

Instructor Bios

David Adams, Esq. is a resident of Arlington and founding partner at Pathway Law LLC (*PathwayLaw.com*), a firm embracing the vision of attorney as counselor, confidant, and friend. David's work includes estate, special needs, elder law and charitable planning.

Erica Adelson is assistant director of RoLa Languages and has more ten years of experience teaching English, Spanish, French, and Arabic with students of all ages, from preschoolers to retirees.

Susanne Agerbak is a pop-up card enthusiast and a researcher who has been using Excel for more than two decades.

Tom Allen has spent much of his time since early retirement riding and leading rides on local roads. He rides with the Charles River *Wheelers* and with the Nashoba Valley Pedalers. His devoted following loves the rides as well as the history Tom shares along the way.

Don Anderson College Funding Advisors, Inc. of Bedford, MA, provides clients with strategies to maximize financial aid awards for college expenses.

Paul Angiolillo discovered the pleasures of tea as an undergraduate at Yale. Largely self-taught, he took a job with Upton Tea imports for a year to gain even more experience with the many varieties of fine teas. He travels throughout New England talking about tea and teaching tea-tasting classes.

Ann Bausman has a love affair with paper, pattern and color. She has taken classes at the School of the Museum of Fine Arts and other locations, and sells her work at area shops and artisan craft fairs.

Ben Barkan is founder and owner of HomeHarvest, a company passionate about creating edible landscapes, and whose mission is to transform urban spaces into attractive and regenerative ecosystems.

Richard Belofsky *CLU*,[®] *ChFC*,[®] *CFP*[®] has more than 30 years of experience in financial services. Richard is an Arlington resident and Five-Star Wealth Manager recipient. He is a Certified Financial Planner[®] and financial advisor with The Bulfinch Group LLC.

Anne Black enjoys an active career in the Boston area as both a visual artist and classical musician. She works in multiple media, including photography, painting, digital art, book art, and wearable art. View her work at *CapriccioArts.com*.

Boston By Foot is dedicated to promoting public awareness and appreciation of Boston's rich history and architectural heritage by offering a wide range of guided tours and programs conducted by a dedicated corps of highly-trained and enthusiastic volunteer tour guides.

Roland "Boot" Boutwell is a teacher/naturalist who regularly leads nature hikes focused on the diverse flora and fauna of our region.

Amber Breimeir is an Indiana University and New England School of Law alum. She has completed three marathons and loves helping others relieve the stresses of life through teaching barre and spin.

Arthur Budnick is assistant SHINE program manager with Minuteman Senior Services.

Amber Bus is a teacher at Stratton Elementary School in Arlington.

Alissa Butterworth is a novelist, writer, and educator who received her master's in fine arts from Lesley University. Her work has appeared in numerous publications. Visit *alissabutterworth.com*

Beth Canuel is a professional ballroom dance instructor/choreographer and founder of UNITE Dance and Fitness. Visit *unitedanceandfitness.com*.

Kimi Ceridon is a trained chef with a background in technology. She combines her talents to create great food experiences through hands-on classes with a bit of science and engineering. She holds a Masters in Gastronomy and Chef's Certificate from Boston University as well as Masters in Mechanical Engineering from MIT. She is a personal chef who teaches food education and cooking workshops throughout Massachusetts. Follow along with her blog about "Cooking & Confessions from a Midlife Crisis" at *www.noreturnticket.kceridon.com*.

Harriet Chenkin received a degree in art therapy and creativity development from Pratt Institute in Brooklyn, N.Y. She worked as an art therapist at the Boston Institute of Arts Therapy, and while there curated numerous exhibitions created by children, adolescents and the elderly.

Cedric Crowe has more than 20 years of professional dance experience, including with the Alvin Ailey School of Harlem, the Adrian Hawkins Dance School of Boston, and the Janette Neil Dance Studio of Boston.

Alexandra Dale is a practicing makeup artist with a degree in studio art from Smith College and multiple makeup artistry accreditation programs. She values feeling beautiful inside and out and through *Alexandra Makeup Artistry* serves clients throughout the U.S.

Linda Del Monte is a 40-year plus yoga practitioner, and 18 plus years of teaching experience. Certified in Kripalu and Anusara yoga, she infuses her classes with joy and spirituality.

