

The FCAAE Insider



FCAAE is a 501(c)(3) non-profit organization run by a **volunteer board**, and an Executive Director.

FCAAE: A Community Gem

Shortly after the completion of Fox Chapel Area High School in 1961, a group of community members were approached by district administrators and members of the district school board. Would it be possible to create an evening education program for district taxpayers so that district adults, not just students, could take advantage of the new facilities? Sixty years later the answer is still YES! Fox Chapel Area Adult Education (FCAAE) remains true to its original mission as a community outreach program of the Fox Chapel Area School District dedicated to providing high-quality adult enrichment classes to the community at a lower than market cost. As one of only two adult education programs in Western PA that offers access to the school districts' many resources, we are truly a *community gem*! Course fees and donations fund our operations - we accept no tax funding. Without you, FCAAE would not exist. Thank you! ?

Get to Know Us!



Dr. Tabitha Brown teaches *Yoga for Every Body* for FCAAE, which is a gentle vinyasa yoga class. She was inspired to teach yoga because she realized that many people are reluctant to practice yoga thinking they aren't flexible enough or if they try it, they don't progress enough. However, knowing that yoga has physical and psychological benefits for every "body", Tabitha became drawn to teach others about the yogic

philosophy of a mindful, nonjudgmental, and noncompetitive form of movement. It's a chance to honor yourself in the moment.

Tabitha has a doctorate in psychology and has worked as a school psychologist for most of her career. She is also a licensed psychologist.

When not busy with her career, family, two German Shepherds, and FCAAE, you'll find her teaching spin, strength training, yoga, and Cardio Yoga™ in the community. ??

Mr. John McCaslin attended Andy Masich's history lecture this fall and immediately offered to share his expertise with us. And he has a lot! He has been a US Career Diplomat for the last 35 years serving in South Korea, Poland, Moscow, India, and ultimately Germany. He speaks Russian, German, Polish, and Korean! In January Mr. McCaslin taught a fascinating three-part course about the "Ukraine-



Russia War" that was enlightening. This live Zoom plus in-person lecture focused on the history leading up to the war and brought us up to the current day. This information comes from real experience and privileged knowledge of current geopolitical issues.

This spring Mr. McCaslin will offer another lecture series, offered both live and in-person, about the importance of international trade and investment, called ***China: The Weaponization of Global Supply Chains***. Truly a session not to be missed! ?



Will you share your thoughts with us?

In an effort to better understand *your* priorities, wants, and needs please consider completing our *quick and completely anonymous* survey. FCAAE is always changing and adapting to meet your needs! Click [here](#) or on the image to access this very brief but valuable survey.



Want to try your hand at acting?

Curious about Shakespeare? Have fun with this new FCAAE offering, ***"Playing Along with Hamlet"***. Work with short scenes from *Hamlet* in a zero-pressure setting. Boost your confidence, improve vocal skills, use your imagination. No experience or memorization needed. ?



Start this golf season right with

"Get Your Body Ready for Golf," a three-week series in March. You will learn to strengthen your core and your range of motion with the ultimate benefit of avoiding injuries and improving your game. Enrollment is limited so hurry and get your game on! □

Thank you to all who donate, support, register, and teach for FCAAE.

We would not exist without you.



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