



CACE

P O BOX 353
Mountain Top, PA 18707

SPRING 2022 CLASSES

Basic First Aid

Susan Vosik Pekala, President of The SOEL Institute, Inc.

The ASHI Basic First Aid course helps students develop basic first aid knowledge, skills, and confidence to respond. This first aid training program is an excellent choice for both the community and workplace settings. Intended for individuals who are not healthcare providers or professional rescuers but desire, or are required, to be certified in basic emergency care. Participants will receive a basic certification card that is valid for 2 years.

- **FACEBOOK PAGE:** The SOEL Institute, Inc.
- **WHEN:** 1 Thursday, April 7, 6 to 9 pm (HS Art Room)
- **FEE:** FEE: \$15 **MATERIAL FEE:** \$40

PLEASE make separate check for material fee payable to "The SOEL Institute, Inc."

Basketball (Monday)

Rich Bases & Larry Barnes, Coaches

This is pick-up, full court recreational basketball with no officiating. Teams will be chosen each night. Bring both a dark and a white shirt or jersey. For processing, your registration form must include contact info and specify the day you wish to attend.

- **WHEN:** Mondays, beginning March 21, 8 to 10 pm (Middle School & HS GYM)
- **FEE:** \$55

Applications must specify WHICH NIGHT you will attend! The School is closed April 18 & May 30.

Basketball (Thursday)

Rich Bases & Larry Barnes, Coaches

This is pick-up, full court recreational basketball with no officiating. Teams will be chosen each night. Bring both a dark and a white shirt or jersey. For processing, your registration form must include contact info and specify the day you wish to attend.

- **WHEN:** Thursdays, beginning March 24, 8 to 10 pm (Middle School & HS GYM)
- **FEE:** \$55

Applications must specify WHICH NIGHT you will attend! The School is closed April 14.

Beginning Birding

Alan and Bonnie Yuscavage, Greater Wyoming Valley Audubon Society

Birding has become one of the most popular of hobbies in the last few years as many look for outdoor activities to alleviate stress and increase activity. This course is designed to help beginning birders make sense of how to identify birds, utilize tools to help the user learn more about them and discover birding hotspots.

- **FACEBOOK PAGE:** <https://www.facebook.com/gwvas.org/>
- **WHEN:** 2 Tuesdays, beginning March 29, 7:30 to 9:00 pm (Room 27)
- **FEE:** Fee: \$15 **MATERIAL FEE:** \$15

PLEASE make separate check for material fee payable to "GWVAS."

Boursin Herb Cheese Taste it, Make it, Take it!

Charlene Wildes, Environmental Educator

That expensive Boursin Cheese at the store will seem foolish to buy after you make your own using herbs from your garden (or grocery store). It is easy to make and you can vary the taste depending on the herbs you like. We'll taste a few versions and then create your own to take home. Recipes are provided along with all the supplies needed. They make great gifts

- **WHEN:** 1 Tuesday, April 12, 6:30- 8 pm (Room 24)
- **FEE:** \$7.50 **MATERIALS FEE:** \$8

PLEASE make separate check for material fee payable to "Charlene Wildes."

Colored Pencil Leaf Drawing

Liz Revit - Professional Artist & Art Educator

Using a reference photo, students will create a realistic leaf drawing using colored pencils on toned tan paper. The instructor will show students how to build layers of color needed to create the fine details in this drawing. This class is for beginner to advanced students. E-mail Liz at earevit@aol.com for the materials list.

- **FACEBOOK PAGE:** www.facebook.com/LizRevitArtStudio
- **WHEN:** 1 Thursday, March 30, 6 to 9 pm (HS Art Room)
- **FEE:** \$15 **MATERIALS FEE:** \$3

PLEASE bring the \$3 material fee in cash to the class.

