

# Catch the Energy

## Meet Your Instructors



### Mary Margaret Anderson...

### Laughter Workshops

Laughter Professor, is trained and certified in traditional yoga, laughter yoga, group fitness, cycling and just about every kind of group wellness sweat activity. She is a mom, wife and athlete who is passionate about laughing, loving, giving and being silly for wellness.



### Jeannette Barreiro...

### Pottery

is an experienced potter whose students have enjoyed her easy teaching style and fun class atmosphere.



### Julie Berg...

### Running for Women

Julie Berg - Assistant Coach

I began to run 12 years ago, at the age of 32, to lose weight from my last pregnancy. A year later I ran my first marathon and haven't stopped yet. 35 marathons and 40 ultras later I decided to focus on the 100-mile distance, having finished 15 of them in the past 5 years.

Two years ago I was looking for a way to give back to the running community and found the perfect outlet. I began to coach with MDRA through their Edina class. As I was commuting from Big Lake to Edina the traffic began to take its toll on me. I am excited to begin working with the MDRA group in Maple Grove.



### Barbara Boulka...

### Watercolor Painting

is an award-winning artist who has developed a variety of styles in her art. Barbara's work has been displayed and sold at galleries and businesses in Minnesota and Wisconsin.

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## Una Ford...

## Health and Wellness Classes

Is a Doctor of Chiropractic. She graduated from Northwestern College of Chiropractic in 1991, where she also received additional certification in Acupuncture. She has specialized training in nutrition, Health Kinesiology, Brain Gym, as well as other alternative healing techniques. She practices in St. Louis Park at Golden Sun Chiropractic Wellness Center, PLLC.



## Helen C. Hamman...

## Just In Case

Helen C. Hamman is a Realtor and Accountant. She graduated with a Master's degree in Business Administration. She has 17 years of education and training in the areas of banking, real estate sales, finance, accounting, and taxation. Helen developed the "Just in case! Estate Organization System" and has been conducting workshops all over the Twin Cities to help individuals organize their personal and financial affairs in preparation for an emergency.



## Nobby Hashizume...

## Running for Women

Nobby Hashizume – Assistant Coach. Fifth season “coaching” MDRA’s Beginning Women’s Running Class. Co-founder of Lydiard Foundation ([www.lydiardfoundation.org](http://www.lydiardfoundation.org)) to promote Lydiard method of endurance training (please check out the website or google if you’re interested). A former professional running coach for Hitachi, Ltd., in Japan; he is currently coaching several ladies including a 2:50 female runner from Albuquerque, NM, and a couple of young ladies in Chicago via e-mail/phone. He has been involved in running for over 35 years (he is older than he looks! ☺). E-mail: [nobby415@msn.com](mailto:nobby415@msn.com)



## Suzanne Herrlin...

## Swedish Language Classes

Susanne Herrlin was born in Linköping, Sweden. After graduating from the University of Linköping with a teaching degree in Swedish and English and teaching Swedish as a second language to immigrants to Sweden, she moved to Minnesota. Susanne taught Swedish through various Minneapolis/St Paul Community Eds for about 10 years until she was hired by the German Scandinavian and Dutch Department at the University of Minnesota. Susanne taught Swedish on campus for 10 years and is still teaching Swedish through the ODL, Online Distance Learning Program. Susanne has been a Swedish instructor for District 279 since 2007 and would love to meet people with an interest in learning Swedish and about Sweden.

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## Steve Hoem...

## Financial & Real Estate Classes

graduated from Osseo High School and from UW-Madison with a mechanical engineering degree. He has been a licensed Realtor, a recognized leading agent and trainer with Edina Realty for five years. He was voted a Super Real Estate Agent for 2008 by Twin Cities Business and Minneapolis-St. Paul Magazine readers.



## Kris Holtmeyer...

## Fine Arts Classes

Kris Holtmeyer owns and operates Artistic Moments, a Minneapolis-based on-site fine arts instructional business, which has been servicing the artistic needs of students of all ages for over a decade. Kris has a background working with accelerated students and teaches courses for Intermediate District #287 Gifted and Talented program, as well as the Minnesota Council for the Gifted and Talented. Kris also has over fifteen years of experience working with regular and special education students.

Kris' encouraging methods enable artists to feel confident and successful with self-expression in a non-competitive environment. She is able to successfully approach and work with all types of students. Her enthusiastic delivery and patient instructional support allow artists of all ages to have fun while demonstrating their own unique creativity in the visual arts. Kris supports the visual arts in many communities in the Minneapolis Metropolitan area.



