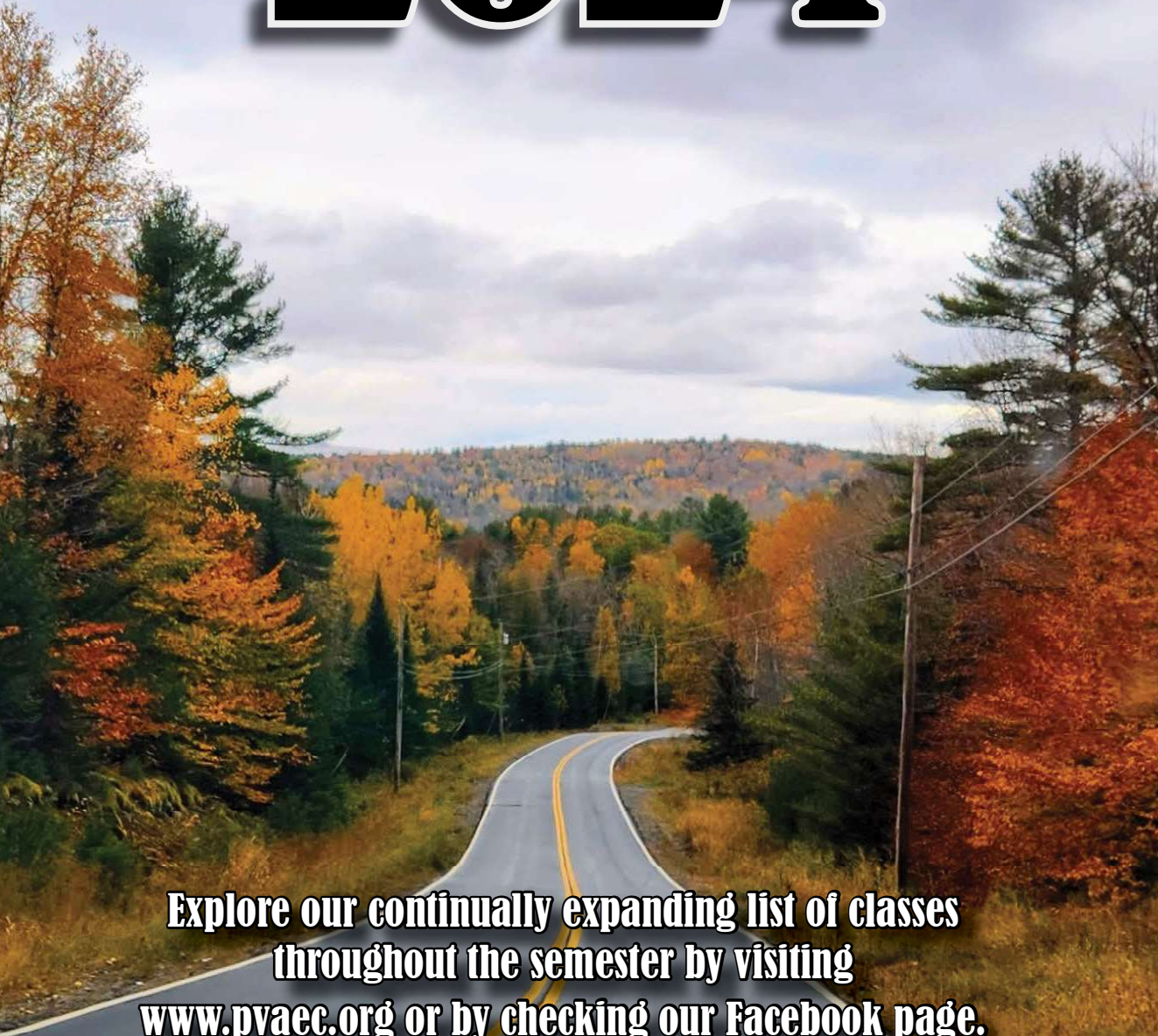


# **PVAEC**

## **Fall & Winter 2024**



**Explore our continually expanding list of classes  
throughout the semester by visiting  
[www.pvaec.org](http://www.pvaec.org) or by checking our Facebook page.**

# WELCOME

## The PVAEC Team



*The PVAEC Team (L to R): Stephen, Leah, Hilda, Eve, Josh*

**Stephen Dame**  
Academic Instructor  
207-341-5367  
Sdame@pvaec.org  
**Leah Gomes**  
Academic Instructor  
207-341-5369  
Lgomes@pvaec.org  
**Hilda Roberts**  
Administrative Assistant  
207-564-6525  
207-341-5371  
Hroberts@pvaec.org  
**Eve Salley**  
Academic Coordinator  
207-341-5370  
Esalley@pvaec.org  
**Dr. Joshua McNaughton**  
Director  
207-341-5368  
Jmcnaughton@pvaec.org

**PVAEC is an equal opportunity employer and service provider.**

**At PVAEC, we celebrate diversity and are committed to creating an inclusive environment for all.**

## The Penquis Higher Education Center



The Penquis Higher Education Center is an extension of Eastern Maine Community College. PHEC was established in 2000 with legislative support. We are Piscataquis County's main site for higher learning, business and job growth. Stop by and visit us at 50 Mayo Street in Dover-Foxcroft.



Contact: Christina Garneau  
207-564-2942  
cgarneau@emcc.edu  
www.emcc.edu



**PISCATAQUIS COUNTY**  
ECONOMIC DEVELOPMENT COUNCIL

Contact: Angela Arno  
207-564-3638  
angie@pcedc.org  
www.pcedc.org



**EMDC**  
Eastern Maine Development Corporation

207-991-0147  
workforce@emdc.org  
www.emdc.org



Contact: Dr. Joshua McNaughton  
207-341-5368  
jmcnaughton@pvaec.org  
www.pvaec.org

The first step in enrolling in any of our Academic Programs is setting up an appointment with PVAEC Academic Coordinator, Eve Salley. At your intake appointment, Eve will go over program requirements with you, help you choose which of our programs best fits your needs, and prepare you for your next steps.



Call or text Eve today at 207-341-5370 or email [esalley@pvaec.org](mailto:esalley@pvaec.org).