Derby Farm Gardens & Flowers is an award-winning flower, garden, gift and home decor boutique in Arlington.

Cathie Desjardins is the current poet laureate of Arlington. She is a lifelong teacher, learner and poet. Her writing has been published in *Cognoscenti*, WBUR's online magazine, and in many newspapers, periodicals and journals including the *Christian Science Monitor* and the *Boston Globe*. Her first book of poems is *With Child*, (Tasora Press, 2008); she is currently at work on her second book of poems, *The Muse in the Garden*.

Gaggi DeStefanis began her running career in high school as a sprinter. As an adult she has run many marathons, and placed 11th woman in a USATF marathon. She is a coach at Ottoson Middle School, Arlington.

Ulrike Dettling Kalthofer is co-founder of Arlington Reiki Associates, a reiki master teacher and a licensed marriage and family therapist.

Rachel Diamond Calow is owner of Calligraphy for All Occasions in Arlington and a member of Masscribes, the Massachusetts Guild of Calligraphers. She has been a working calligrapher for more than 30 years.

Sarah Dredge is an independent vocal musical professional, voice-over artist, voice instructor and soloist.

Walter Driscoll is an accomplished Chess player and is ranked 1800 uscf and 1740 fide. He has played in Budapest and Reykjavik and is currently a member of the Boylston Chess Club in Cambridge, Ma.

Naomi Ellenberg-Dukas is president of Beadesigner International and owner of *DukasDesigns.com*; she has been designing, making jewelry and teaching jewelry making for the past five years. **Yin Guang** of *ancientmoon.com* is a medical doctor and jewelry designer who loves to play with beads and colors. She loves the meditation of Kumihimo.

Roxana Figueroa has a masters degree in foreign language education. She has been teaching Spanish and English for the past 8 years and enjoys learning about different cultures, food, traditions, music and literature. Roxana has even learned Russian and Italian through her many travel around the world.

Lissa Franz has a master's degree in creative writing from Boston University. She is a 2015 recipient of a PEN New England Discovery award for fiction, and is currently completing a novel.

Karen Fullerton began her journey to support letter-writing through the classroom during a six-month sojourn in southern France where she attended the Festival of Correspondence in the small stone village of Grignan. Since 2002, she has developed workshops and coursework to guide others in finding words for the letters they write. She has a masters degree of education from Tufts University.

Sue Funk is an exhibiting artist and a Massachusetts certified teacher. She has taught art classes in community education programs in Acton, Sudbury and Littleton.

Yvon Gachette, a native of Haiti, speaks English, French, Spanish, Haitian Creole, and a bit of Italian. He obtained his B.A. in philosophy from the College of the Holy Cross. He values his multicultural background and is a major fan of a multicultural education, which played a role in his pursuit of a master's degree in global communications abroad, at the American University of Paris.

Severina Gates is a former dancer and the first Level 4 certified Essentrics instructor in Massachusetts, training under creator Miranda Esmonde-White.

Erik Gehring is a freelance photographer who specializes in trees and natural landscapes. Although Erik enjoys photographing natural environments all over New England, his favorite destination is Boston's Arnold Arboretum, and for the last ten years he has published a calendar of images taken in the Arboretum landscape entitled *Trees of Boston*. Visit erikgehring.com.

Bruce Gerry, aka "Dr. Tuneup," has been a self-employed, mobile auto mechanic in and around the Boston area for more than 40 years, traveling to people's homes or businesses. He holds a degree in civil engineering as well as a master's in business administration from Northeastern University.

Kristen Gohr is a senior cycling and yoga instructor at Upbeat Cycling in Arlington. She has more than 10 years in the fitness industry and has competed at a national level on women's pro cycling team.

Elizabeth Gompels went to her first national tournament two months after learning to play duplicate bridge. She is a Life Master and an Accredited Teacher through the American Contract Bridge League (ACBL). When not playing bridge, she provides small business owners and nonprofit leaders with financial guidance and project management.

Phillip Grannan is a multi-instrumentalist, composer, and teacher from Cincinnati, OH. He loves to share his passion for music with people of all ages and walks of life.