DIY Natural Cleaning Products for the Home

Jamie Karlotski, Natural Living Enthusiast, Owner Of Bow Creek Botanicals

Come enjoy a casual & relaxing learning environment where you can destress, make friends, & learn how to start an incredible journey towards living without harmful chemicals & toxins! This DIY class where we will use some pretty common, natural ingredients that we will UPCYCLE into some fabulous products you can use to clean your home! We will create a citrus cleaning concentrate and powerful scrub. Both can be used in a variety of ways. You will be asked to bring: a one quart mason type glass jar with a lid (must be glass), some citrus peels (save them up), and if you have access to a spruce pine tree, some clippings would be appreciated (optional). Skills needed: the ability to stir & peel an orange, oh, and to have fun.

- **FACEBOOK PAGE:** Bow Creek Botanicals
- **WHEN:** 1 Monday, March 21, 5:30 - 7 pm (Room 24)
- **FEE:** \$7.50 **MATERIALS FEE:** \$10

PLEASE make separate check for material fee payable to "Jamie Karlotski."

Genealogy "Boot Camp"

A Crash Course in Family History Research,
Joseph Grandinetti, Genealogy Enthusiast CPA

This 3-hour course is filled with information for researching family history. Beginners and novices are welcome. You'll learn how to access and utilize numerous resources such as U.S. censuses, civil and church vital records (birth, marriage, and death), immigration/citizenship documents, military records, newspaper archives, DNA, and more! There will be discussion on organizing your finds, genealogy software, and on-line research methods on websites including Ancestry.com, Familysearch.com, and Findmypast.com. There's no time like the present to find out more about your past!

- **WHEN:** 1 Tuesday, beginning April 26, 6 to 9 pm (Room 4)
- **FEE:** \$15

Gentle Yoga for Everybody

Tracy Cornelius, Owner Positive Vibes ,RYT-200

Gentle Yoga for Everybody. This gentle slow mindful paced yoga will allow you the chance to bring awareness back into the body and familiarize yourself with the practice of yoga. This class is perfect for all levels. Please bring your own mat and water, also if you have your own yoga strap and block.

- **FACEBOOK PAGE:** www.facebook.com/positivevibes.tmc
 - **WHEN:** 4 Thursdays, April 7, 6-7:15 pm (MS Cafeteria)
 - **FEE:** \$25
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Hand Crafted Artisanal Butters. Taste it, Make it, Take it!

Charlene Wildes, Environmental Educator

Adding fresh herbs, spices or fruit to butter brings it from plain to gourmet. Compound butter can be used to flavor meats, soups, noodles, veggies or bread. Butters last for 6-12 months in the freezer, so in January you can enjoy fresh herbs like it was summertime. Taste different samples from Dill, Italian, Cinnamon/maple, Lemon/blueberry and more. Find the combination that you like then make your own to take home. Recipes available.

- **WHEN:** 1 Tuesday, April 19, 6:30- 8 pm (Room 24)
- **FEE:** \$7.50 **MATERIALS FEE:** \$6

PLEASE make separate check for material fee payable to "Charlene Wildes."

Healthy Habits For Financial Planning

Michael J. Oresick, Jr., Certified Financial Planner™

I am sure you have many questions about retirement. Are you worried if your retirement income and assets will last during your lifetime? Do you know how to maximize your social security? Concerned about stock exposure in retirement? Are you utilizing the right investment strategies to reduce your taxes? Are you doing the right things today to create a lasting legacy and not be a burden on your loved ones? In the Successful Financial Planning series, local professionals will discuss strategies to help you develop a personalized plan to address these tough questions. The series will include discussion on Investment Planning, Retirement Planning, Tax Planning and Estate Planning.

- **FACEBOOK PAGE:** Facebook page: <https://www.facebook.com/The-Lagana-Wealth-Advisory-Group-at-Janney-Montgomery-Scott-LLC-1639406352967345/>
 - **WHEN:** 4 Tuesdays, March 22, 6:30 to 7:30 pm (Room 5)
 - **FEE:** \$20
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Herbal Container Garden

Robin Golden, Amateur Herbalist

Create a culinary herb container garden with Basil, Parsley, Thyme, Sage, and Rosemary. Bring your own container, preferably a pot with 16" at opening. BCI store in Hazleton has a great supply of reasonably priced containers. The herbs and potting soil will be provided. A handout on their uses and how to preserve them will also be provided.