## Academic Programs Include:

- *Academic Advising*
- *High School Diploma*
- *HiSET Diploma*
- *Maine College and Career Access*
- *Workforce Training Programs*
- *Accuplacer Testing (\$20 for non-PVAEC students)*

### Learning Centers

PVAEC offers in-person and virtual instruction. You can learn exclusively face-to-face with your instructor or a in a combination of in-person and online/virtual instruction. PVAEC has a learning option that can help you be successful and earn your high school credential.



## Academic Advising

All PVAEC Academic students will engage in Academic Advising throughout their enrollment. The program provides guidance and solutions tailored to help you navigate your academic journey. It is free for all new and current PVAEC academic students, offering accessible support for everyone enrolled.

Students benefit from an individual learning plan, ensuring their specific educational needs are met. One-on-one consultations provide personal attention to address unique questions and concerns. New student orientation offers a comprehensive introduction to help you start on the right foot. Additionally, the program assists with goal and career planning, helping you set and achieve your academic and career objectives. You will receive guidance on accessing and managing financial aid, as well as regular progress and goal reviews to ensure you stay on track.

Our Academic Advising program is designed to support you every step of the way, ensuring you have the resources and guidance needed to succeed. Enroll in PVAEC and benefit from our comprehensive Academic Advising services!

## High School Diploma & HiSET Diploma Programs

Never finished high school? Finding your opportunities limited?

The best way to remedy that is to enroll in our Adult Education program to complete your high school diploma or earn a HiSET® diploma.

Our program is designed for both those looking to complete their high school education and those pursuing a high school equivalency credential. We evaluate your existing high school transcripts to determine how many classes you need to meet our diploma requirements. You may be closer to earning your high school diploma than you think!

For out-of-school youth and adults, the ETS® High School Equivalency Test (HiSET®) is available. This program measures your knowledge in five core areas: Language Arts: Reading, Language Arts: Writing, Math, Science & Social Studies.

## Maine College & Career Access

Maine College and Career Access (MCCA) is a comprehensive academic and advising program leading to enrollment in post-high school education or training that results in a credential of value and high-quality employment. Participants in MCCA programming will acquire the skills and knowledge to pursue their learning and employment goals.

Our Academic Learning Centers are located in Dexter, Dover-Foxcroft, Guilford and Milo.

Learning Center Locations are listed on Page 16.

# ACADEMICS

## CNA Med-Tech

This course is designed to teach experienced CNAs how to administer selected injectable medications and non-injectable medications to patients 4 years and older under the on-site supervision of a licensed nurse. Potential students must be currently licensed CNAs, listed as “active” on the Maine CNA Registry, or have employer documentation of the equivalent of at least one year of full-time employment as a certified nursing assistant, provide two letters of recommendation from Registered Nurses, and achieve a qualifying reading score on our placement testing. Payment plans and financial assistance may be available to those who qualify. For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email [esalley@pvaec.org](mailto:esalley@pvaec.org). The application process for this program is extremely time sensitive. Space is limited! Start Date TBA (January 2025).

**\$1,300**

**Instructor Nancy Hoskins, RN**

## CDL-A

Instruction is based on State Laws, Industry Regulations and Equipment Maintenance required for licensing. State of Maine standards for classroom and driving instruction are adhered to during the course. Students spend a good part of their instructional time operating trucks through a combination of on the range practice and road time. There will be a pre-employment drug test, and DOT physical (included with tuition costs). For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email [esalley@pvaec.org](mailto:esalley@pvaec.org).

**Start Date: April 2025**

**\$7,500**

**Instructor: Maryann Cupero**


ONLINE COURSES
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**300**  
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- Certificate of completion

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- Business
- Computer Applications
- Computer Science
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- Legal Studies
- Math and Science
- Teacher Professional Development
- Test and Exam Prep
- Writing and Editing

2024/2025 Start Dates: 9/11, 10/16, 11/13, 12/18, 1/15, 2/12, 3/12, 4/16

To learn more and enroll, visit: [ed2go.com/pvaec](http://ed2go.com/pvaec)



## ACADEMY of MEDICAL PROFESSIONS

***Our programs are all-inclusive: books, reference books, national certifications, practice exams and online resources, live instructors, and student support for self-paced students are included in tuition. Payment plans are available, and tuition assistance is available to qualifying students (WIOA Vouchers, Goodwill, MyCAA, MDOL, EMDC, HOPE etc).***

***For more information on our programs, go to [www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com), email [info@academyofmedicalprofessions.com](mailto:info@academyofmedicalprofessions.com) or call 1-866-516-8274.***

***Be sure to mention that you learned about these classes through PVAEC!***

### Clinical Medical Assisting

16-week program that includes in-person skills labs live at PHEC in Dover-Foxcroft and live via Zoom class meetings that prepare you to pass the National Certification.

**Start Date: 10/15/2024, Live classes meet TU/TH 5:30-8:30pm \$3,500**

**Medical Office Specialist - Administrative  
Medical Assistant**

10/16/2024 16-weeks or Online Anytime (self-paced) \$3,200

**Dental Assisting**

9/16/2024 12 weeks or online anytime (self-paced) \$3,200

**Pharmacy Technician**

Online Anytime - 14 Weeks \$2,850

**Phlebotomy**

10/29/2024 - 10 weeks \$3,200

**Medical Transcription**

Online Anytime - Self-paced \$3,200

**Medical Coding**

10/17/2024 - 20-weeks or online anytime (self-paced) \$3,950/\$5,150 with Practicode (6-10 additional weeks)

## Maine Educational Opportunity Center Essentials of College Planning Workshop

This workshop introduces people to the four steps in the college process: admissions, financial aid, career and study skills. The admission section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications are covered in detail. Career options and counseling, college readiness and study skills are discussed.

One-on-one appointments can be made via Zoom or in person at PHEC in Dover! To apply, please go to: <https://meoc.maine.edu/application/> to fill out an enrollment application, or contact Kate with your questions at 207-949-6501 or by email, [kevit@maine.edu](mailto:kevit@maine.edu).

**NEW:** You can now schedule your appointment with Kate via Appointlet.  
Schedule yours at <https://appt.link/meet-with-kate-MEOC>

### Fall 2024 Workshop Schedule @PHEC

Thursdays, 12:30pm

August 29	October 24
September 12	November 14
September 26	December 5
October 10	December 19



Photo: Kate Walsh



### Successful Scholarship Searches and Applications

September 18, 2024 7:00pm

### College Savings Options for Higher Education

October 7, 2024 at 6:00pm

### Planning and Paying for College

December 2, 2024 7:00pm

For more info, or to register online for any of the following FREE online FAME workshops at <https://pvaec.coursestorm.com/category/fame-workshops>

A link will be provided upon successful online registration.