## Lee Hyatt...

## College Financing

is a Maple Grove resident and the owner of Insight College Funding. His company has helped hundreds of Twin Cities families manage the college preparation, selection and funding process. His unique approach focuses on techniques to help college families control costs and preserve their sanity. The parent of a college student himself, Lee understands parents' concerns and worries about college.



## Mary Beth Kissling...

## Rubber Stamping

is an experienced stamper and teacher. She is the owner of PebbleKraft, an invitation and greeting card company. Her cards have been featured in several national publications.

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**Louise Kurzeka...****Organizing and De-cluttering**

is an organizing expert who has presented to companies such as 3M and Best Buy. Louise is a regular guest on HGTV's TIPical MaryEllen Show and on local television, including KARE 11's Today and Saturday show.

**Ellie Lida...****Cooking and Basketry**

An experienced cook who delights in making all things homemade. Learn from the best as you watch demonstrations, get your hand dirty and take home delicious items to taste. Ellie is also a wonderful basket weaver and teaches you the tricks of creating baskets which will become a family heirloom.

**Jason Lum...****College Boot Camp**

is a recipient of over \$250,000 in scholarship winnings and a graduate of Harvard and Berkeley. He is CNBC's contributing consultant for college admissions and financial aid and previously worked for Harvard University's Admissions Office. His work with high school students and families has been profiled by the Minneapolis Star Tribune, CBS news, syndicated radio shows, and in dozens of newsletters and media outlets.

**Lynn Marrs...****Positive Parenting**

is a psychotherapist, life coach and Certified Positive Discipline Associate. She is passionate about empowering people to heal, grow and thrive. As a parent and grandparent, she is well aware of the challenges and joys that come with guiding and teaching children life skills. She is also passionate about sharing a philosophy of discipline that is kind and firm, empowering to adults and children, respectful and that teaches children valuable life skills.

**Bob McNeely...****Twig and Willow Furniture**

has been building and selling twig furniture for 12 years. He began teaching others how to build with twigs 7 years ago, and found it to be most rewarding. His patient approach allows everyone from novices to experts to become proficient twig builders and he teaches techniques that enable students to build other pieces in the future.

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## Nutritional Weight and Wellness...

Nutritional Weight and Wellness educates and counsels people to better health through nutrition classes, individual consultations and wellness programs for companies and organizations. Trained nutrition educators teach the classes developed by Darlene Kvist, a licensed nutritionist with 30 years of experience and host of the popular *Dishing Up Nutrition* radio show on FM107.1.

## Nutritional Health



## Shannon L. Ort...

Shannon Ort is a founding partner of Terzich and Ort, LLP. She devotes her practice exclusively to family law focusing on divorce, custody, child support, spousal maintenance, and paternity matters.

Shannon is a member of the Minnesota State Bar Association, the Hennepin County Bar Association, and the Edina Chamber of Commerce. She is also admitted in Federal Court, a member of the family law section, and a Rule 114 family law neutral.

Shannon was named a "Rising Star" by Minnesota Law & Politics magazine in 2006 and 2007 and was featured in Marquis Who's Who 2007 and 2008 publications. Shannon has been a guest speaker at local law schools and was recently a guest on the Don Shelby radio show relative to the new Minnesota child support law changes.

## Family Law



## Donna Roehl...

has been designing and selling custom jewelry and teaching the art of beading for several years. Her classes fill quickly.

## Beading



## Chuck Roulet...

Is an attorney in private practice in Maple Grove. Mr. Roulet has nearly ten years experience representing businesses and business owners, from small "mom and pop" companies to large, publicly traded companies.

## Family and Business Law

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## Jeff Sandino...

## Cooking

Instructor and professional chef, Jeff Sandino, has been sharing his love of food with our community for many years. His exuberance makes your evening more than a cooking class; it is entertainment! Packed with fun, new recipes and authentic flavors, Jeff's classes always fill quickly!



## Don Schnack...

## Homes – No More Mold or Mildew

Is passionate about helping people discover the sources of mold and mildew in their homes. He teaches you how to fix your problems and eradicate the health hazards of mold, mildew, and dampness.



## Anu Seshadri...

## Exotic Cooking Parties

Anu Seshadri, founder and CEO of *Exotic Palates*, is a renowned Caterer and a culinary instructor based in the twin cities. A native of India and food scientist by profession uses cooking classes to help demystify the world of spices and help people understand, appreciate, and nourish their love for Indian cuisine! Always an avid foodie, Anu began her culinary journey in her mother's kitchen in Southern India.