- **WHEN:** 1 Wednesday, May 18, 6:00 - 8 pm (Room 24)
- **FEE:** \$7.50 / **MATERIALS FEE:** \$15

PLEASE make separate check for material fee payable to "Robin Golden."

Inflammation: Causes, Effects & Solutions

Dr. Dan Golaszewski, D.C., Family wellness chiropractor & natural health coach

Dr. Golaszewski will be highlighting causes, effects, and solutions to combat chronic inflammation. Key areas to be discussed are structural alignment/posture, nutrition, exercise, and stress.

- **WEBSITE:** Power Chiropractic Health Center LLC
 - **WHEN:** 1 Thursday, April 7. 6:30 to 7:30 pm (Room 26)
 - **FEE:** \$5
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Introduction to Crystals

Alyssa Cost-Byrne, Instructor

This course is geared toward those who are curious about crystals and their ability to support and contribute to our lives energetically. Intended for beginners we will cover basic crystals and their meanings, how to choose your crystals, care for them, ways to incorporate them into daily life and more. Learn how to use the energetic vibration of one of Earth's precious gifts to subtly change the energy around you. This class will include handouts and a crystal for you to take home.

- **FACEBOOK PAGE:** www.facebook.com/Healing in the Cards
- **WHEN:** 1 Monday, March 28, 6 - 8 pm (HS Library)
- **FEE:** \$10 / **MATERIALS FEE:** \$5

PLEASE make separate check for material fee payable to "Alyssa Cost-Byrne."

Making your own Rubs & Spice blends. Taste it, Make it, Take it!

Charlene Wildes, Environmental Educator

Premixed seasonings and rubs can cost quite a bit and have added ingredients like sulfates and anti-clumping agents. After sampling several flavors, make your own spice blends/rubs to take home. All ingredients and jars will be provided along with 20 recipes. I'll give you ideas on how to use them in food and how to use them as gifts.

- **WHEN:** 1 Tuesday, April 5, 6:30- 8 pm (Room 24)
- **FEE:** \$7.50 **MATERIALS FEE:** \$8

PLEASE make separate check for material fee payable to "Charlene Wildes."

ME TIME, Mother's Day Edition

Jamie Karlotski, Natural Living Enthusiast, Owner of Bow Creek Botanicals

This class is for all of you who have a mom or are a mom! You know who you are! Let's get together to create something special for the ultimate maker just in time for her special day. We will make 4 natural products that are guilt & toxin free in a fun & relaxing environment. We will create a gift that's an all-natural spa experience to help someone special unwind & detox, (or keep for yourself). No harmful chemicals or preservatives allowed! She'll appreciate it more if it comes from the heart. You will have fun AND check something off your list! At the end, there will be a skin nourishing face wash, lip scrub, bath teas (you heard me), & an invigorating coffee or tea sugar scrub. Students will be asked to bring a sense of adventure. Some light refreshments will be provided, but you are welcome to bring a snack if you like too.

- **FACEBOOK PAGE:** Bow Creek Botanicals
- **WHEN:** 1 Thursday, beginning May 19, 6 - 8:30 p.m. (Room 24)
- **FEE:** \$17.50 **MATERIALS FEE:** \$20

Painting with Watercolors

Liz Revit - Professional Artist & Art Educator

Whether you're a beginner or you already have experience working with watercolors, this class is designed to further your painting abilities through the use of demos and individualized attention. The instructor will work with each student providing guidance and step-by-step instructions needed to create beautiful watercolor paintings. This class is for students of all levels who are interested in learning about color, composition, materials, and techniques. E-mail Liz at earevit@aol.com for materials list.

- **FACEBOOK PAGE:** www.facebook.com/LizRevitArtStudio
 - **WHEN:** 6 Tuesdays, March 22, 6 - 8:30 pm (HS Art Room)
 - **FEE:** \$75.00
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Reiki and Energy Healing

Tracy Cornelius, Reiki and Energy Healing

Join Reiki Master/Teacher and Sound Healer Tracy Cornelius for a discussion on Reiki and energy healing. Learn what the many benefits of Reiki are, and what to expect during and after sessions. She will touch on a few of the many different energy healing modalities. Topics will also include how Reiki has become more integrated into modern day health care. This is great for anyone interested in bringing Reiki or energy healing into their lives.