Please click on the link to register for the Zoom meeting.

### Adulting 101: Money Starts

October 9, 2024 6:30pm

### Adulting 102: Money Grows

October 23, 2024 6:30pm

### Student Loan Repayment Strategies and Pro Tips

November 13, 2024 6pm

Are you an Adult Education student interested in a program at EMCC? Would you like to explore education and career opportunities available to you? Are you a current student at EMCC seeking extra support while finishing your program? If any of these scenarios apply please reach out to me!

I can help you with:

- Admissions Requirements
- Application Process
- Programs of Study
- Registration
- Networking and Mentoring Support
- Career Assessments and Planning
- Effective Study Skills
- Academic Support
- Any/All questions you may have



### Brian Loring College & Career Success Coordinator



The purpose of my position as College & Career Success Coordinator is to support students who are either considering Eastern Maine Community College or those who are currently attending EMCC.

I work in collaboration with Adult Education programs throughout the state of Maine located in Penobscot, Piscataquis, Hancock & Waldo counties.

With this partnership, we offer access to enhanced support for the education and training needs of students here at EMCC and Adult Education students across our surrounding communities.

### CONTACT:

[bloring@emcc.org](mailto:bloring@emcc.org) | 207-974-4674  
146 Maine Hall, M-F, 8:30am-4:30pm



# TECHNOLOGY

## **PENOBSCOT - PISCATAQUIS COUNTY DIGITAL SKILLS SUCCESS PROGRAM**

- Are you interested in learning Digital Skills?
- Do you need help with getting internet access or a device you can afford?

The National Digital Equity Center can help! We have partnered with Eastern Maine Development Corporation to help Penobscot and Piscataquis County residents learn valuable skills and get connected with affordable internet and devices through our Digital Skills Success Plans

For more info, contact Nina at  
207-825-2540  
or [nina@digitalequitycenter.org](mailto:nina@digitalequitycenter.org)

Or

fill out our referral form at:  
[www.digitalequitycenter.org/need-help/](http://www.digitalequitycenter.org/need-help/)



In partnership with



The National Digital Equity Center connects Mainers to technology and the internet through free classes, tutoring, devices and more!

### **National Digital Equity Center (NDEC)**

The National Digital Equity Center provides Digital Literacy classes that provide opportunities for professional growth, personal enrichment, the development of computer skills, and preparation for professional careers in a supportive environment.

PVAEC partners with NDEC to provide free digital skills trainings locally. NDEC classes are organized around three curricula: Work & Business, Home & Education and Aging Well with Technology. Class topics include:

- |  |  |
|--|--|
| <i>Internet Safety</i>                 | <i>Email/Internet</i>                    |
| <i>Identifying Frauds &amp; Scams</i>  | <i>Google Based Tools</i>                |
| <i>Using Facebook Securely</i>         | <i>Apple Computers</i>                   |
| <i>Safely Creating Online Accounts</i> | <i>iPad/iPhone</i>                       |
| <i>Using Social Media</i>              | <i>Android Smartphones &amp; Tablets</i> |
| <i>Microsoft Office Programs</i>       |  |

For more information, and class listings, please visit  
<https://pvaec.maineadulted.org/ndec/>

### **One-on-One “Computer Lab” with Leah Gomes**

Unlock the full potential of your digital experience with a personalized “Computer Lab” appointment featuring PVAEC Technology Instructor, Leah Gomes! This exclusive one-on-one session is tailor-made for addressing your specific concerns or questions related to your laptop, tablet, or smartphone.

Bring your fully charged device and come prepared with a list of questions or concerns you’d like to delve into with Leah. Whether you’re troubleshooting, eager to explore new features, or seeking tips to optimize your device’s performance, this session promises to be a valuable opportunity for enhancing your digital literacy.

To secure your spot, call or text Leah today at 207-341-5369 or reach out via email at [Lgomes@pvaec.org](mailto:Lgomes@pvaec.org). Invest in your tech-savvy journey for just \$15 per hour, and let Leah guide you through a personalized learning experience to elevate your digital prowess. Don’t miss out on this chance to unlock the full potential of your devices!



Photo: Leah Gomes,  
PVAEC Academic & Technology Instructor

## Val Landry's Quickbooks & Microsoft Excel

Unlock the full potential of Microsoft Excel and Quickbooks with our comprehensive courses designed for beginners to advanced users. Whether you want to streamline your workflow, improve your data analysis skills, or master complex functions, our classes have something for everyone!

Val is a lifelong business educator and academic advisor with over 45 years of experience. He has taught computer applications, accounting, and QuickBooks at Mid-State College and Kennebec Valley Community College, focusing on enriching students' educational and life goals.

### **Quickbooks: Basic Accounting Principles and Quickbooks Online \$89**

Learn basic accounting principles and how to apply them to setting up Quickbooks for a small business or organization.

Fall Session: 10/1-10/15 8:30-11:30am

Winter/Spring Session: 2/4-2/18 8:30-11:30am

### **Microsoft Excel Basics \$89**

Learn: Basic navigation, data entry, math functions, formatting, columns/rows.

Fall Session: 10/3-10/17 8:30-11:30am

Winter/Spring Session: 2/6-2/20 8:30-11:30am

### **Microsoft Excel Intermediate \$89**

Learn: Multiple worksheets, formulas, functions, layout changes, practical uses.

Fall Session: 10/31-11/14 8:30-11:30am

Winter/Spring Session: 3/6-3/20 8:30-11:30am

### **Microsoft Excel Advanced \$89**

Learn: Data hiding, window splitting/freezing, ranges, functions, sorting, filters.

Fall Session: 12/5-12/19 8:30-11:30am

Winter/Spring Session: 4/3-4/17 8:30-11:30am

### **Microsoft Excel Power Tools \$89**

Learn: Power Query, Power Pivot, Power BI.

Fall Session: 1/9-1/23 8:30-11:30am

Winter/Spring Session: 5/1-5/15 8:30-11:30am

Visit [www.pvaec.coursetorm.com](http://www.pvaec.coursetorm.com), email [hroberts@pvaec.org](mailto:hroberts@pvaec.org) or call 207-564-6525 to register.