Nancy Gray is a retired elementary school teacher. She has taught classes at Fidelity House in Arlington. When not attending art retreats, Nancy enjoys sharing her love of art with both children and adults.

Joe Green has been teaching adult education for 13 years and has taught all five subject areas for the HISET. He has been under contract by the City of Boston to provide Basic Adult Education services to predominantly immigrant patrons of the Boston Public Library.

Kimber Green is a licensed and board certified massage therapist and speech-language pathologist specializing in cognition who offers therapeutic and rehabilitation in massage and mindfulness meditation. Kimber was voted Best of Boston Wellness “Mindfulness Coach” in 2016. She is the owner of Green Room Wellness Center in Arlington. Visit greenroomwellnesscenter.com

Naomi Greenfield is owner and lead designer at Red Balloon Company. She began balloon twisting at age 13 to combat her fear of balloon popping. Many pops later, she twists balloons at all kinds of parties and events, makes personalized sculptures and conducts balloon twisting workshops. Visit redballooncompany.com

Julia Grimaldi is a certified food coach and personal chef. She helps busy women find the time to cook, eat, and be well. Visit coachjulia.com

Suzi Grossman received a Bachelor of Fine Arts from the School of the Museum of Fine Arts, Boston, and a Bachelor of Arts in English Literature from Tufts University. Her photographs explore family and group dynamics as well as living environments, often through the use of the multi-paneled image. Her work has been shown throughout New England. Visit SuziGrossman.com

Gary Hawley is a retired high school science teacher blessed with insatiable curiosity and thirst for learning. He has taught a variety of science courses including chemistry, physics, and cosmology.

Mary Hurley is a beloved leader of nature, museum and walking adventures.

JoAnn Ignelzi is a graduate of the Cambridge School of Culinary Arts (CSCA) where she was also a chef instructor and assistant education director teaching in both the Recreational and Professional Programs. Now retired, she has a small private chef business and volunteers as a cook and Board Director for Community Cooks in Somerville.

Indigo Fire is a pottery studio in Belmont that provides a friendly, non-intimidating environment for those interested in learning more about pottery.

Christine Jansen is a teaching assistant for *Principles of Garment Construction* at Framingham State University, working with new fashion students. She has taught painting, stenciling, faux finishing, rug hooking, and textile design for various continuing education programs as well as children's crafts in Arlington and Lexington. She holds a bachelor's degree in fashion design.

Charlotte Kaplan has been creating works on paper and sculpture for many years, following a career in architecture. She teaches drawing classes at the Boston Architectural College and adult education programs in the Boston area and has completed commissions for the Boston Children's Museum, Logan Airport, and the Massachusetts Division of Conservation and Recreation.

Julie Kaufmann offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs, and movement class for cancer survivors. Visit jkdance.com

Cheryl Keane is a certified Zumba instructor with a loyal following.

Mary Kenny is a sculptor and animator with a Master of Fine Arts from the California Institute of the Arts. She has been sewing for 20 years and has taught art at the college level and sewing at the Maud Morgan Center for the Arts in Cambridge.

Janet Kessenich M.M. is a workshop leader, sound healer, and author. She is the author of *Music Lessons for the Spirit*, a collection of essays drawn from the life lessons she learned as a pianist. She brings the essence of music into her work with clients and workshop participants. Visit spiralenergies.com

Judith King originally took up tai chi to help alleviate the pain of a chronic illness. She has been teaching for many years.

Juanita Allen Kingsley EMT was trained as a wilderness EMT instructor and has been an instructor-trainer with the American Heart Association, Emergency Care and Safety Institute, and Medic First Aid.

Cher Kore is a Boston-based aromatherapist, aromatherapy teacher, writer, and the founder of Kameleon Healing Aromatherapy. Her writing has been published in many Boston area magazines and Cher has been featured on *Chronicle* and *Fox Morning News* and written about in the *Boston Globe*, *Boston Magazine* and other publications. Visit www.kHealing.com.

Neil Kutzen, BA, MA, psychology, has trained thousands in a variety of skills for personal and on-the-job effectiveness. He created MemorizeBest. He is also an award winning storyteller, sometime actor and ardent memorizer.

Martin LaMonica has worked for nearly 30 years as a reporter and editor covering technology, science, and business. He has written for *The Boston Globe*, *Scientific American*, the *Guardian*, and many other publications.