- **FACEBOOK PAGE:** <https://www.facebook.com/positivevibes.tmc>
 - **WHEN:** 1 Thursday, beginning May 19, 6:00 - 8:00 p.m. (Room 27)
 - **FEE:** \$10
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Tai Chi: Flowing Movement

Diane Hoover, Certified Tai Chi Instructor

Learn to relax, balance and heal through the flowing motion of Tai Chi. Wear comfortable clothing. No heels!

- **WHEN:** 8 Tuesdays, beginning March 22, 4:00-5:30 PM (Middle School Cafeteria)
 - **FEE:** \$60
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Wild Edible Plants

Robin Golden, Amateur Herbalist

Northeast PA is abundant with wild edible plants. Some are in your own backyard. The class will discuss the many plants and their uses. The actual plants will be gathered and presented.

- **WHEN:** 1 Wednesday, May 11, 6:30 - 8 pm (Room 24)
- **FEE:** \$7.50



Crestwood School District

Crestwood Board of Education | Mountain Top, PA

CACE Board

Robin Golden, Coordinator
Marcia Thomas, Registrar
Erica Connell, Volunteer

Registration Information

CACE welcomes anyone 18 years or older to attend any course in our adult division. Unless otherwise indicated, courses are held at Crestwood High School, located on Route 309 in Mountain Top, PA.

PLEASE NOTE: Each class selection requires a separate check – please print class title on check memo. If a materials fee is required for a course, **make a separate check to the instructor.**

MAIL REGISTRATION: Checks for course fees must be made payable to “Crestwood School District” and must be mailed To **CACE, PO Box 353, Mountain Top, PA 18707.**

Please submit one check for each course. If the course requires a **materials fee** in addition to the course fee, that is a separate payment and those checks should be made **payable to the course instructor**. No post-dated checks will be accepted.

EMAIL: caceregistrar@gmail.com or coordinatorcace@gmail.com and we will send a registration form to you as an email attachment, to download, print, and mail.

CRESTWOOD SD WEBSITE: Access form for download at csdcomets.org. Click on “links and info” and then, “CACE”. Form must be printed and mailed.

FEES: There is a \$35 charge for returned checks.

HARD COPIES: Printed brochures are available at the Kirby Library and the Post Office lobby in Mountain Top; and the Post Office lobbies and public libraries in White Haven, Freeland, and Conyngham.

REFUNDS: Refund requests must be **received no later than 5 days prior to the first class**; a credit will be issued for requests occurring after that time. No refunds or credits will be given on any one-night course or after the start date of any class. An administrative fee of \$10 will be deducted from each refund or credit. If CACE cancels a class the full tuition will be refunded.

SCHOOL CLOSINGS: If Crestwood Schools are closed for any reason or dismissed early due to inclement weather, CACE classes will not be held. Make-up CACE classes will be held the week immediately following the last scheduled class of each course. If in doubt, call Robin at 570-578-0170.

NOTE: CACE reserves the right to change instructors or cancel courses. Your contact info is required to register!! Valid phone numbers are mandatory for an acceptable registration form. Your cancelled check is your receipt. No receipts will be mailed. Registration forms must be received no later than one week prior to the first class. Contact Marcia at 570-868-3797 or caceregistrar@gmail.com if you have questions regarding class availability.

PLEASE CHECK OUT CACE ON FACEBOOK.

THERE ARE NO CLASSES ON APRIL 14, APRIL 18 & MAY 30.

CACE Spring 2022 Registration Form

THIS INFORMATION IS REQUIRED TO REGISTER!

Name: _____ Phone: _____

E-mail: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

PLEASE Include separate checks payable to “Crestwood School District” for each course; and make a separate Material Fee check, payable to the instructor, if the course requires it.

MAIL REGISTRATION FORM AND CHECK(S) TO: CACE, PO BOX 353, MOUNTAIN TOP, PA 18707