Location: Online via Zoom

**Cancellations must be made at least five calendar days in advance to receive a refund. If our Adult Ed office or the instructor cancels class, refunds will be issued to students. These classes are listed for adult learners 18+.**

# SPIRITUAL ARTS & WELLNESS

## **Usui Reiki Level I**

Reiki is a spiritual energy healing technique that uses gentle hand movements to guide the flow of healthy life force energy through the body, reducing stress and promoting healing.

In this intensive one-day class, participants will learn, experience, and share Reiki with others. Upon completion, they will be able to perform self-treatments and provide treatments to other humans, as well as to plants, animals, and inanimate objects.

Participants will receive a manual, handouts, chakra crystals, and a Usui Reiki Level I certificate.

Please bring a notebook, socks, and water.

Barbara Joyce is a Reiki Master Teacher with intuitive and spiritual awareness since adolescence. With 47 years of experience as a Registered Nurse, she understands the importance of healing the mind and soul along with the body. Barbara's Reiki journey began when she discovered its potential for holistic healing. She is attuned in Usui Reiki Levels I, II, and III, and is a member of the International Association of Reiki Practitioners. Based in Maine for 36 years, Barbara offers Distance Reiki and enjoys teaching others. She is married with two adult children and three grandchildren.

**\$200**

**Barbara Joyce**

**Saturday**

**10/12**

**10am-3pm**

**PHEC**

## **Tai Chi & Tong Ren**

Join us for a rejuvenating experience with Tai Chi and Tong Ren! Tai Chi is a form of moving meditation, involving slow, deliberate movements that promote physical and mental well-being. Tong Ren focuses on energy balancing, helping to restore the natural flow of chi or energy within the body, aiding in self-healing. Please wear loose, comfortable clothing and soft soled shoes.

Bob Grace is a seasoned practitioner with 40 years of Tai Chi experience. He also specializes in tui-na massage and Tong Ren therapy.

**\$50**

**Bob Grace**

**Monday**

**9/16-10/28 (No class on 10/14)**

**9-10am**

**PHEC**

# SPIRITUAL ARTS & WELLNESS



Explore the realms of self-discovery with Psychic Medium and Intuitive Artist, Angie Butler Welch. Angie, the visionary owner of Leap of Faith Soul Space in Brewer, Maine, welcomes you to delve into your intuitive artistic side.

All materials will be provided for a seamless and immersive experience. For more details and to delve into the world of psychic artistry, visit [www.angiewelch.com](http://www.angiewelch.com).

## Masterpieces & Messages

No experience needed for this fun step by step painting class. But there IS a twist! Angie Butler Welch is a psychic medium, so she also offers a brief intuitive message to each person based on their painting! Angie is always amazed at the messages that come through just from the paintings! All supplies included. **Space is limited, register early!**

**Pre-payment is required to hold your spot in class. Cancellations must be made at least 24 hours in advance to receive a refund.**



### Autumn Greetings

\$35

Tuesday 9/10 6-8pm

PHEC



### Merry Magic

\$35

Tuesday 12/3 6-8pm

PHEC

\*Ornaments can be customized with names, phrases etc

## Chakra and Energy Balancing 101

Perhaps you know about Chakras, those little energy centers in your body that work to keep you physically and emotionally healthy, or maybe it's all new to you and you've only heard the term and have limited knowledge about them. As a Pranic energy Healer I want to help dispel the mysteries! In Chakra and Energy balancing 101, we'll discuss just what these energy centers are, what their jobs are, what happens when they're not functioning at their optimal level and more importantly - we'll do a half hour guided meditation to actually clear and balance them out!

\$30

Angie Butler Welch

<b>Tuesday</b>	<b>10/8</b>	<b>6-8pm</b>	<b>PHEC</b>
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## Candle Magic & Manifestation

It's not just a cliché - what you think about, you really do bring about. In this interactive class we will discuss how to clearly direct your energetic thoughts AND how adding in the element of fire is an effective way to manifest things in your life. Participants will learn: various candle colors and what to use them for; how to prepare your candle for manifesting and when the best times are to burn them. You'll create 2 different manifestation candles depending on the kind of change you want to create. Abundance, attracting love into your life, overcoming obstacles, and conquering fear are just a few desires you can manifest. All supplies are included.

\$35

Angie Butler Welch

<b>Tuesday</b>	<b>10/29</b>	<b>6-8pm</b>	<b>PHEC</b>
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## Introduction to Mindfulness Meditation

Discover the profound benefits of mindfulness meditation and unlock the secrets to establishing a rewarding home practice. Led by certified mindfulness meditation teacher Ann Marquis, this course delves into the three fundamental steps of mindfulness meditation. Ann's expertise, accredited by Dharma Moon and Tibet House US, ensures a clear and concise learning experience that resonates with both beginners and seasoned practitioners alike.

Commit to just 15-20 minutes a day, 5-7 days a week, and reap the countless benefits of mindfulness meditation. Join us and embark on a path to greater well-being and inner peace.

\$72

Ann Marquis

<b>Monday</b>	<b>9/9-10/7</b>	<b>6-7pm</b>	<b>PHEC</b>
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## Needle Felting with Julie

Julie Knowlton is a retired teacher and has been needle felting for many years. Julie's class goals are for students to be successful, happy and have a good time crafting. Julie will provide all materials unless otherwise noted. Feel free to bring your own pen tool if you have one. Choose from morning or evening sessions with Julie, or come for both! All classes are held at Penquis Higher Education Center (PHEC). More information can be found at: <https://pvaec.coursestorm.com/category/needle-felting>. Additional Needle Felting with Julie classes are continued on Page 10.

## Leaves & Acorns

**Beginner**

Acorns are fast and fun to make! Perfect for sprinkling around your home or adding to a fall wreath. Once you master leaf making, you won't want to stop! We'll use a lightweight, household material to craft leaves. You'll go home with a small felting surface, 2 needles, and wool for continued projects.

Please bring: acorn tops, used (or new) dryer sheets or wet wipes.

**Wednesday 9/4 9am-11:30am or 5:30-8pm \$40**

## The GREAT Pumpkin!

**Beginner**

You will learn one way to make a basic round shape and turn it into a pumpkin! Choose from a variety of colors to cover your pumpkin and lots of locks to add personality.

