fashioned, and more simplified style of antique quilts.

Colette Shumate-Smith grew up in Seattle where she received her Bachelor of Fine Arts degree from the University of Washington. While working on her Master's at Boston University she met her husband and fellow artist, David Smith. She taught middle school art for 10 years while also exhibiting at galleries and museums all over the Northeast. She and her husband currently own the original site of the Haystack Mountain School in Montville, which they are restoring for artist retreats, events and camping.

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

For the past 12 years, **Diane Smith**, owner of A Simple Life Awaits You...Organizing Your Home, has been inspiring clients, students and lecture attendees to "rightsize" their homes. With her gentle lighthearted style, she is passionate about helping others create more time for what is important in life and draws her unique strategies from over 20 years as a nonprofit administrator; serving as host, writer, and associate producer of a public television series on quilting; and thru her own personal organizing journey and study of living a peaceful, fulfilled life.

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

Chef Jeff Space is currently the Director of Nutritional Services at Pen Bay Medical Center. He is a graduate of the Culinary Institute of America and has over 30 years of experience in restaurants and food service. Before calling Maine his home, he held positions as a Pastry Chef, Executive Chef, and Personal Chef. Jeff is also a local fly tier who has taught many classes in the area. He is also an avid fisherman who welcomes the chance to share his knowledge.

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

Chris Toy is a lifelong teacher and learner. After a career as a school principal he traveled around the world as an educational consultant collecting recipes and stories from local cooks. As a registered Maine Guide and cooking instructor, Chris teaches classes and leads trips for adult education, Now You're Cooking, Stonewall Kitchens, and privately.

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

Sharon Turner owns Crystal Lake Farm in Washington, ME. She specializes in open-pollinated vegetable and flower seedlings, native perennials, shrubs and trees, and cut flowers. She grows for Fedco Trees and Knox-Lincoln Soil and Water Conservation District. She also teaches MOFGA's Grow Your Own Organic Garden class.

Wayne Twitchell is a retired welding instructor from Bath Iron Works and has been welding for over 40 years. Wayne is a recipient of the Navy's Aegis Excellence Award for welding. He has taught welding through adult ed programs for 10 years and in his spare time enjoys making scrap metal sculptures.

Dr. Donna Maria Vix has enjoyed working with her hands since childhood. She is proficient in many mediums and used her talent daily when she worked as a dentist in NJ. She especially enjoys teaching others how to make things that she has been complimented on herself, so they, too, can enjoy making things for themselves, for gifts, or to give as donations.

Paul Whiton is a tenor with 45 years of teaching and performance experience in Connecticut, private and group teaching at the Warner Theater in Torrington, CT, as well as after school programs at high schools.

Speakers and panel members of the **West Bay Rotary** are all members who either own or have owned their own businesses. A staff member from the Maine Department of Economic and Community Development will also make a presentation outlining their services for new entrepreneurs.

Five Town CSD Adult & Community Education Administrative Staff

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A proud moment when instructor Kailey Barrett, RN (second from right) presented graduation certificates to the first class of Medical Assistants on May 23, 2019, Lydia Hill, Franzeska Cavanaugh, and Haley Harshaw (L to R).