David Lenoir is certified by the National Association of Realtors as a Seniors Real Estate Specialist (SRES®) and is qualified to address the needs of homebuyers and sellers age 50+.

Ruth Lieberherr has practiced yoga for more than 30 years and has been teaching yoga for more than 15 years. Registered with the Yoga Alliance as an experienced yoga teacher, she brings compassion, joy, and humor to her teaching.

Zhantao Lin is a native of China, professional tai chi teacher, sixth-generation disciple of Yang Style tai chi, and president of the Yang Style Tai Chi Association.

Nancy Linde is an author and quilter extraordinaire. She's a member of the Quilter's Connection, one of the oldest and largest quilting guilds in the country, and lives in Belmont.

Howard Loewinger has been working with computers since the days of the Commodore PET. He has worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years.

Robert Lublin is professor of theatre arts at the University of Massachusetts Boston. In addition to publishing books and articles on Shakespeare, theatre history, and dramatic literature, he reviews whisky, wine, and beer for the long established website *Drinkhacker.com*.

Jeremy Marin is an avid vegetable gardener and compost maker, letting the bacteria do most of the work in the garden and in the compost bin. This frees him up to help and teach others about both.

Katherine McGough is an artist and fashion illustrator living in Arlington. Her artwork of dogs has been selected twice as a finalist at Westminster Kennel Club's poster contest and exhibited in other nationwide contests. She has a bachelor's degree from Parson's School of Design in fashion design. Visit *katherinemcgough.com*.

Lisa Mediano is a certified forest therapy guide with the Association of Nature and Forest Therapy Guides and Programs. She divides her time between Medford and the Monadnock region of NH. Her passions include mushroom hunting, edible plants and nature writing.

Shruti Mehta is a native of India and a cooking enthusiast. Shruti enjoys teaching others how to prepare Indian vegetarian dishes, and has taught cooking courses for several adult education programs.

Kierstin Merlino received her bachelors of Science degree in athletic training from the University of Vermont, and her masters of education from Endicott College. She currently is the athletic trainer for Arlington High School and teaches CPR for Technical Medical Company.

Melissa Merres is a certified professional coach practicing in Arlington. Melissa believes coaching provides a unique space to foster self-awareness, clarity, and drive. She holds a masters in conflict resolution and in cultural anthropology.

Sandra A. Miller has published essays in over one hundred publications and is a regular contributor to *The Boston Globe's* Sunday "Connections" column. She teaches writing at UMass Lowell and takes pride in helping her students get published.

Francesca Montillo is owner of Lazy Italian Culinary Adventures, which provides culinary tours to Italy as well as private cooking classes and social events in the Boston area. She is a native of Italy and returns often to gather new knowledge and culinary techniques from her large family living throughout Italy. Her recipes are easy yet maintain the authenticity of Italian cuisine.

Dee Morris is an independent scholar and educational consultant specializing in 19th-century history of greater Boston. She presents walking tours at Forest Hills Cemetery (Jamaica Plain) and programs at libraries, schools, and historical societies. Her goal is to connect people with their civic ancestors.

Mothers Out Front is a grassroots organization of mothers, grandmothers and other caregivers working to ensure a swift, complete, and just transition away from fossil fuels and toward clean and renewable energy, as well as a healthy climate today and a livable future for all children. Visit *mothersoutfront.org*.

Nathan Muehleisen is a graduate of Massachusetts College of Art and has worked as a carpenter, cabinet maker, and furniture maker. Most recently he taught in woodshops and Makerspaces, first in Chestnut Hill, and now at Arlington High School.

Meghan Mulrenan is an employee of the Lexington Public Schools who grew up in a large family who love to cook.

Eileen Murphy-McNamara is an artist and designer with a love for teaching both art and architecture. She lives in Arlington with her husband and three children.

Rania Nasser a native of Lebanon, holds bachelor's degrees from the American University of Beirut in electrical engineering and physics. She began learning Arabic in elementary school, inspired by her father who was an Arabic literature teacher.

Andrea O'Leary holds a master's degree in education from Northeastern University and has taught English to students of all ages and levels. Her experience includes senior management positions in higher education and in private industry. Andrea has been a speaker at various conferences and seminars.