These pumpkins are very soft and squishy and can be made in many sizes and colors.

**Wednesday 9/11 9am-12pm or 5:30-8:30pm \$40**

## MOO the COO!

**Intermediate**

A friend who moved to Scotland was delighted to learn that cow is pronounced coo in Scotland! Let's make a Scots Highland COO!

We'll make a simple long-haired cow using basic shapes and a few pipe cleaners, and learn techniques like using power wax for a smoother finish and 'shingling' to attach long hair. Please bring small scissors or hairdressing scissors if you have them.

**Wednesday 9/18 9am-12:30pm or 5:30-9pm \$45**

## Harvest Gnome

**Beginner**

You will learn how to use a skewer to make a symmetrical gnome shape and make smaller shapes to give your gnome lots of personality – big nose or little nose, maybe some twinkly toes! Straight beard or curly – or even some viking braids! This little fellow will be made with the fall colors of your choice.

**Wednesday 10/2 9am-12:30pm or 5:30-9pm \$40**



Leaves & Acorns



The Great Pumpkin



Moo the COO!

## Sunny Days

**Beginner**

This sunflower will brighten anyone's day! You can customize your size from 5 - 7 inches across and you can add a magnet for the refrigerator, a pin back to add to a hat, purse or curtain or wire to add to a fall wreath.

This is a fun project for students of all experience levels.

**Wednesday 10/9 9am-11:30am or 5:30-8pm \$30**

## Boo Crew

**Beginner**

This little fellow will greet you with a "Good Mooooaning!" every day! Make him as a hanging ornament or a free-standing decoration. His big eyes and silly grin will brighten your Halloween. He's so easy to make, you'll want to create more for your BOO CREW! Add your own personality to this simple and fun project.

**Wednesday 10/16 9am-11am or 5:30-7:30pm \$30**

## Pumpkin Faces!

**Beginner**

These faces are fun and easy to make once you know the basics! If you took the pumpkin class, you already know the first steps. This is a great prequel to Santa in the Moon. Suitable for beginners but still a bit challenging, you'll have a variety of colors to choose from, and each pumpkin will be unique and full of personality! Bring scissors and your imagination!

**Wednesday 10/23 9am-12pm or 5:30-8:30pm \$35**

## Sweet Angels

**Beginner**

If you enjoy decorating sugar cookies, this project is perfect for you! Suitable for all skill levels, you'll design and use 2D felting to decorate an angel's dress. Julie will provide the dress pattern, chenille stems, bells, ribbon, hair, and head, and you'll decorate and assemble the dress. Suggested designs will be available if needed. Bring scissors and your imagination!

**Wednesday 10/30 9-11am or 5:30-7:30pm \$30**

## Cookie Cutter Ornaments

**Beginner**

All you need is an open-topped cookie cutter and a little wool and a needle – no baking required!

You can bring your own cookie cutter or choose one from Julie's collection. Once you have felted the basic shape you have many options for decorating – layers, flowers, trees – your only limit is your imagination! You may have time to make more than one!

**Wednesday 11/13 9am-12pm or 5:30-8:30pm \$30**



Harvest Gnome



Sunny Days



Boo Crew



Pumpkin Faces



Sweet Angels



Cookie Cutter Ornaments

Enlarged class photos can be found on our website!

# ARTS & CRAFTS

## Needle Felting with Julie continued from Page 9:

### Santa is the Man in the Moon! **Intermediate/Advanced**

We will make a wire circle armature and cover it with wool to make a crescent moon shape and then turn it into the face of Santa Claus himself!

This is a good intermediate/advanced beginner project. You need to be able to felt firmly and know how to attach shapes by their fringe-y edges.

**Wednesday 11/20 9am-12:30pm or 5:30-9pm \$40**



### Snowman Ornament **Beginner**

This little snowman face makes a great addition to any Christmas tree or tie it onto a package for a special friend!

This is an easy-peasy beginner project with loads of personality! Give your snowman a top hat or a beanie or even earmuffs! Be brave and make a wool nose or choose a ready-made clay one. Your snowy friend will bring you loads of creative pleasure!

**Wednesday 12/11 9-11am or 5:30-7:30pm \$30**



### Christmas Angel **Intermediate**

This angel is a special request! It is challenging, but well worth the work! It has a firmly felted core, but a softly felted dress over the top and beautiful gossamer wings! Julie will have some very special blended wool bats in a variety of colors (first come, first serve).

Students of this class should have a basic knowledge of needling, splitting your wool horizontally and vertically and managing the direction of your fiber.

**Wednesday 12/4 9am-12:30pm or 5:30-9pm \$50**



## Drawing: Artist Sketchbook Series

Join us for an inspiring drawing class with artist Suzette East. Bring your sketchbook and immerse yourself in the beauty of nature as we sketch "en plein air." This unique class includes a field trip to gather references, followed by in-studio sessions where we'll work with mixed media. Focus will be on pastel application, allowing you to create an unforgettable nature study.

Supplies Needed: Pastels in any form, 2h, 4h graphite pencils, assorted watercolors pencils, water colors, liner brush, small short round, lg watercolor brush (ETC), waterbin, odorless turp. tortillions, kneaded eraser, 9x12 – or larger smooth bristol or mixed media pad, or charcoal paper.

**\$40 Suzette East**

**Tuesday 9/10-10/29 9-11am PHEC**

## Painting Baxter State Park

Capture the stunning beauty of Baxter State Park in vibrant acrylic on canvas. Under the guidance of artist Suzette, you'll work from provided references, including a trail scene from Baxter and an animal photo. Learn to combine these elements to create well-proportioned, breathtaking paintings. A masterpiece in the making awaits!

Supplies Needed: 16x20 stretched canvas, 1-1 1/2" flat shader, 1/2 flat #10, #2 round, #1script liner, 3/4 mop or soft scruffy old brushes, sea sponge, q tips, Divided water bin, paint trays, paper towel or cloth, lt brown watercolor pencil, acrylic retarding medium, SET of basic artist acrylic colors: Mars black, Titanium white, Burnt umber, Ultramarine blue, Thalo blue, Yellow light, Thio/Acra Magenta, or quinacridone, and cad red.