During her years working as a food scientist in the food industry, in the Twin Cities, she kept up her passion for cooking and entertaining, becoming more and more proficient in the kitchen. Anu diversified her career in cooking when she founded her company – "Exotic Palates" True to its name; it caters to varied palates... She teaches Indian, Thai, Chinese, Mediterranean and Italian cuisines to small groups of people at different venues and at people's homes, trying to educate and demystify the world of cooking from the exotic Far East. Anu is also a proponent of fusion cuisine, and blends the ingredients of the east and the west in perfect harmony, creating unique dishes that have a distinct eastern influence and aptly fit the American table. Exotic spices such as saffron, cumin, coriander, cardamom, galangal, kaffir, lime leaves, curry leaves, and a variety of chili peppers, make her cooking unique.

Currently she is working on a book/video demonstrating exotic Indian cuisine for the American table!

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## Steven H. Snyder...

### Assisted Reproductive Technology Law and Estate Planning

Steven H. Snyder, Esq., is the founding and principal partner of Steven H. Snyder & Associates, ATTORNEYS AT LAW. Mr. Snyder's primary areas of practice are assisted reproductive technology law and estate planning.

Mr. Snyder is a member of:

- Estate planning and family law sections of the American Bar Association
- Chair of the Reproductive & Genetic Technology Committee of the Family Law Section of the American Bar Association
- Fellow of the American Bar Foundation
- Member of the national advocacy committee of RESOLVE: The National Infertility Association
- Chair of the legal advisory group for the American Fertility Association (national non-profit organizations for education, support, and advocacy on behalf of infertile persons)
- Professional member of the American Society of Reproductive Medicine (national organization of fertility physicians) and its participating legal group

Mr. Snyder is also a frequent national and international lecturer and continuing legal education presenter in the areas of estate planning and assisted reproductive technology law. For more information, Mr. Snyder's websites are [www.snyderlawfirm.com](http://www.snyderlawfirm.com) and [www.asurrogacylawyer.com](http://www.asurrogacylawyer.com).



## Jill Spiegel...

### How to Talk to Anyone

As seen on Oprah and Today, award-winning speaker Jill Spiegel is author of several books including her latest "Jill Spiegel's How To Talk To Anyone About Anything!: The Secrets of Connecting." Matt Lauer said, "Jill could sell ice to Eskimos!" She inspires people around the world!

Checkout [www.JillSpiegel.com](http://www.JillSpiegel.com). Past seminar attendees have commented, "Jill's seminar was life-changing; I felt destined to take this class; Jill makes everyone feel great about themselves!"



## Lisa Marie Stienessen...

### Cooking

Her specialty is everything sweet! She has taught the joy of cake decorating and sugar artistry to nearly 2,500 students in the Twin Cities area and was named International Instructor of the Year by Wilton Industries. She has been trained by professionals from across the country and brings this knowledge to you in a fun and relaxing environment. Her passion for cooking and crafting has led her to consult for Betty Crocker, DecoPac and Haagen-Dazs.

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## Jodi M. Terzich...

## Family Law

Jodi Terzich is a founding partner of Terzich and Ort LLP. Jodi focuses her practice on divorce, custody and child support actions. Jodi is a member of the Minnesota State and Hennepin County Bar Associations. She was a law clerk for Judge Margaret Shaw Johnson in Minnesota's Third Judicial District. She also was a certified Guardian ad Litem for four years. Prior to founding Terzich and Ort, Jodi practiced family law for over five years at Rider Bennett, in Minneapolis where she was a partner. Jodi also practiced family, criminal and juvenile law for three years at a law firm in St. Cloud.

She was named a 2006 and 2007 "Rising Star" by Minnesota Law & Politics magazine. A *cum laude* graduate of the University of Minnesota Duluth in 1991, Jodi spent more than five years working in the mental health field and was a program coordinator for a women's group home serving mentally ill and chemically dependent women in Minneapolis.



## Michael Vanderheyden...

## Real Estate

Mike Vanderheyden is a Park Center graduate. He received his undergraduate degree in business from the Carlson School at the U of M, and he holds an MBA from Metropolitan State University. He is an award winning Licensed Broker with over 30 years of experience in real estate. Along with an active client base, he is the co-owner of RE/MAX Specialists, a multi-office operation here in the cities. He has been a real estate instructor for over 25 years.



## Brook Wheeler...

## Running for Women

Brook Wheeler – Assistant Coach. Brook ran track in high school... then some years later got back to running to lose weight and get in shape. She ran her first 5K road race in 1990. In 2001, Brook found the MDRA marathon training class, signed up and successfully ran her first marathon - Grandma's Marathon in Duluth. Since then she has run 40 races from the marathon distance to 50 miles. Never a fast runner, but steady. A USATF level 1 coach, Brook enjoys sharing her love for running with others.



## Nancy Wynn...

## Knitting

is a local resident who teaches knitting for Amazing Threads. Her classes are fun! Students find that once they learn the basics of knitting, they are excited about learning and trying more. Nancy's classes are very popular!