Suzanne Baratta Owayda is a long-time resident of Arlington and owner of Mosaic Oasis Studio & Supply located in Arlington who has been making mosaics as art and as commissions for homes, businesses, and religious organizations for 12 years, as well as teaching mosaic classes and workshops.

Elif Ozkefeli is a food enthusiast who was lucky to be born in a region where spices, natural produce and other food ingredients are so varied; and where cooking has always been an integral part of the daily life. Elif is happy to be cooking and introducing the healthy and delicious Anatolian and Mediterranean cuisines at Magic Bites Bakery and Cafe since 2015.

Parkour Generations Boston was founded in 2012 as a branch of Parkour Generations Americas and is based in Somerville, Massachusetts. PkGen Boston runs classes and workshops for all ages and abilities throughout the New England region, working with a variety of municipalities, community organizations, schools, private companies, and individuals.

Janet Peluso learned to make her first granny square in high school and has been crocheting ever since. Funky, colorful, wearable creations are her favorites, and lately has used crochet to embellish jeans and other clothing.

Zoe Piel is an independent illustrator, cartoonist, and animator from the Boston area.

Ray Pourali chemical engineer, environmental engineer, process engineer, clean energy researcher, and founder of EnviroPal.org, has been delivering indoor/outdoor year-round composting solutions nationwide. Visit EnviroPal.org

Irena Stanic Rasin is an author, translator, and language instructor. She holds masters' degrees in English and Italian language and literature, and has many years of experience teaching Italian. Her second book, a co-authored English translation of Gianna Manzini's *Sulla soglia* (Threshold), was published by Italica Press in 2016.

Jennie Rathbun is a short-story writer and book reviewer who lives in Arlington. She has published a dozen stories in literary journals and holds a Masters in Fine Arts from the Bennington Writing Seminars.

Joe Rindone has been training since 2008 and his hand picked staff has been some of the top trainers in the Boston area. He trains clients from 90 years old to student athletes in everything, from strength training and kettlebells to balance/agility work. Visit BackBayFit.com.

Karen Roth learned knitting as a child and has been an avid adult knitter for many years. She has taught knitting to friends, relatives and at other organizations.

Laurie Savage received a BFA in metalsmithing from MassArt in 1998. She has taught the jewelry program at CCAE since 1999, and metalsmithing workshops at the DeCordova Museum School, Motherbrook Arts Community, and Lexington Arts & Crafts Society. She maintains a studio in the Distillery Building in South Boston.

Brendyn Schneider is an Arlington-based performance instructor, host, and TedX coach who has been featured at WGBH Studios, Emerson College, Coolidge Corner Theater, and other venues across New England. He has received many awards for his storytelling, including Moth storyslam winner. Visit brendynschneider.com

Janine Sciarappa is a pastry chef/instructor at Boston University. She teaches classes in the Gastronomy program, the Certificate Program of Culinary Arts and the School of Hospitality.

Anastasia Semash is a local artist and teacher who studied illustration at the School of the Museum of Fine Arts, Boston, and holds a degree from St. Petersburg State University, Russia. She has taught at various art centers including Munroe Center for the Arts in Lexington, Russian Center for Languages and Arts in Brookline. Her main artistic focus is on drawing and painting landscapes, natural objects and botanicals. Visit artsemash.com.

Vinny Serino has been playing harmonica for more than 40 years and has spent the last 31 years as front man and harmonica player for the award-winning band Boston Baked Blues. He is well-versed in all facets of harmonica styles and nuances of the instrument and was selected for World Harmonica Players' list of most influential blues harmonica players many times.

Alison Silver is a high school English teacher at Acton-Boxborough High School, with experience teaching English in Italy and tutoring children and adults in ESL, Italian, writing, and reading comprehension.

Zachary Slovin is the first grandchild to two grandmothers who are avid cooks, was exposed to and took an interest to cooking at a young age. He made a career switch from IT to the culinary world full-time, and specializes in pastas, breads, and pizzas.

Kevin Smith has been caning chairs for well over 25 years. He is a retired elementary teacher from Westwood Public Schools and enjoys teaching this skill to others. He finds caning to be a relaxing and enjoyable process.