**\$50 Suzette East**

**Tuesday 9/10-10/29 12-3pm PHEC**

## Book Binding for Beginners Journal Workshop

In this evening course, students will be introduced to the ancient art of bookbinding. Students will walk away with a unique journal and the skills to continue to make books at home. We will learn how to hand bind a blank journal with a hard cover using a traditional coptic stitch.

All supplies are provided, however, students may purchase additional embellishments.

Elise has been a crafting professional for many years and particularly enjoys crafts that use natural materials and are inspired by nature. From fiber arts to watercolor, she is experienced in many mediums. Outside of crafting, Elise is an environmental educator and enjoys sharing her passion for the outdoors with others. Elise has been teaching for 12 years.

**\$45 Elise Goplerud**

**Tuesday 9/24 5-8pm PHEC**

## Arts & Crafts with Shirley

Join us for a series of festive and creative art classes with Shirley Groody, an accomplished artist and PVAEC instructor known for her successful teaching methods that cater to students of all levels. Get into the holiday spirit and make unique decorations for the upcoming fall and winter seasons. All supplies are provided, but please bring your own brushes if you have them. Sign up for one, two, or all three of the following classes:



**Ghoulish Ride**

Join this “ghoulish trio” for a fun and festive painting adventure. It promises to be more fun than scary!

**THURS 9/5-9/26 2-4pm**  
**PHEC \$40**



**Farmers' Market**

Paint along with a gnome and his friends as they share the bounty of the harvest at the farmers' market.

**THURS 10/3-10/24 2-4pm**  
**PHEC \$40**



**Winter Welcome**

Create charming winter themed decorations with a snowman and his playful penguin friends.

**THURS 10/31-11/21 2-4pm**  
**PHEC \$40**

## Special Offer: The More, The Merrier!

This fall, join us for a unique opportunity where the more students who enroll in our knitting classes with Sherry, the less each student will pay! As enrollment increases, the price per student decreases, making it more affordable for everyone. If five or more students sign up, class will be \$45. Don't miss out on this chance to learn, save, and have fun together. Sign up now and invite your friends to maximize your savings! You can still register online (just click the “pay by check” option) or register by mail sans payment. As more students register, the cost per student goes down. Final payment amount will be determined based on total enrollment. At the first class, you can pay by cash, check or card.

### Explore the World of Double Knitting

Can you knit and purl? Then you can double knit! Double knitting creates a reversible fabric with letters or designs on one or both sides. We'll explore several ways to double knit, from incredibly simple to challenging. For this class, we'll create a project with two colors and a design on one or both sides. If you wish, you can create your own design with graph paper and colored pencils, or with an electronic tablet. Bring your own balls of yarn in any color and matching weight, and your favorite knitting needles that will yield the tension you want.

**\$45-\$70** **Sherry Corbin**

**Thursday 9/12-10/10 10am-12pm PHEC**



### Yummy Yarn Socks Plus

Can you knit and purl? Then you can use one long loop knitting needle to make two toe-up socks at the same time. Your socks will have an invisible seamless cast on, incredibly easy gusset heel (no picking up stitches), a signature rib, and a stretchy bind off. If you've taken this class in the past, please join Sherry again – the pattern template has been significantly revised! Sherry's pattern can be used for any “yummy” yarn of your choice, but for this class, you may wish to select a light color yarn, weight 4 and divided into two balls; and a 47 inch long loop (“magic loop”) needle that will yield about five stitches per inch (roughly size 6).

**\$45-\$70** **Sherry Corbin**

**Thursday 9/12-10/10 1-3pm PHEC**



# WOODTHRUSH WILDERNESS - TRADITIONAL CRAFTS

## **Traditional Crafts Series with Jessica Steele of Woodthrus Wilderness:**

*Jessica Steele M.Ed. has a deep passion for the wilderness and for teaching. She has been working in the field of Adventure and Environmental Education for more than 30 years. This leg of her journey is about connecting more deeply with herself, others, and the wilderness. Join her for a program of connection, learning, and growing.*

- B.A. Ecopsychology and Outdoor Education from Prescott College, AZ
- M.Ed. Adventure Education Plymouth State University, NH
- Registered Maine Recreational Guide
- National Registered EMT
- SOLO Wilderness First Aid/First Responder Instructor
- American Red Cross First Aid & CPR Instructor and Lifeguard
- American Canoe Association Level 1 & 2 Instructor
- Leave No Trace Master Educator



**Photos: Jessica & Barbara, Jessica & Maggie**

## **Harvest Basket**

Interested in gathering your vegetables or apples in a basket this year? How about with a basket that you made!

Everyone is welcome to join this class. Even if you have never weaved before. I will be doing step by step directions. You will walk away with a finished basket.

This basket will be a square - round basket that have leather or wooden handles. The material is flat and half round quality reed. We will also add color reed in the basket if desired from blue, purple, red, green, and brown.

Choose from two different sizes:

Extra Large - Finished size is approximately Base 16"x16" Height 10"

Large - Finished size is approximately -Base 14"x14" Height 10"

**\$125 Saturday 10/26 9am-5pm PHEC**

## **Explorer Pack basket**

Making a pack basket can be a fun and rewarding project and a perfect gift! A pack basket is a traditional type of backpack used for carrying items while hiking, hunting, or for general outdoor activities. Pack baskets have a long history dating back centuries and have been used by various cultures around the world. Here in Maine our Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain. In this course, we will weave a 10-12" tall basket with premium reed. We will go over the history of pack baskets and what materials have been used. The instructor will go through the process of making the basket step-by-step ensuring all will walk away with a finished basket. The baskets will have a base and feet along with pack straps. We will bring a variety of color straps and even color reeds to add a little color to your basket. Walk away with a pack basket and the knowledge for life! All level weavers are welcome EVEN if you have never weaved!

**\$95 Sunday 11/10 9am-2pm PHEC**



**Photo: Harvest Basket**

## **Farmers Market Basket**

Join us for an engaging class to create a beautiful and versatile basket, perfect for keeping your fresh produce and bakery items safe and organized at the market. This workshop is open to everyone, regardless of experience level. Even if you've never woven before, our detailed step-by-step directions will guide you through the process. You will craft a unique square-round basket with two convenient straps that can be worn on your shoulder or carried by hand. Personalize your basket with multiple color options for the straps, and choose from vibrant hues like blue, purple, red, green, and brown for added flair. Made from high-quality reed, both flat and half-round, your basket will be durable and charming. By the end of the class, you'll walk away with a functional and aesthetically pleasing basket that showcases your creativity. Join us for this exceptional weaving experience and connect with fellow enthusiasts. Take home the pride of creating and the joy of owning a truly functional work of art.

