



Hidden Wings

A non-profit 501c3 corporation
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Fall 2015 Course Catalog

September 21 to December 18, 2015
Cost per class is \$200, payable at first class

Outward Bound Super Saturdays

Join us on Saturdays for hiking, kayaking, swimming, water polo, and climbing with Robb Kennedy the master mentor, super athlete and optimist explorer. Test and build your personal strength and teamwork. Parents, friends, and family are all welcome.



Special Event:

Join us on October 24 for an outrigger, swimming and surfing expedition with THERAsurf.

Saturdays, 8:30 – 12:00
Locations Vary

Dig into Drumming

As you know, Hidden Wings has gained national prominence in “heart based drumming” thanks to the 5 year “triad” of Hidden Wings, Remo drum-maker, and Grateful Dead drummer Mickey Hart. This fall, led by Jerry Zacarias and Jim Billington, there will be drumming on many Saturday “outward bounds” excursions as well as during the week. Drums will be enhanced by other instruments as well as singing. Weekly announcements will be posted.



Saturdays, 8:30 – 12:00
Locations Vary

3-D Computer Art with Sketchup

Sketchup has become a powerful artistic and 3D modeling tool, as well as being the leading architectural software in the industry. JJ Ballantine’s work with Sketchup has gained the attention of the senior management of the software company, who call his work outstanding and original. His growing gallery is on display at the company’s headquarters in Dublin, Ireland. JJ’s students will be given a free license for the use of this very expensive program, to use at home as well as in class. In addition, your work will be sent to the senior designer at Sketchup, as the company will be following the class closely. This student-teacher is now on many people’s radar, and you will be as well.



Mondays, 3:00 – 4:30
Hidden Wings Center

Drama

Annie Torsiglieri is an internationally renowned actor and longtime friend of Hidden Wings. As a graduate of Julliard, and student of the legendary producer Hal Prince, she has toured the country with Broadway Hit "Les Miserables", and played in numerous roles both on Broadway and film. She is now professor of drama at UCSB. She still shows up in popular shows like "Gossip Girl" and "ER". But her passion is teaching. She will be leading 3 Saturday workshops, to be determined according to her schedule. She is magical!



3 Saturday Workshops, TBD
Hidden Wings Center

Yearning for Yoga

Develop improved posture, flexibility, strength, and endurance with Jenn Sgobba, a leading yoga teacher of the Santa Ynez Valley. Jenn will help you achieve improved strength, balance and calm. Let her creative and innovative interpretation of yoga help you to develop greater physical control and mental happiness. For beginners and established yoga fans alike.



Fridays, 11:00 – 12:00
Hidden Wings Center

Swim Team

Meet at Dunn School Pool, weather permitting, to rediscovery your love of swimming. Let Rob Kennedy, professional swimmer and coach, help you build greater confidence, new skills, and a fitter self in the water. Improve your stroke or learn a new one. Build endurance, strength and flexibility. All levels of swim ability are welcome. Goggles welcome but not required. Contact Rob Kennedy with any safety concerns. Our team is sponsored by the Santa Barbara Water Polo Foundation.



1st Saturday in Oct, Nov, and Dec, 9:00 – 12:00
Dunn School Pool

Photography & Digital Art

Amy May, award-winning photographer, will lead a digital photography and design class in which students will explore their individual voice and vision through photography and digital media. The class will cover a variety of subjects and styles, including landscape, self-portraiture, still life, abstractions, photo essays and more. Students will explore the basics of photography, creative editing options in Photoshop, traditional and alternative printing techniques as well as alternative photo capture through homemade pinhole cameras. Students are encouraged to bring their own digital camera if they have one (DSLR, point-and-shoot, or cell phone camera) but we will provide DSLRs for class use as well.



Thursdays, 3:00 to 5:00
Hidden Wings Center

Exercise and Nutrition for Weight Loss

A class, led by Tina Kalkowski, designed to help promote exercise, both indoors and outdoors. Activities will include cardio exercise, circuit training, hiking, and bike rides. Students in this class will gain life skills needed to maintain a healthy lifestyle, educated food choices, portion control, food journaling, and weekly weigh-ins. Emphasis will be placed on students' individual needs in a positive environment.



Tina is a passionate individual and looks to bring out everyone's best attributes. She excels in motivation and goal setting for her students, leads summer aquatics at Dunn School, and is a highly sought after teacher and coach.

Tuesdays, 9:30 – 10:30

Fridays, 10:30 – 11:30

Hidden Wings Center

Guitar Groove

Learn the fundamentals of guitar from world-class Brett Butterfield. Brett has been playing the guitar since he was three years old. Since then, he has played with bands across the world. He began his professional career in the early Seventies. Brett is a world class musician. He has an intimacy with the guitar which reminds me of BB King and his guitar "Lucille". You will be learning from a living legend.



Tuesdays, 3:00 – 4:00

Hidden Wings Center

Job Preparation

Let Tina Kalkowski guide you through the process of seeking the right job to fit your natural talents and personal gifts. Let her help you to define your fits, find your niche, and focus on your job search. She will also coach you on critical job skills such as appropriate workplace language, time management, stress management, and successful work habits.



Wednesdays, 10:00 to 11:30

Hidden Wings Center

Horse Grooming

Learn the ways and mysteries of the equine species with PATH International-certified instructor, Kim Blades. Discover what makes horses happy. Learn horse anatomy, horse care, and horse history. Experience one the world's most graceful and sensitive creatures through touch, smell, and sound. Learn to whisper and nuzzle with these patient animal companions under the expert guidance of a leading therapeutic horsemanship professional.



Mondays, 3:00 – 4:30

SYV Therapeutic Riding Program

Pesticides and Organic Food Seminar

Co-Founder of Hidden Wings, Julia Billington, MD has been involved in a multi-site study on the neurotoxic effects of a near-universally used herbicide. She will be giving a status update on the research, and especially in its potential relationship to autism. She will also be offering detailed analysis of which foods have the highest level of contaminants and will offer some practical advice on the transition to an all-organic diet.



Sunday, Oct 18 and Nov 1

4:00 – 6:00

Location TBD

Open to the Public

Individualized Tutoring

Hidden Wings has access to superb academic tutors to work one-on-one with students. Contact Jim Billington for details.



Volunteers Needed from Students, Parents, & Friends

You are a valuable gift to Hidden Wings, and we appreciate your commitment to our students and the community. Your personal skills and abilities will benefit those we serve!



- Daily cleaning
- Organization of supplies
- Library maintenance
- Assistance and leadership in teaching
- Flag posting
- Maintenance of drums at horseback riding program
- Tutoring and Mentoring
- Stocking fridge
- Weekly purchase of flowers
- Info booth at farmer's market
- Coordination of special events, and publications
- Special skills for Saturday activities: knowledge of geology, plant life, animal tracks, history of land
- Spanish translator
- Community events