Cintha Soto, a native Spanish speaker from Peru, is an experienced instructor and trainer with a combined Master of Science and Master of Business Administration from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cintha has traveled in Chile, Uruguay, Panamá, Venezuela, the Dominican Republic, and Spain.

Joy Spadafora has more than 20 years of knitting experience, and has been teaching adults and children how to knit for over 12 years. She also bikes up to 60 miles/week (weather-permitting). Her rides feature scenic vistas, bodies of water, and historical points of interest. Joy keenly reminds you not to knit and bike at the same time.

Rachael Stark is a college librarian, workshop leader, writer, and teacher. She is naturally forgetful, distractible and disorganized. She has used this as an opportunity to create systems to become organized, prepared, and on time. As a college librarian at MIT, Le Cordon Bleu Boston, and New England Institute of Art, she has helped thousands of students and faculty members learn to organize their information and their time.

Ellen Sullivan is a Realtor®, accredited buyer representative, and member of the Greater Boston Association of Realtors and Massachusetts Association of Realtors. She has lived in the area for the past 30 years.

Kevin Toro is a history and social science teacher at Arlington High. He teaches *Race, Society and Identity*, as well as *Modern World History*. He holds an M.Ed from Boston College.

Karen Uminski has been teaching belly dance in Boston for nearly 20 years. One of her biggest joys is sharing this beautiful and empowering dance with women.

Hariet Vanderput, a graduate from the School of Fine Arts Utrecht, has always loved working with texture and color. Knitting is one of her favorite outlets.

Linda Varone has been awarded Best of Boston® for her work as a Feng Shui consultant. She has consulted nationwide for more than 20 years. She is an author and professional speaker. Her book *The Smarter Home Office* is top-ranked on Amazon for home office design. Visit lindavarone.com

Bettina Velona has been practicing yoga since 1994 and teaching since 2009. She continues to attend workshops to deepen her practice and inform her own teaching, and is a 500-hour level certified yoga instructor.

Sue Wachter, president of Acton College Consulting, LLC, works with students and their families assisting them through the college admissions process. Sue served as an admissions officer at several prestigious colleges including New York University, Boston University and American University. She holds a master of science from The Johns Hopkins University and a bachelor of science from Boston University. Sue is co-chair of the 2019 National Conference for the Higher Education Consultants Association. Visit actoncollegeconsulting.com

Katie Walter is the co-author of the cookbook *Some Like it Hot*, has interned at America's Test Kitchen in Boston, and has taught cooking classes for the past four years, first in her home in London and now in Lexington, MA as part of Two Aprons Cookery. Visit <https://2aprons.wordpress.com>

Bruce Wenning has university degrees in plant pathology and entomology and is the horticulturalist at The Country Club in Brookline. He has used eco-conscious gardening and landscaping practices for more than 25 years.

Iris Weaver is an herbalist and educator located in the Beverly, MA area

Valerie Wey moved to this country from Nice, France 16 years ago. She knit with her mom as a young girl and adult.

Eric Wing is the owner of MetroCreate Studios, a digital marketing and advertising agency located in Arlington. Specializing in all aspects of digital marketing, with specific focus on website development, SEO, and Social Media Marketing. Visit metrocreate.com.

Diane Winkelman grew up in Brooklyn in a bilingual home and has taught a wide variety of people from different backgrounds. She has worked for more than twenty years as a speech therapist with adults and children in a variety of settings.

Suzi Wojdyslawski is a nationally certified personal trainer (ACSM), group fitness instructor (AFFA) and Zumba instructor. For the last eight years she has specialized in active older adult fitness. Suzi leads small group Zumba Gold, as well as resistance training (Strong Women) and balance classes (Matter of Balance).

Abigail Wolf, with an education background in herbalism, permaculture, environmental design, and organic farming, enjoys transforming landscapes into beautiful and productive vegetable gardens on the HomeHarvest installation team.

Crispin Wood is the creator of the comic strip *Rock School*, which appeared in a local music publication (*The Noise*) for 23 years. He started his latest comic venture smallblueyonder.com in 2013 and has published five books featuring collections of his strips.

Laura Zoll enjoys teaching and sharing her enthusiasm for mah jongg with players of all levels. When away from the mahj table, Laura is a medieval musicologist.