**\$125 Sunday 11/17 9am-5pm PHEC**



**Photos: PVAEC Pack Basket Students**

**Giant Balsam Gnomes & Other Festive Crafts**

In this class, we will learn how to make three homemade gifts from natural items. These are wonderful gifts to continue to make and perfect for the holidays! Who loves Gnomes? In this class, we will make Giant Holiday Gnomes out of balsam, fir and white pine while using the framework of a tomato cage. To finish them off, we will add a nose and large holiday hat. These Gnomes will be about 3' high and perfect for your holiday season. We will also make smaller gnomes that can be a holiday decoration or used for a cork stopper in your holiday wine. They are very cute for that small holiday gift. Finally, we will learn how to collect and process balsam for your own balsam fir bags/pillows. In most gift shops here in Maine we sell the fragrance of the wilderness. Another perfect gift for yourself or a loved one.

**\$60 Tuesday 12/10 5-8pm PHEC**



*Photos: PVAEC Balsam Wreath Students*

**Balsam Wreath**

In this class, we will learn how to make holiday wreaths. We will use balsam and also decorate it with other beautiful branches from white pine and cedar. We will use a 12" ring to make this balsam wreath. We will also go over how to make holiday swags and garland.

**\$50 Tuesday 12/3 5-7pm PHEC**



*Photo: PVAEC Farmers Market Basket Class*

**Guide Pack Basket**

Whether you're a seasoned weaver or have never tried your hand at weaving before, this course is perfect for you.

Our instructors will provide step-by-step instructions to help you create your very own 17" tall basket using premium reed. These pack baskets are not only functional but also versatile, making them ideal for ice fishing, day hiking, attending music festivals, or simply visiting your local co-op. Plus, they make a fantastic gift for that special someone in your life!

By the end of the course, not only will you walk away with a unique pack basket that you've crafted with your own hands, but also with lifelong weaving skills.

**\$125 Saturday 12/14 9am-5pm PHEC**

*All classes are taught by instructor Jessica Steele and all materials are included.*

*Registration and payment are required to hold your spot in class. Space is limited!*

*Cancellations must be made at least 48 hours in advance to receive a refund. If our Adult Ed office or instructor cancel class, refunds will be issued to students.*

**FMI: [www.woodthrushwilderness.com](http://www.woodthrushwilderness.com)**



*Photo: PVAEC Giant Balsam Gnome Class*



*Photos: PVAEC Pack Basket Students*

# PARTNER PROGRAMS



**PISCATAQUIS COUNTY  
SOIL & WATER  
CONSERVATION DISTRICT**  
PISCATAQUIS COUNTY SOIL &  
WATER CONSERVATION DISTRICT  
USDA Service Center  
42 Engdahl Drive  
Dover-Foxcroft, Maine 04426

Since 1944 the Piscataquis County Soil and Water Conservation District has worked in our community to protect the soil, water, forests and farms in this region.

**Our mission is to build resilient, sustainable farms and forests through education, technical services, demonstration and stewardship.**

## CONTACT US!

Phone: (207) 564 - 2321 extension 3

Email: [info@piscataquisswcd.org](mailto:info@piscataquisswcd.org)

Facebook: [www.facebook.com/www.piscataquisswcd](http://www.facebook.com/www.piscataquisswcd).

## Upcoming Fall Programs:

**Cider Pressing with East Sangerville Grange- Sept.14th 10am-12pm Law Farm Nature Trails- Free to the community, bring your own apples and containers! FMI visit [www.piscataquisswcd.org](http://www.piscataquisswcd.org)**

**Chainsaw Safety 3 Course- September 28th, Williamsburg Forest- \$75 registration cost- space is limited. FMI and to register visit [www.piscataquisswcd.org](http://www.piscataquisswcd.org)**

**Pond Construction with Piscataquis and Somerset Soil and Water Conservation District- October 6th, Parkman Town Office- \$50 registration cost. FMI and to register visit [www.somersetswcd.org](http://www.somersetswcd.org)**

## Maine College and Career Access

**HUB 3 -- The Maine Highlands** is committed to promote lifelong learning that will lead to post-secondary degrees and/or a credential of value to improve the quality of life of **YOU**, the student, and your family throughout Penobscot and Piscataquis Counties and beyond.

If you are seeking your high school diploma or HiSET, would like to become ready to succeed in college and/or achieve a credential of value (i.e., C.N.A., Compta + Certification, OSHA-10 Certification, etc.), start with your local adult education program.

**Bangor Adult Education**  
Greg Leavitt  
885 Broadway  
Bangor, ME 04401  
[glevitt@bangorschools.net](mailto:glevitt@bangorschools.net)  
Tel.: 207-992-5522

**Greenville Adult & Community Education**  
Thelma Regan  
130 Pritham Avenue  
Greenville, ME 04441  
[thelma.regan@ghslakers.org](mailto:thelma.regan@ghslakers.org)  
Tel.: 207-695-3708

**Mountain View Correctional Facility**  
Martin French  
1182 Dover Road  
Charleston, ME 04422  
[martin.french@maine.gov](mailto:martin.french@maine.gov)  
Tel.: 207-285-0880

**PVAEC**  
Joshua McNaughton  
50 Mayo Street  
Dover-Foxcroft, ME 04426  
[jmcnaughton@pvaec.org](mailto:jmcnaughton@pvaec.org)  
Tel.: 207-564-6525

**RSU 19 Adult Education**  
Suzanne Nowinski  
266 Williams Road  
Newport, ME 04953  
[snowinsk@rsu19.org](mailto:snowinsk@rsu19.org)  
Tel.: 207-368-3290

**Riverside Adult & Community Education**  
Rebecca Cross  
14 Goodridge Drive  
Orono, ME 04473  
[rcross@rsu26.org](mailto:rcross@rsu26.org)  
Tel.: 862-4119

**RSU 67 Adult Education**  
Jessica Johnson  
Mattanawcook Academy  
Lincoln, ME 04457  
[jjohnson@rsu67.org](mailto:jjohnson@rsu67.org)  
Tel.: 207-794-6712

**United Technologies Center**  
Amanda Peterson, Director  
Michelle Lachance, Coordinator  
200 Hogan Road  
Bangor, ME 04401  
[apeterson@utc4me.org](mailto:apeterson@utc4me.org)  
[mlachance@utc4me.org](mailto:mlachance@utc4me.org)  
Tel: 207-947-6474



Find a Maine Adult Education program near you at [www.maineadulted.org](http://www.maineadulted.org)



*PVAEC is a proud member of the Maine Adult Education Association;  
Learning for Work and for Life.*

### Piscataquis Valley Adult Education Cooperative (PVAEC)

is governed by a Regional Council comprised of four local school districts:

#### **AOS #94 Dexter**

Kevin Jordan, Superintendent

Patrick O'Neill, Assistant Superintendent

Brian Leavitt Director, TCTC

#### **RSU # 68 Dover-Foxcroft**

Stacy Shorey, Superintendent

#### **MSAD #41 Milo**

Darcie Fournier, Superintendent

#### **MSAD #4 Guilford**

Kelly McFadyen, Superintendent

#### **Piscataquis Valley Adult Education Cooperative**

Dr. Joshua McNaughton, Director

# REGISTRATION

**Non-Academic (Enrichment) Courses:** You may register and pay online. You may register online and pay by mail. Just click “pay by check” on the registration page, and then mail in your payment. You may mail in your payment with the registration form below. You can also print a mail-in registration form at [www.pvaec.org](http://www.pvaec.org). You may register by phone (207-564-6525) and pay by credit/debit card. **Prepayment is required for some of our programs.**

**Paying Online:** Paying online with your credit card is safe and secure. A non-refundable \$1.99 processing fee is charged for each course registration by credit/debit card.

**AGE POLICY:** The minimum age for participation is 17 years unless our director gives special permission.

**REFUNDS:** Most classes will be refunded if a student cancels within 24 hours of the first class meeting. Some classes have specific individual refund policies. We will refund 100% if the class is cancelled by the program. Students will be notified at the contact information they provided upon registration.

**STORM CANCELLATIONS:** Adult Education classes are cancelled whenever local K-12 schools have been cancelled for the day. **Academic** classes are held remotely when possible. Afternoon and evening classes are sometimes cancelled due to late developing storms. Cancellations will be announced on our Facebook page ([www.facebook.com/pvaec](http://www.facebook.com/pvaec)). You may also sign up for our text message alert system at [www.pvaec.org](http://www.pvaec.org). Cancelled enrichment classes will be rescheduled whenever possible.

**SCHOOL VACATION:** There will be no classes on Monday, September 2 (Labor Day), Monday, October 14 (Indigenous Peoples Day), Monday, November 11 (Veterans Day), Thursday & Friday, November 28-28 (Thanksgiving Break), Wednesday, December 25 (Christmas Day) and Wednesday, January 1 (New Year’s Day). PVAEC reserves the right to make changes to the starting or ending dates, times and locations of courses when necessary. We are not responsible for typographical errors. Let us know at the time of registration if there is anything we can do to accommodate your needs.

## PVAEC REGISTRATION FORM

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Town: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email: \_\_\_\_\_

COURSE	Day/Date	Total Fee(s)
1: _____		\$ _____
2: _____		\$ _____
3: _____		\$ _____
	Total Enclosed:	\$ _____

Credit Card: \_\_\_\_\_ Visa Mastercard

Exp: (MM/YY) \_\_\_\_\_ Code: (3 digits on back) \_\_\_\_\_

Signature \_\_\_\_\_

\*Credit Card charges apply (\$1.99 Convenience Fee per registration). Save money by paying by cash or check.



Scan with your smartphone camera to register online. You can register and pay online or register online and pay by mail. Just click “pay by check” on the registration page. Register online at [www.pvaec.coursestorm.com](http://www.pvaec.coursestorm.com)

Make checks payable to PVAEC and mail with this form to PVAEC, 50 Mayo Street, Dover-Foxcroft ME 04426  
**Please DO NOT send CASH by mail!**

# PVAEC

Fiscal Agent: MSAD 68  
63 Harrison Ave., Suite C  
Dover-Foxcroft ME 04426

NON-PROFIT  
US POSTAGE PAID

Piscataquis Valley Adult Education Cooperative  
50 Mayo Street  
Dover-Foxcroft ME 04426  
(207) 564-6525  
www.pvaec.maineadulted.org  
www.facebook.com/pvaec

## POSTAL CUSTOMERS

### Free Little Career Closet

AT THE PENQUIS HIGHER EDUCATION CENTER

We offer clean, gently worn business professional and business casual clothing and medical attire (Nursing Scrubs), as well as undergarments, accessories and personal care items.

Stock availability of items are donated by incredible community members.

The Penquis Higher Education Center  
50 Mayo Street  
Dover-Foxcroft, ME 04426

#### Closet Shopping Hours:

Monday-Wednesday 9am-12pm  
Tuesday-Thursday 1-4pm  
Friday By Appointment Only



[www.pvaec.org](http://www.pvaec.org)

#### For More information :

Contact Hilda at  
207-564-6525 or  
hroberts@pvaec.org

### LEARNING CENTER LOCATIONS:

PVAEC serves students in Dexter, Dover-Foxcroft, Guilford, Milo and everywhere in between.

Come see us at a Learning Center near you!



Dexter  
Dexter Learning Center (DLC)  
16 Church Street, Dexter



Dover-Foxcroft  
Penquis Higher Ed Center (PHEC)  
50 Mayo Street, D-F



Guilford  
Guilford Fire Station (GFS)  
4 School Street, Guilford ME



Milo  
Milo Free Public Library  
4 Pleasant Street, Milo ME

### NEW GUILFORD LOCATION:

We are now located at The Guilford Fire Department on School Street!

#### Follow us on Social Media:

Website



[www.pvaec.org](http://www.pvaec.org)

Facebook



[facebook.com/pvaec](https://facebook.com/pvaec)

Instagram



[@pvaec\\_adulted](https://instagram.com/pvaec_adulted)

Pinterest



[@pvaecadulted](https://pinterest.com/pvaecadulted)